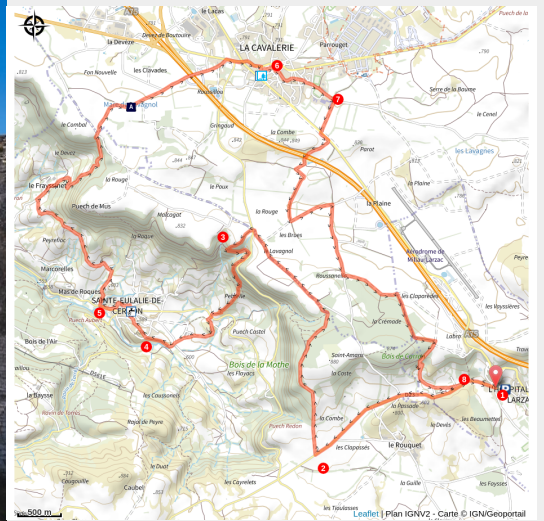


VTT N°1 - Templar and Hospitaller Larzac

Des Gorges du Tarn au Causse du Larzac



Dans le village de La Cavalerie (Virginie Govignon - OT Larzac et Vallées)



Between the Larzac causese and the Cernon valley, reach three villages of the Templar and Hospitaller country. This technical route includes a piece of bravery: the ascent of the plateau.

Almost 300m of vertical drop, a arduous climb, landscapes of the causses and wooded areas: along single-track paths, trails and alleys, explore the Larzac, its foothills, and the banks of the Cernon river. L'Hospitalet du Larzac, La Cavalerie and Sainte-Eulalie du Cernon are the three stopping places of this original route between causese and valley.

Useful information

Practice : VTT

Duration : 3 h

Length : 23.3 km

Trek ascent : 614 m

Difficulty : Hard

Type : Loop

Themes : Agropastoralism, History and heritage, Panorama

Accessibility : VTTAE

Trek

Departure : L'Hospitalet du Larzac

Arrival : L'Hospitalet du Larzac

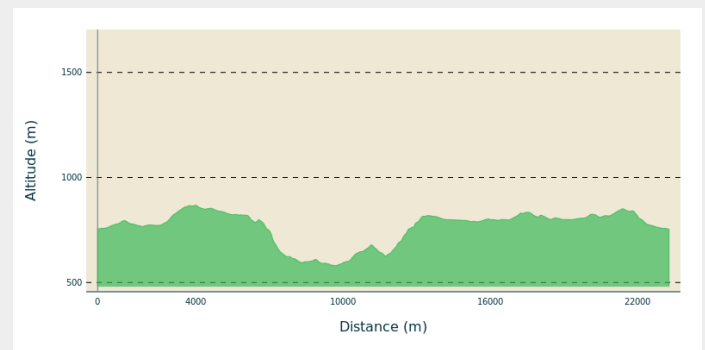
Markings : ➤ VTT Parc

Cities : 1. L'Hospitalet-du-Larzac

2. Sainte-Eulalie-de-Cernon

3. La Cavalerie

Altimetric profile



Min elevation 580 m Max elevation 868 m

1. From the “Place des Cygnes”, follow the road towards Viala-du-Pas-de-Jaux on 2,5km
2. Go up on the right track. Continue straight until joining again the road D277. Cross the road and take the path that flows in front on the left.
3. After 300m down, take the path to the left. Before the road, follow the single path on the right. Warning, at the crossroads at the bottom of the hill, go straight ahead on the track. After the farm, continue straight towards “Espace Nature Ladoux” (Nature area), then take the right path along the stream.
4. Then follow the road to Sainte-Eulalie, enter into the ramparts through the main gate and join the square (information center and toilet). Take the covered lane then the street on the left until the road to Lapanouse de Cernon.
5. At the exit of the village, follow “Le Mas de Roque” on the right. After “Le Frayssinet”, continue the ascent to the plateau. Once on the heights continue straight towards La Cavalerie. (At the end of the hill, you can access to a viewpoint taking the track on the right for 1km towards the relay).
6. At the Townhall, take right the road “Route de la Tune” towards the stadium, then at the crossroads take straight.
7. 100m after the stadium, turn right on a track to pass under the road, then the motorway. Join the pine woods towards L’Hospitalet-du-Larzac.
8. After the downhill, take the road on the right at the crossroads.

Topographic map of the Millau-Larzac area. A red trail is marked with 8 numbered points. The trail starts at point 1 near the Millau-Larzac Hospital, goes through points 2, 3, 4, 5, 6, 7, and ends at point 8. The map shows contour lines, roads, and various place names including LA CAVALERIE, Parrouget, le Lavagnol, le Frayssinet, Sainte-Eulalie-de-Cerrens, and le Rouquet. A scale bar indicates 500m. The map is credited to Leaflet, Plan IGNV2, and Carte © IGN/Geoportail.

All useful information

How to come ?

Transports

To travel by [bus or train](#), by carpooling [Aires de covoiturage](#) and hitchhiking [Rezopouce](#).

Access

25km at the south of Millau via D809. Exit 47 on the motorway A75.

Advised parking

Place des Cygnes

Accessibility



VTTAE

Information desks

Tourist Office Larzac et Vallées

Place du Claux, 12230 NANT

infos@tourisme-larzac.com

Tel : +33(0)565622364

<http://www.visit-larzac.com/>



Source



C.C. Larzac et Vallées - Site VTT-FFC N°269



Site VTT cofinancé par l'Union Européenne.

On your path...



The watering place of Lavagnol (A)

On the Causses, the « lavognes » (cobbled watering place), are natural clay troughs, often circular, serving as a watering place for herds and fed exclusively by rainwater.

In the second half of the 19th century, the number of sheep was more important, and people decided to build bigger cobbled watering places. They are the only permanent water points with the natural watering place for animals and as such, they are precious and well maintained.

Attribution : Sandrine_Perego