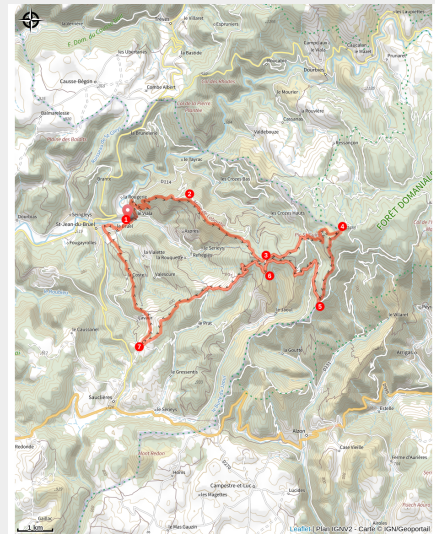


Trail running No. 20 - St-Guiral Circus

Des Gorges du Tarn au Causse du Larzac



Le rocher du St-Guiral (Laurent Frayssignes)



Training required! This challenging and highly technical route takes you above the Dourbie gorges and up to the slopes of the Saint-Guiral rock, in a breathtaking setting.

Looking for a challenge... and breathtaking scenery? This trail circuit will meet your expectations: 28km of trails, winding between ridge paths, heathland and chestnut forests, with panoramic views of the Dourbie canyons and the Vis valley, and a final climb to the gateway of the Cévennes. A shorter 17km option is also available.

Useful information

Practice : Trail

Duration : 3 h 30

Length : 28.5 km

Trek ascent : 1095 m

Difficulty : Very hard


Type : Loop

Themes : Flora, Panorama

Trek

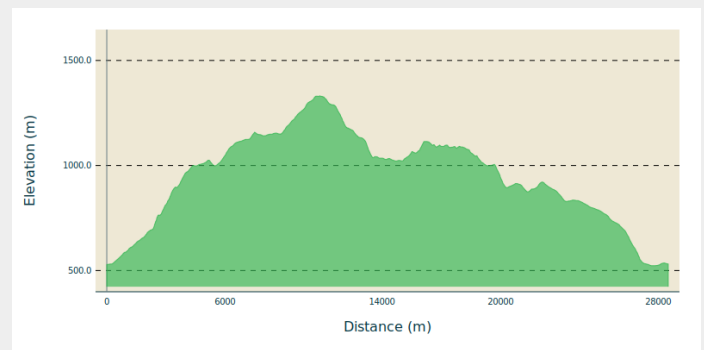
Departure : Leisure base of La Roque (D114), St-Jean du Bruel

Arrival : Leisure base of La Roque (D114), St-Jean du Bruel

Markings :  Grands Causses Espace Trail

Cities : 1. Saint-Jean-du-Bruel
2. Sauclières

Altimetric profile



Min elevation 523 m Max elevation 1331 m

The duration of the circuit can vary between 2.5 and 5 hours depending on the trail runner's level.

1. This long-distance circuit follows the 11 km St-Guiral Vertical trail from the start. It's safe to say that this beginning is demanding; you quickly get into the thick of it with 10.8 km of very steady climbing, gaining 880 m and losing 70 m, along the ridge path of Montagne de Labarthe, offering a magnificent panorama of the Dourbie Valley.
2. Once you cross the treeline at km 4, approaching 1000 m altitude, you'll traverse above a heathland ablaze with a thousand colors depending on the season. A surprising little togog, undulating along the watershed between the Crozes Valley to the north and the Viala Valley to the south, leads to Le Pal and the beautiful track to the Croix de la Guérite, a welcome respite before tackling the final climb to St-Guiral.
3. **Alternative route**: a slight variation at kilometer 7.3 offers a shorter option for those who wish to take the wide track to the right, which rejoins the main circuit 200 meters lower. This creates a loop of 18.9 km and 770 m of elevation gain.
4. At the entrance to the Cévennes National Park, the route connects with the GR71 long-distance hiking trail, which you follow to the right, heading due south to descend to the menhir, losing 300 m of elevation over 2.6 km. Despite the technical nature of this descent, take the time to admire the panorama of the Vis valley nestled within the landscape. To the left, you'll see the magnificent, deeply carved slopes of Mont Saint-Guiral, a haven of heather.
5. At the menhir, the scenery changes as you enter the dense Guérite state forest. The route continues for 3.8 km on a gentle slope and downhill, offering occasional beautiful views of the steep-sided valleys where the isolated hamlet of Jaoul is hidden.
6. From now on, we glide down towards St Jean du Bruel via a very long descent, occasionally interrupted by a short climb.
7. Just before the Prisoners' Cross, we turn right, heading due north (km 23.3) and very quickly enter the typical landscape of these chestnut forests, following a small ridge above the Lavaur and Bruel ravines. The finish is near, with one last steep section; the gradient increases, so be careful, as this is the last technical section of this beautiful ride up the slopes of St-Guiral.

On your path...



All useful information



Is in the midst of the park

This itinerary is located in the World Heritage zone Causses and Cévennes, mediterranean agropastoral cultural landscape.

⚠️ Advices

1.5 l water reserve - energy reserve - rain jacket - winter clothing equipment if needed.

How to come ?

Transports

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

Access

42 km southeast of Millau via the D809, the D999 or via the D991 and the D999 (Gorges of the Dourbie), then the D114.

Advised parking

Leisure base of La Roque (D114)

📍 Information desks

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Source