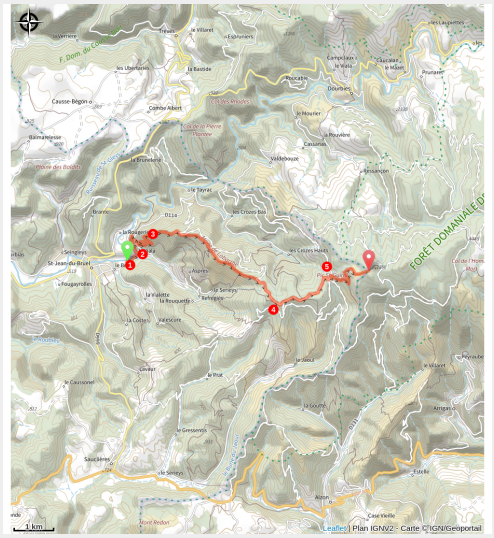
Trail running No. 22 - St-Guiral Vertical

Des Gorges du Tarn au Causse du Larzac



Depuis le St-Guiral... (Virginie Govignon - OT Larzac et Vallées)



From forest switchbacks to rocky sections, a demanding and beautiful vertical climb on the Labarthe mountain to approach the Saint-Guiral peak, at the gateway to the Cévennes National Park

Manage your pace carefully! With its post-climb accelerations and changes in rhythm, this ascent to near the Saint-Guiral rock promises to be highly technical. A vertical climb with an average gradient of 11.4% and sections reaching 37%, and to cap it all magnificent panoramic views of the Causses and the Cévennes.

Useful information

Practice : Trail

Duration : 1 h 45

Length : 10.7 km

Trek ascent : 856 m

Difficulty : Medium

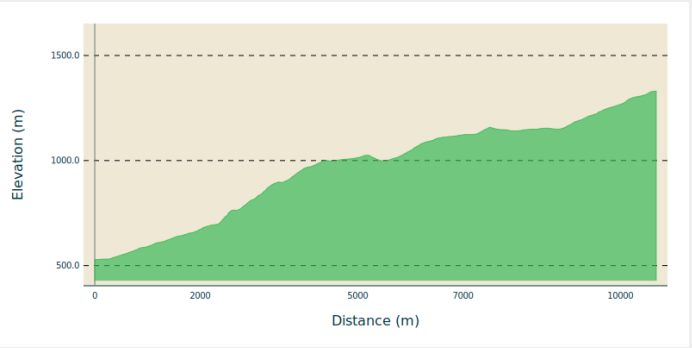
Type : Montée

Themes : Geology, Panorama

Trek

Departure : Leisure base of La Roque (D114)
Arrival : Leisure base of La Roque (D114)
Markings : Grands Causses Espace Trail
Cities : 1. Saint-Jean-du-Bruel
2. Sauclières

Altimetric profile



Min elevation 528 m Max elevation 1331 m

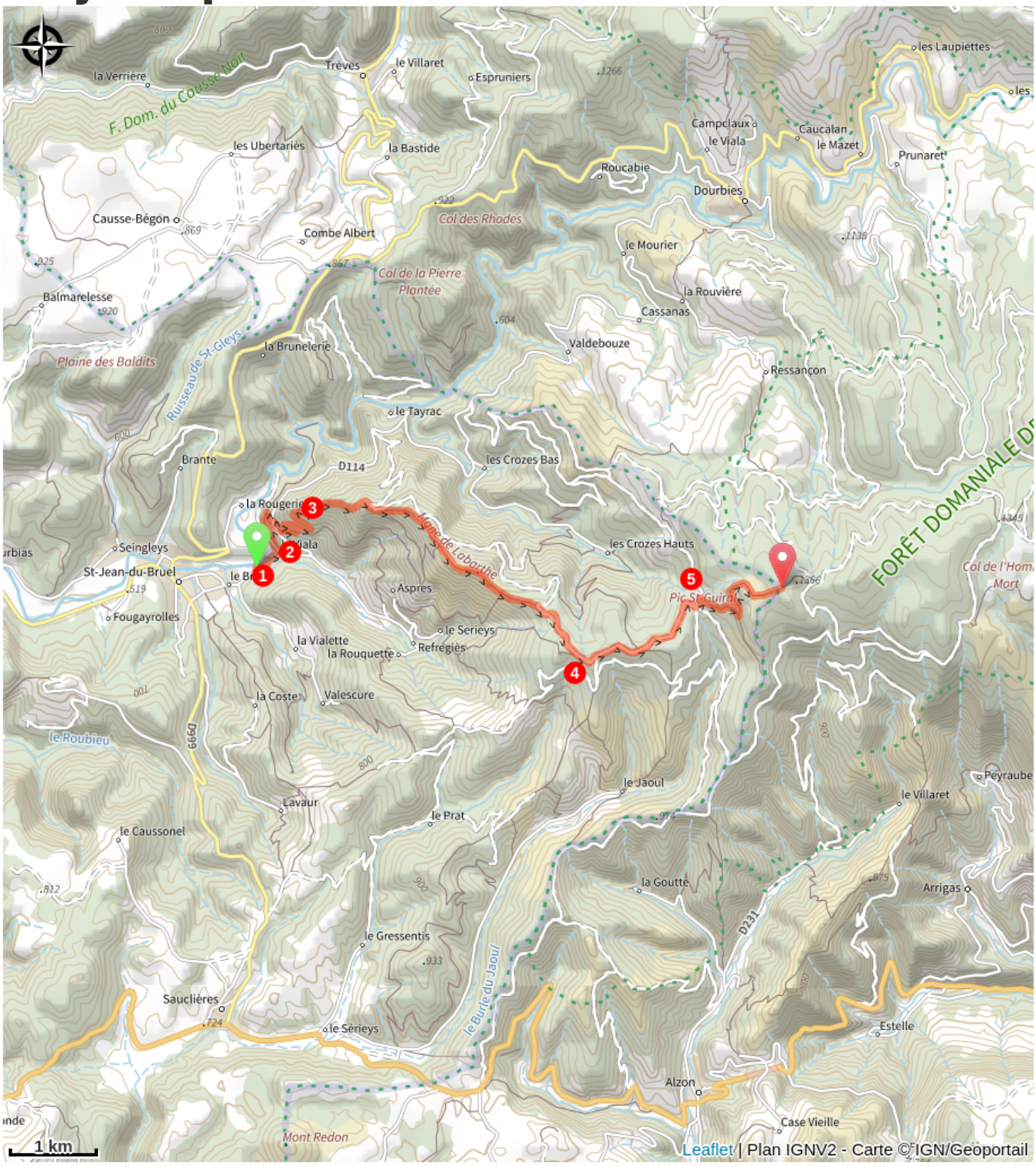
The duration of the route can vary from 1 hour 15 minutes to 2 hours 30 minutes depending on the trail runner's level.

1. From the parking area, head towards the hamlet of Viala and cross through it.
2. Just after leaving the hamlet, and only after 400 meters of flat terrain, take the path on the right. The ascent begins on this path, climbing in large switchbacks through a beautiful forest to reach a huge rocky slab, forming a very distinctive triangular cliff. This is a technically challenging section, with beautiful rocky terrain where caution and vigilance are required.
3. After passing this natural obstacle, having climbed 235 meters (km 2.6 and 764m altitude), head right towards the Labarthe mountain, this long ridge that undulates in the open, gorse-covered landscape above the Viala stream and the hamlets nestled in this deep valley, Refregiès and Le Serieys.
4. Near the Pointe du Pal (km 6.9 and 1120m altitude), the route becomes gentler as you reach this beautiful balcony trail leading to the Col de la Guérite (km 8.9 and 1150m altitude).
5. After this large forest junction, climb for the final part of this Vertical Kilometer, 1.8km and 180m of elevation gain, to catch a glimpse of the summit of St-Guiral, which rises like a rocket from this small oasis of heather. The end of this climb is the entrance to the Cévennes National Park, 80m from St-Guiral, which is not climbed.

Return to the starting point via the same route or via circuit no. 22 St-Guiral Circus (approximately 18km to St-Jean).

Recommendations: A 1.5L water tank is essential, as well as a windproof and energy food supply.

On your path...


la Verrière
F. Dom. du Causse Noir
Trèves
le Villaret
Espruniers
les Laupiettes
les Ubertarlès
la Bastide
Campclaux
le Viala
Caucalan
le Mazet
Prunaret
Roucabie
Dourbies
Causse-Bégon
Combe Albert
Col des Rhodes
le Mourier
Col de la Pierre Plantée
Balmarelesse
la Rouvière
Cassanas
Plaine des Baldits
Ruisseau de St-Gleys
la Brunelerie
Valdebouze
Ressançon
le Tayrac
Brante
D114
les Crozes Bas
la Rougerie
Seingleys
St-Jean-du-Bruel
Aspres
les Crozes Hauts
Pic St-Guiral
FORÊT DOMANIALE D
Col de l'Hom Mort
Fougayrolles
la Vialette
la Rouquette
Refrégiès
le Serieys
la Coste
Valescure
le Roubieu
D999
Lavaur
le Prat
le Jaoul
le Villaret
Peyraube
le Caussonel
la Goutte
Arrigas
D231
le Gressentis
Sauclières
le Burle du Jaoul
le Sérieys
Estelle
Alzon
Case Vieille
Mont Redon
1 km
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

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

1.5l water supply essential, windcheater and energy food supply.

How to come ?

Transports

To travel by bus or train, by carpooling Aires de covoiturage and hitchhiking Rezopouce.

Access

At 42 km south-east of Millau by D809, D999 or by D991 and D999 (Gorges of the Dourbie), then the D114.

Advised parking

Leisure base of La Roque (D114)

Information desks

Tourist Office Larzac et Vallées
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http://www.visit-larzac.com/



Source