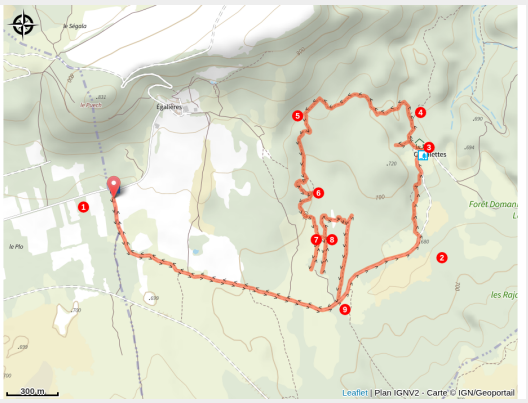
Canoles Trail via the forest house

Des Gorges du Tarn au Causse du Larzac



Fermeture temporaire (Virginie Govignon - OT Larzac et Vallées)



In the forest, all the fantasy of the karst relief unfolds along the way: rock shelters, stone arches, caves... right up to the canoles, rocky notches barely wider than a backpack!

The traces of agricultural and pastoral tradition quickly give way to an unexpected Larzac: a veritable maze of rocks and forests, punctuated by a Mousterian rock shelter, an arboretum, and sites with mysterious names, such as Le Crâne du Géant (the Giant's Skull) and "La grotte de la Sorcière" (the Witch's Cave). The canoles, natural faults, are the highlight of this walk through a haven of mosses and vegetation.

Useful information

Practice : Trekking

Duration : 2 h 40

Length : 9.0 km

Trek ascent : 110 m

Difficulty : Easy

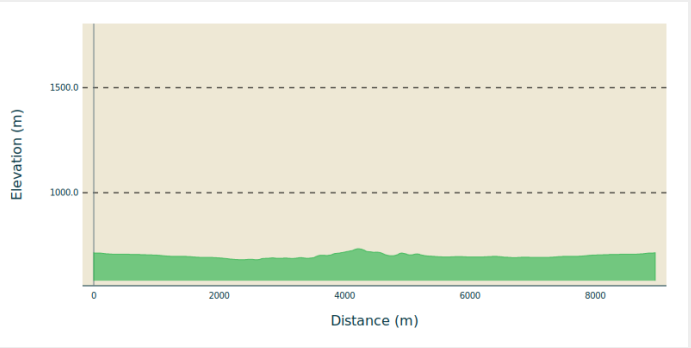
Type : Loop

Themes : Agropastoralism, Flora, Geology

Trek

Departure : 3km from L'Hospitalet du Larzac on the road to Egalières
Markings : PR
Cities : 1. Nant
2. L'Hospitalet-du-Larzac

Altimetric profile



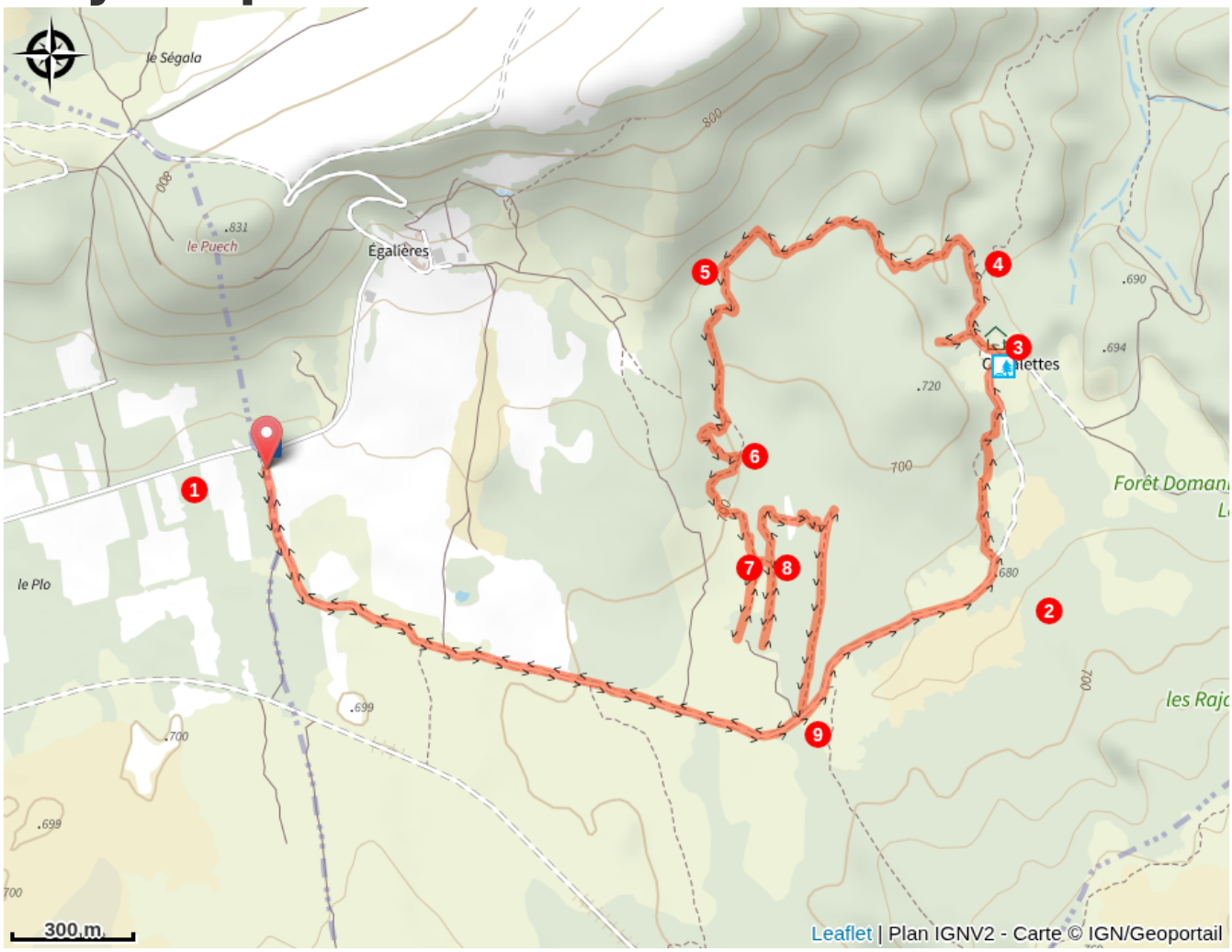
Min elevation 681 m Max elevation 733 m

Annual closure of access to Canoles from October 1st to November 30th in accordance with the municipal decree of September 25, 2025 n° AR-ADM-2025-17.

1. From the parking area, follow the track towards Canalettes for approximately 2.5 km (crossing two cattle grids).
2. Leave the track to the left and take a path through the woods. After about 170 m, on the right, you'll find a cavity with a hole in the ceiling called "La grotte éclairée" (the illuminated cave). Continue along the marked path until you reach the track. Follow it to the left for 200 m to reach the Canalettes forest house.
3. Go through the gate just past the house. 100 m further on, make a short out-and-back detour to the left through the ONF (National Forestry Office) arboretum to see the lavogne (a traditional water tank). Then continue to the left; the path descends slightly.
4. 150 m further on, follow the signs for "Abri des Canalettes" (Canalettes Shelter), pass the Mousterian shelter, and continue on a small path that climbs gently and then veers left. At the intersection with another path, turn right and continue for approximately 600 m.
5. The path turns south and the ground becomes sandy; a rocky chaos comes into view on the right. The path is well-defined and leads to a stone arch. Pass under it and immediately turn right. Go past a large, pyramid-shaped rock, then head left to pass Le Crâne du Géant (the Giant's Skull). Continue straight ahead, leaving a cave with a built section on your right. The path climbs slightly to reach "Le sanctuaire de l'homme mort" (the Sanctuary of the Dead Man) on the left. Continue along the rocks sculpted by water and erosion to arrive at "La Grotte de la Sorcière" (the Witch's Cave). Leave the cave to your right and continue along the path.
6. At the crossroads, turn right onto the path through the forest. Further on, the ground becomes sandy and stony, leading to the entrance of the first canole.
7. Take the small path to the right that descends between two cairns (piles of stones erected by hikers to mark a location) to visit the canole. At the back, there is a cave with a sinkhole (bring a flashlight). Retrace your steps to the cairns and descend to the right. 50 meters further on, take the path on the right that leads to the second canole. Make the round trip.

8. At the exit of the canole, continue straight ahead on the path through the forest. It opens onto a clearing. Cross it and then continue straight ahead through the woods to reach a second clearing. Turn left to visit the Sébillère cave. Retrace your steps and continue straight ahead on a wide path to reach the track at the cattle grid.
9. Cross the fence and turn right to return to the starting point.

On your path...


le Ségala
le Puech
Égalières
le Plo
300 m
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

During this hike, you will cross private property. The Canalettes site is a sensitive and fragile area; please stay on the marked trails to protect it.

How to come ?

Transports

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

Access

25km south of Millau via the D809, then at L'Hospitalet du Larzac, take the direction of Egalières.

Advised parking

3km from the village of L'Hospitalet on the road to Egalières

Information desks

Tourist Office Larzac et Vallées
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Tel : +33(0)565622364
http://www.visit-larzac.com/



Source