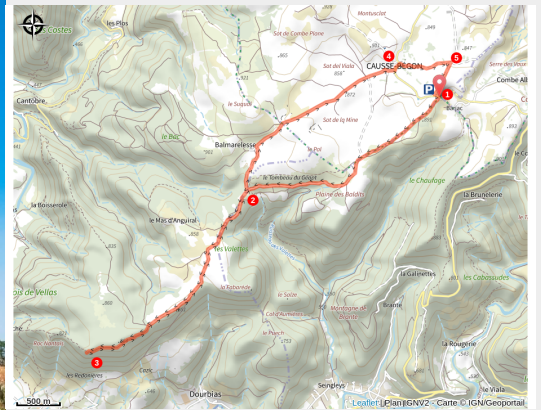


VTT N°56 - The Causse Bégon

Des Gorges du Tarn au Causse du Larzac



Sur le causse bégon... (Virginie Govignon - OT Larzac et Vallées)



Minimal effort for maximum enjoyment on this family-friendly route along the Bégon ledges. Between the Causses and Cévennes mountains, the Trévezel and Dourbie gorges, breathtaking panoramas await you.

Across the Causse Bégon plateau, following the sheep trails, this magnificent mountain bike ride has a gentle elevation gain, making it accessible to all levels. L'Œil de Bœuf, an unusual rock formation, and the dolmen of le Tombeau du Géant (Giant's Tomb), are two of the mineral wonders along this route which, amidst breathtaking scenery, will leave you in awe!

Useful information

Practice : VTT

Duration : 1 h 30

Length : 12.8 km

Trek ascent : 190 m

Difficulty : Very easy

Type : Loop

Themes : Geology, Panorama

Accessibility : VTTAE

Trek

Departure : Causse Bégon

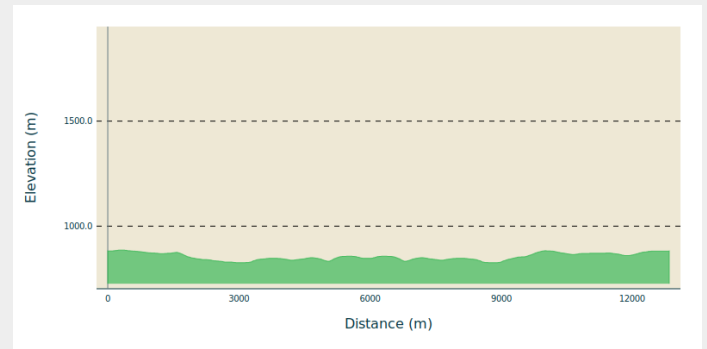
Arrival : Causse Bégon

Markings : ► VTT Parc

Cities : 1. Saint-Jean-du-Bruel

2. Nant

Altimetric profile



Min elevation 826 m Max elevation 886 m

1. 800m before the village of Causse-Bégon, take the track that branches off to the left, leaving the road leading to the village on your right. Continue on the track for 3km to reach "L'Œil de Bœuf" (The Ox Eye), a rock formation with a cavity.
2. Then continue on the track to the left for another 3km or so. Enjoy the beautiful views along the way: the Ravin des Valettes, Nant and the Dourbie Valley, and the Trévezel Gorges.
3. Return via the same route to L'Œil de Bœuf crossroads, then continue on the track to the left to vary the return journey by passing through the village of Causse-Bégon.
4. After the farm buildings, continue on the small road to the intersection. Turn left to reach the village center, then turn right and continue on the track for approximately 500m.
5. Follow the track to the right to return to the starting point.

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.

How to come ?

Transports

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

Access

From St-Jean du Bruel (40km southeast of Millau), take the D341 towards Trèves, then the D295 at the Col de la Pierre Plantée.

Advised parking

800m before arriving in the village of Causse-Bégon

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