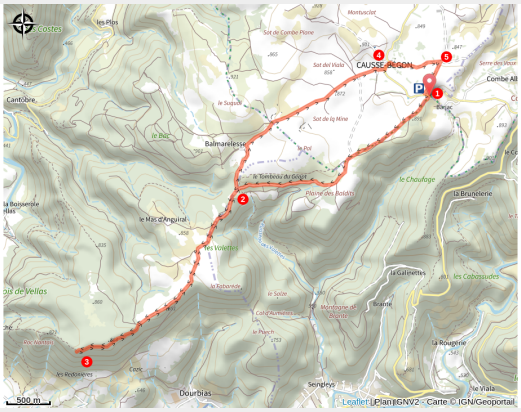
# VTT N°56 - The Causse Bégon

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!

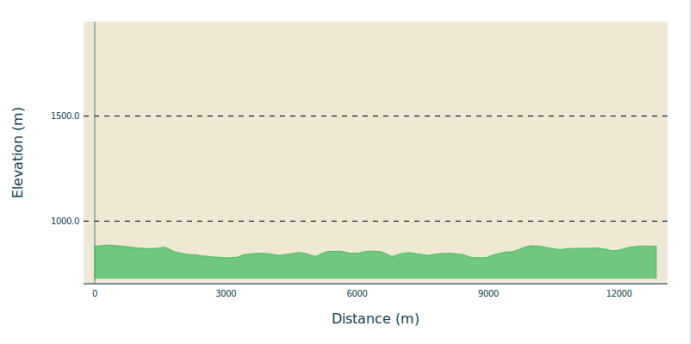
## Useful information

- 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

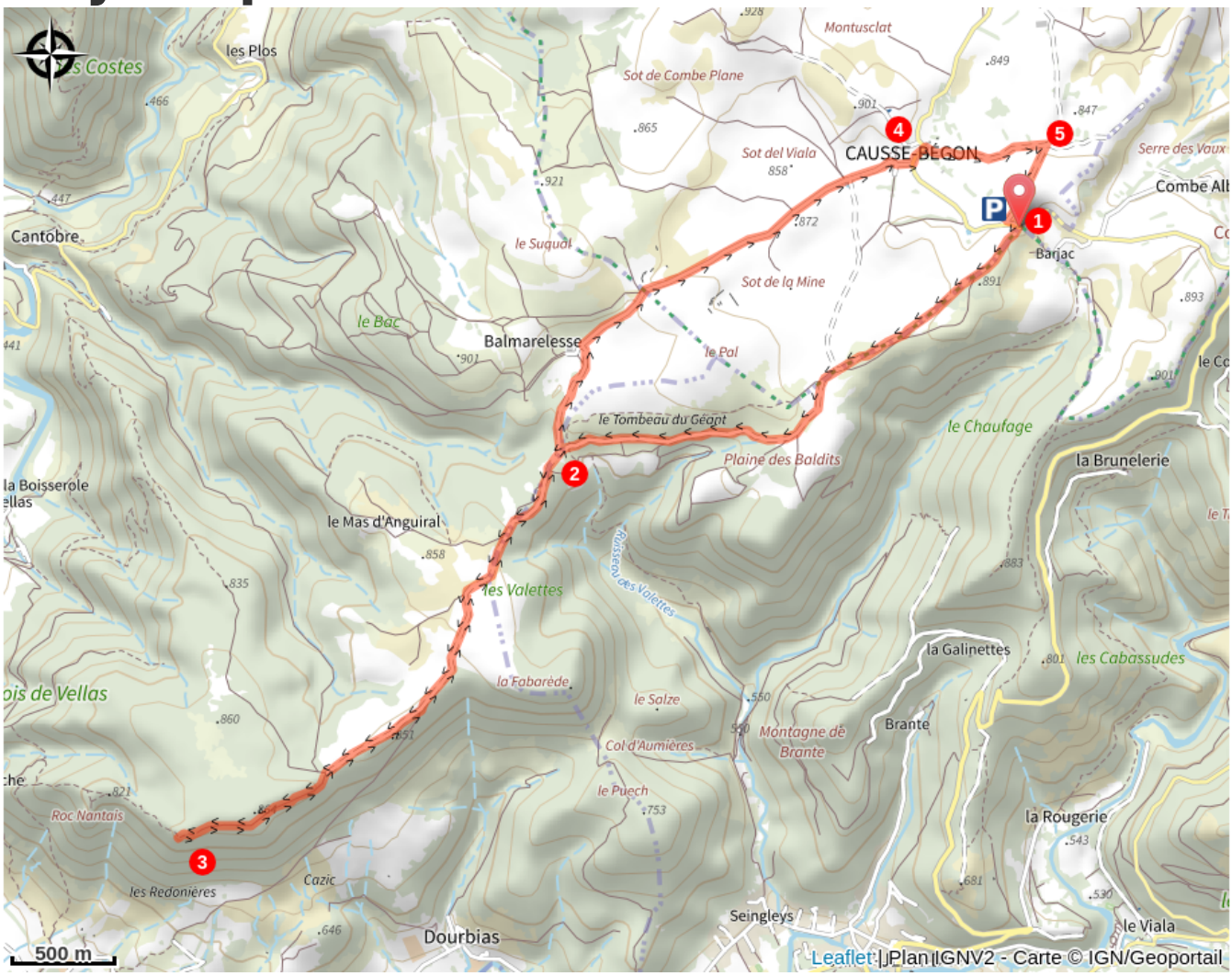
## Altimetric profile




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.

# On your path...


les Plos
Montusclat
Sot de Combe Plane
Sot del Viala
CAUSSE-BÉGON
Serre des Vaux
Combe Alb
Cantobre
le Suquet
Barjac
Sot de la Mine
le Bac
Balmarelesse
le Pal
le Tombeau du Géant
le Chaufage
Plaine des Baldits
la Brunelerie
la Boisserole
le Mas d'Anguiral
les Valettes
la Galinettes
les Cabassudes
la Fabarède
le Salze
Montagne de Brante
Brante
Col d'Aumières
le Puech
la Rougerie
Roc Nantais
les Redonières
Cazic
Seingleys
le Viala
Dourbias
500 m
Leaflet | 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.

## 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**
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Tel : +33(0)565622364
http://www.visit-larzac.com/



## Source