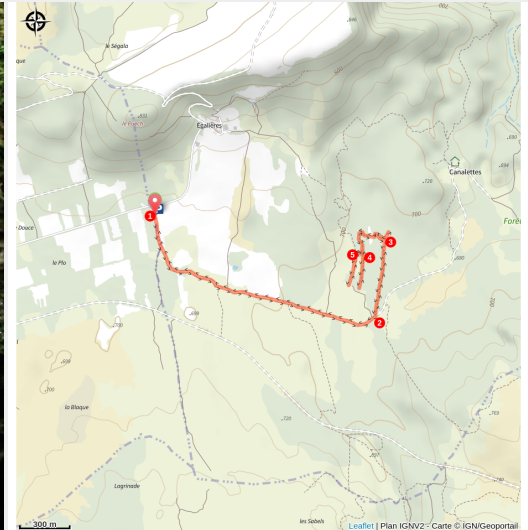


Canoles Trail

Des Gorges du Tarn au Causse du Larzac



Dans une canole (Greg Alric - OT Larzac et Vallées)



This family-friendly hike through the Causse forest takes you from caves to clearings, discovering natural fissures: the canoles. An unusual geological site with a mysterious charm.

On the Larzac plateau, limestone erosion has not only sculpted ruiniform formations but has also carved out canoles, narrow rocky indentations with walls covered in abundant moss and ferns. These are veritable havens of coolness nestled in their forest setting. Along the way, a detour to the Sébillère cave is highly recommended.

Useful information

Practice : Trekking

Duration : 1 h 45

Length : 6.1 km

Trek ascent : 35 m

Difficulty : Easy

Type : Return

Themes : Flora, Geology

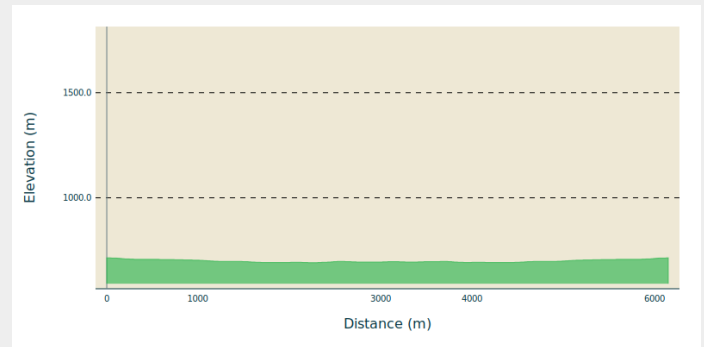
Trek

Departure : 3km from L'Hospitalet du Larzac on the road to Egalières

Markings : — PR

Cities : 1. Nant
2. L'Hospitalet-du-Larzac

Altimetric profile

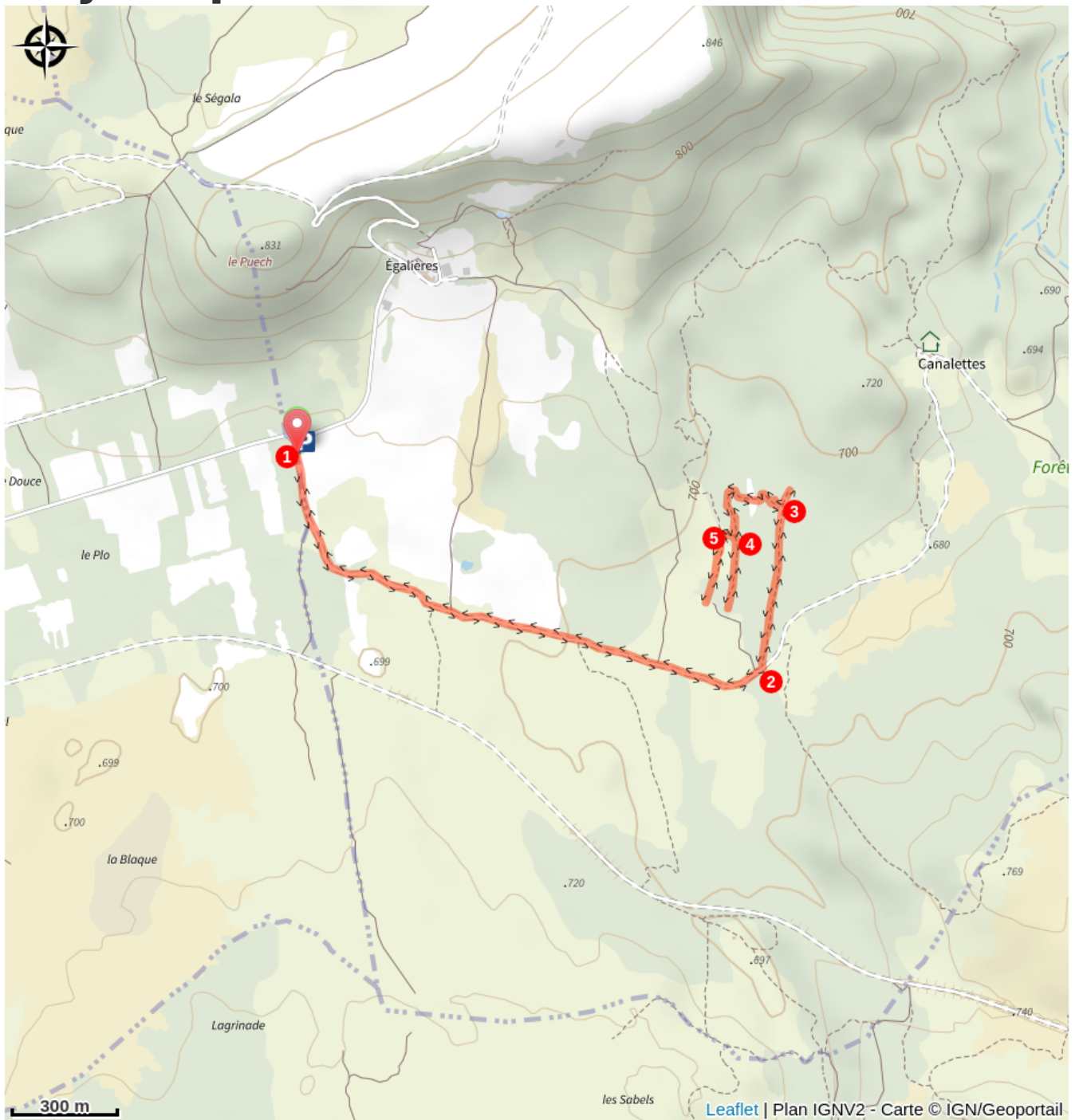


Min elevation 691 m Max elevation 714 m

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, take the track towards Canalettes.
2. Just before the second cattle grid, cross the fence on the left and continue along a wide path for 400 meters. It leads to a clearing. At the far end of the clearing is the Sébillère cave: to the left as you enter, you can see a natural stoup containing water. Retrace your steps for 50 meters.
3. Take the path to the right; it winds through the forest, then opens onto a clearing. Cross this clearing and continue through the woods for approximately 200 meters.
4. Turn uphill to the right for 50 meters.
5. Take the small path to the left that descends between two cairns (piles of stones erected by hikers to mark a location) to visit the first "canole". At the far end 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 and then take the path taken on the way back to the car park.

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

Lors de cette randonnée, vous traversez des propriétés privées. Le site des Canalettes est un espace sensible et fragile, restez sur les chemins balisés afin de le protéger.

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

i Information desks

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Source