From Millau to Aigoual

Des Gorges du Tarn au Causse du Larzac



Gorges de la Jonte (@Y.Blanc)



A truly legendary route between Millau and the foothills of the Cévennes, linking the departments of Aveyron, Gard and Lozère in a single cycle ride. Unforgettable!

It is at the junction of the Dourbie and Trévezel Gorges, at the Cantobre bridge, that the climb up to the Aigoual begins. This magnificent 30km ascent, along roads with very little traffic, offers breathtaking views of the Aigoual massif, the highest point in the Gard. The return journey, which is mostly downhill through the Jonte Gorges, is also a real treat.

Useful information

Practice : Cycling

Duration : 7 h 30

Length : 137.6 km

Trek ascent : 2197 m

Difficulty : Very hard

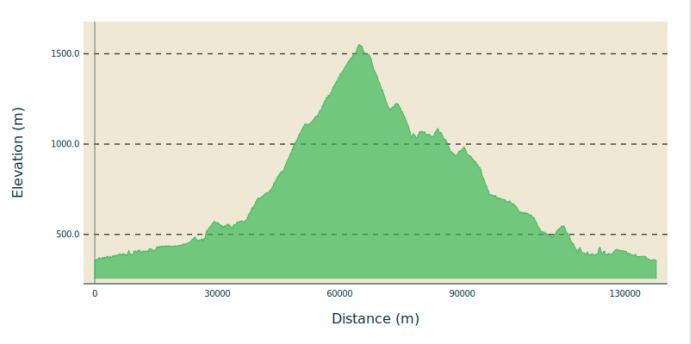
Type : Loop

Themes : Geology, Panorama, Top 20 à Vélo

Trek

Departure : Millau, Confluence Roundabout
Cities : 1. Millau
2. La Roque-Sainte-Marguerite
3. Saint-André-de-Vézines
4. Nant
5. Saint-Pierre-des-Tripiers
6. Le Rozier
7. Peyreleau
8. Mostuéjouls
9. Rivière-sur-Tarn
10. La Cresse
11. Paulhe

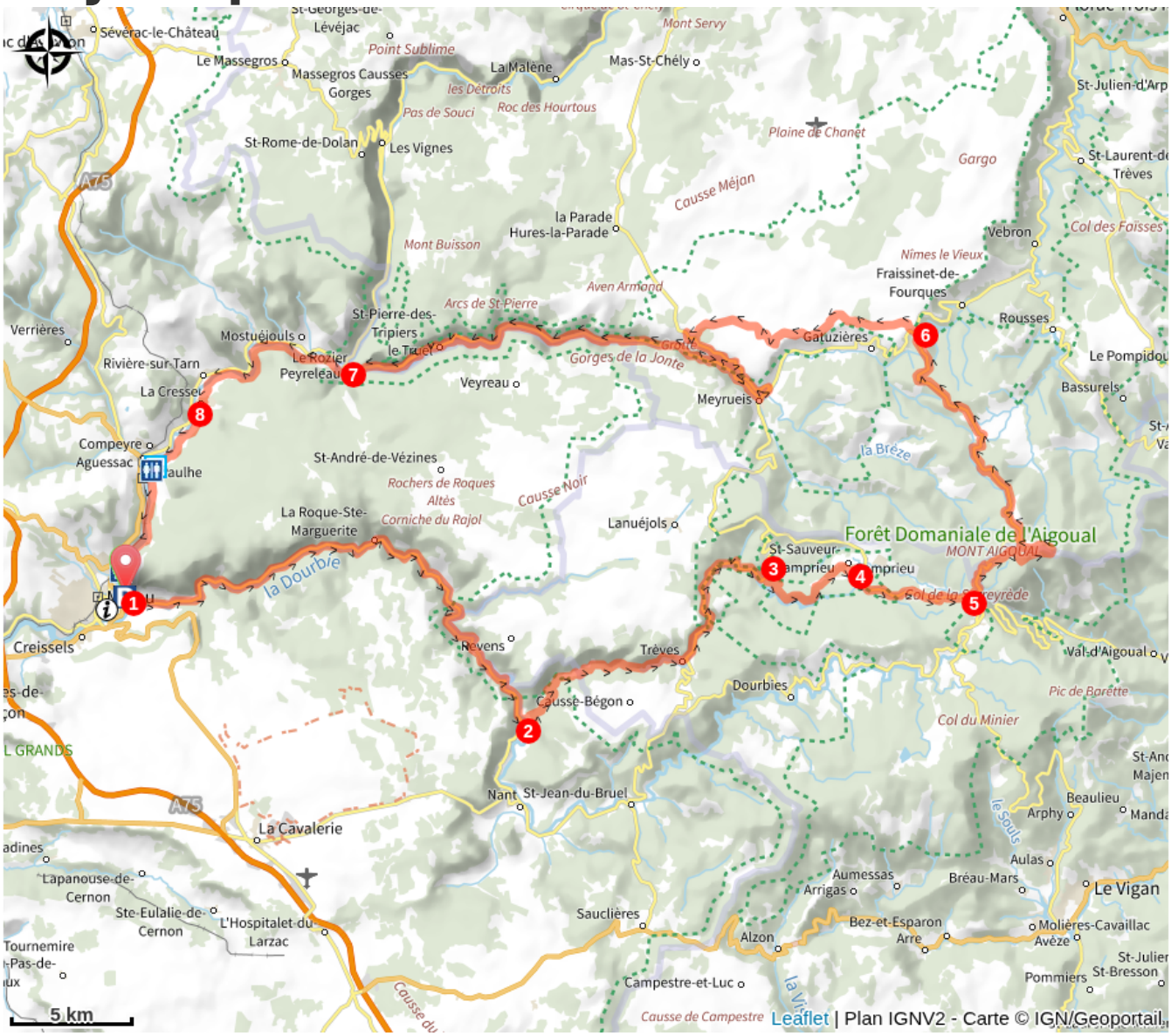
Altimetric profile



Min elevation 355 m Max elevation 1550 m

1. Leave the town via Avenue de l'Aigoual and its campsites, heading towards Nant – the Dourbie Valley. Pass through the hamlets of Massebiau and Le Monna, followed by the village of La Roque Sainte-Marguerite, still heading towards Nant.
2. 35 km south of Millau, turn left onto the D145 towards Cantobre, a hilltop village overlooking the rivers Dourbie and Trèvezel. At the Aveyron/Gard departmental border, the D145 becomes the D157 and leads to Trèves. Carry on towards Camprieu. These first few kilometres of gentle uphill gradients towards Camprieu through the Trévezel valley are perfect for warming up before entering the Aigoual massif. Soak up the local atmosphere.
3. At the junction with the D252 in Villemagne, cross the bridge on the right and continue on the D157.
4. Pass through Camprieu and turn right. Follow the D986 to the Col de la Sereyrède. The second part of today's trilogy, the Col de la Sereyrède continues the climb towards the highest point of the ride.
5. Carry on to the left towards Prat Peyrot / Mont Aigoual. This is the final climb to the summit of Mont Aigoual. One last push for 7 km with no steep gradients. The road winds its way past the ski runs well known to locals. After the summit, continue on the D18 to the Col du Perjuret.
   Then turn left onto the D996 towards Meyrueis. Drive through Meyrueis and take the D996 towards the Gorges de la Jonte.
6. Au Rozier, turn left onto the bridge over the Jonte via the D29, and in Peyreleau, take the first turn-off on your right towards La Cresse via the D187.
7. Pass through La Cresse and Paulhe in turn, following the left bank of the Tarn, before reaching Millau via Avenue de Millau Plage.

On your path...


Séverac-le-Château
St-Georges-de-Lévéjac
Le Massegros
Massegros Causses Gorges
Point Sublime
La Malène
Mas-St-Chély
les Détroits
Pas de Souci
Roc des Hourtous
St-Rome-de-Dolan
Les Vignes
A75
Mont Servy
Plaine de Chanet
Gargo
St-Julien-d'Arp
St-Laurent-d
Trèves
Causse Méjan
la Parade
Hures-la-Parade
Mont Buisson
Vebron
Col des Faisses
Nîmes le Vieux
Fraissinet-de-Fourques
Aven Armand
Arcs de St-Pierre
St-Pierre-des-Tripiers
le Truel
Verrières
Mostuéjouls
Le Rozier
Peyreleau
Rivière-sur-Tarn
La Cresse
Gorges de la Jonte
Veyreau
Meyrueis
Gatuzières
Rousses
Le Pompidou
Bassurels
Compeyre
Aguessac
St-André-de-Vézines
Rochers de Roques Altes
Causse Noir
la Bréze
La Roque-Ste-Marguerite
Corniche du Rajol
Lanuéjols
Forêt Domaniale de l'Aigoual
MONT AIGOUAL
St-Sauveur-
Creissels
la Dourbie
Revens
Trèves
Val-d'Aigoual
Dourbies
Pic de Barétte
Col du Minier
Causse-Bégon
Nant
St-Jean-du-Bruel
La Cavalerie
Beaulieu
Arphy
le Soulz
Aulas
Aumessas
Arrigas
Bréau-Mars
Le Vigan
Lapanouse-de-Cernon
Ste-Eulalie-de-Cernon
L'Hospitalet-du-Larzac
Sauclières
Alzon
Bez-et-Esparon
Arre
Molières-Cavaillac
Avèze
Tournemire
Campestre-et-Luc
la Virenque
St-Bresson
Pommiers
Causse de Campestre
5 km
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

How to come ?

Transports

Se déplacer en bus ou en train : https://lio.laregion.fr/

Covoiturage : BlaBlaCar, Rézo Pouce, Mobicoop, LaRoueVerte, Roulez malin

Advised parking

Millau, Confluence Roundabout

Information desks

Tourist Office Millau Grands Causses
1, place du Beffroi, 12100 MILLAU
contact@ot-millau.fr
Tel : 05 65 60 02 42
https://www.explore-millau.com/



Source

Club Cyclotourisme Millavois

http://clubcyclomillavois.fr

Communauté de communes Millau Grands Causses

https://www.cc-millaugrandscausses.fr/mes-pauses-loisirs-et-decouvertes/activites-de-pleine-nature

Espace CYCLOSPORT FFC