VTT N°75 - Circuit south of Larzac

Du sud Larzac au Lac du Salagou



VTTiste - couvertoirade (Vincent Bartoli)



Set amongst open moorland and more undulating terrain, this route offers a wonderful immersion in the heart of southern Larzac, with the added bonus of several beautifully technical sections after the Templar village of La Couvertoirade

From the hills of Le Cros to the barren moors of La Couvertoirade and on to the iconic Caylar rock, this route invites you to explore the southern Causses, following the ‘Grande Traversée du Larzac’ mountain bike route along the way. Savour the stunning panoramic views across the vast Causses landscape, whilst keeping an eye out for a few tricky sections!

Useful information

Practice : VTT

Duration : 2 h 30

Length : 18.2 km

Trek ascent : 267 m

Difficulty : Hard

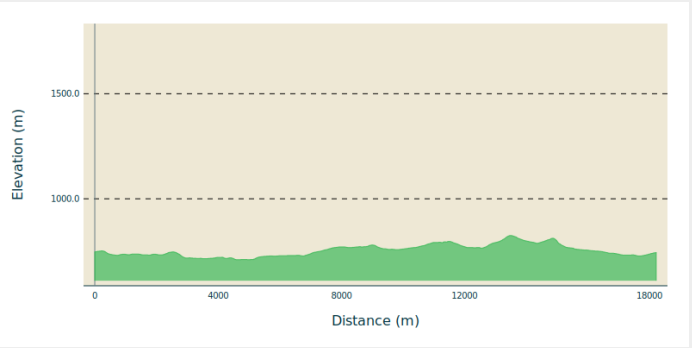
Type : Loop

Themes : VTT, Top 20 à Vélo

Trek

Departure : Le Caylar
Markings : VTT Parc
Cities : 1. Le Caylar
2. Le Cros
3. La Couvertoirade

Altimetric profile



Min elevation 710 m Max elevation 825 m

1. Set off from in front of the market hall, taking the Passa Méridia to cross through the village.
2. At the first junction, turn right onto the dirt track and follow it for about 2.3 km. Then leave the Passa Méridia.
3. Take the path on the right, then after a few metres turn left towards the lavogne. Once you've gone round it, rejoin the Passa Méridia track. Walk through the village of Le Cros, passing in front of the castle, take the road towards La Couvertoirade and, 150 metres after leaving the main square, turn right.
4. This lovely route will take you out onto the RD 152 E7, which you'll follow to the left for 400 metres, then turn left again to reach the ruins of the Mas de Grimal.
5. Then turn left onto a smooth, slightly steep track which will take you onto a plateau with remarkable views over the Causse; after a lovely descent, you'll rejoin the main track heading towards La Couvertoirade, which you'll follow to the right. A wide, smooth dirt track with a few tricky bits leads to the entrance to the medieval town.
6. Ride 300 m along the tarmac road and, opposite the southern gate of the town, turn left. Follow the GR 71 and the Tour du Larzac Méridional on the return leg, which features a few technical sections before Mas Aussel and others on the final stretch. The route ends on the RN 1009.
7. Drive 450 m along the hard shoulder of the RN 1009, then turn left into Rue du Mas Gervais and continue along Grand Rue until you reach the belfry. Turn right onto the RN 1009 to return to the market hall, the starting point.

On your path...



The buissière. (A)

The pubescent oak (B)

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 ?

Access

Via the A75 motorway
Exit 49 from Montpellier/Béziers
Exit 49 from Clermont-Ferrand/Millau

Advised parking

gendarmerie car park

Information desks

Office de Tourisme Lodévois et Larzac
7 Place du Rialto, 34700 LODEVE
tourisme@lodevoisetlarzac.fr
Tel : 0467888644
http://www.tourisme-lodevois-larzac.fr

Source

Sites VTT FFC

On your path...



The buissière. (A)

The slow progression inside dense hedges of boxwood trees arboreal, they were intended to protect and channeling herds.

Sources: PNRGC_DA

Attribution : ©PNR Grands Causses



The pubescent oak (B)

The pubescent oak (Quercus pubescens) is widespread in the areas of the south of France. Its leaves are hairy on their underside, which is an adaptation to drought (the hairs limit evaporation and retain moisture). Formerly, the acorns were collected for animals or eaten by the herds on site.

Sources: PNRGC_DA

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