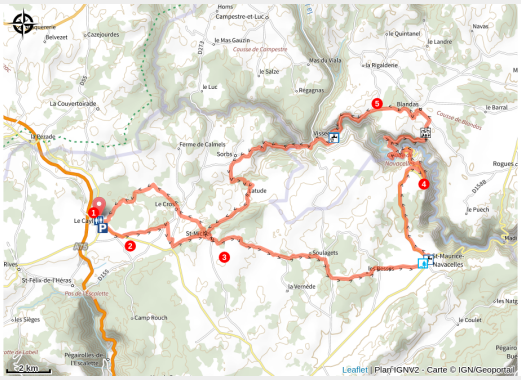
Gravel N°31 - In the heart of the Cirque de Navacelles

Du sud Larzac au Lac du Salagou



Cycliste gravel aux abords du Cirque de Navacelles (Eric Brendle)



The descent into the vertiginous canyon, followed by the climb up to the Blandas plateau, are the highlights of this challenging hike, set in the heart of a truly exceptional geological site.

Admittedly, you'll be cycling along more roads than tracks, but the irresistible allure of the Cirque de Navacelles will soon make you forget this minor drawback. For this immense meander carved out by the Vis is nothing short of unmissable, and cycling through it, from La Baume-Auriol to Blandas, makes it a 'must-see' in its own right! And to round it off: a beautiful gravel track, a proper one, just past Saint-Michel-d'Alajou.

Useful information

Practice : Gravel

Duration : 5 h

Length : 64.5 km

Trek ascent : 1172 m

Difficulty : Hard

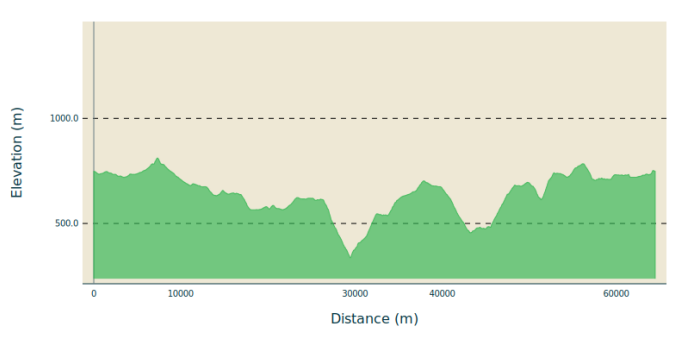
Type : Loop

Themes : Top 20 à Vélo

Trek

Departure : Le Caylar (Place de la République)
Cities : 1. Le Caylar
2. Le Cros
3. Saint-Michel
4. Saint-Maurice-Navacelles
5. Sorbs

Altimetric profile

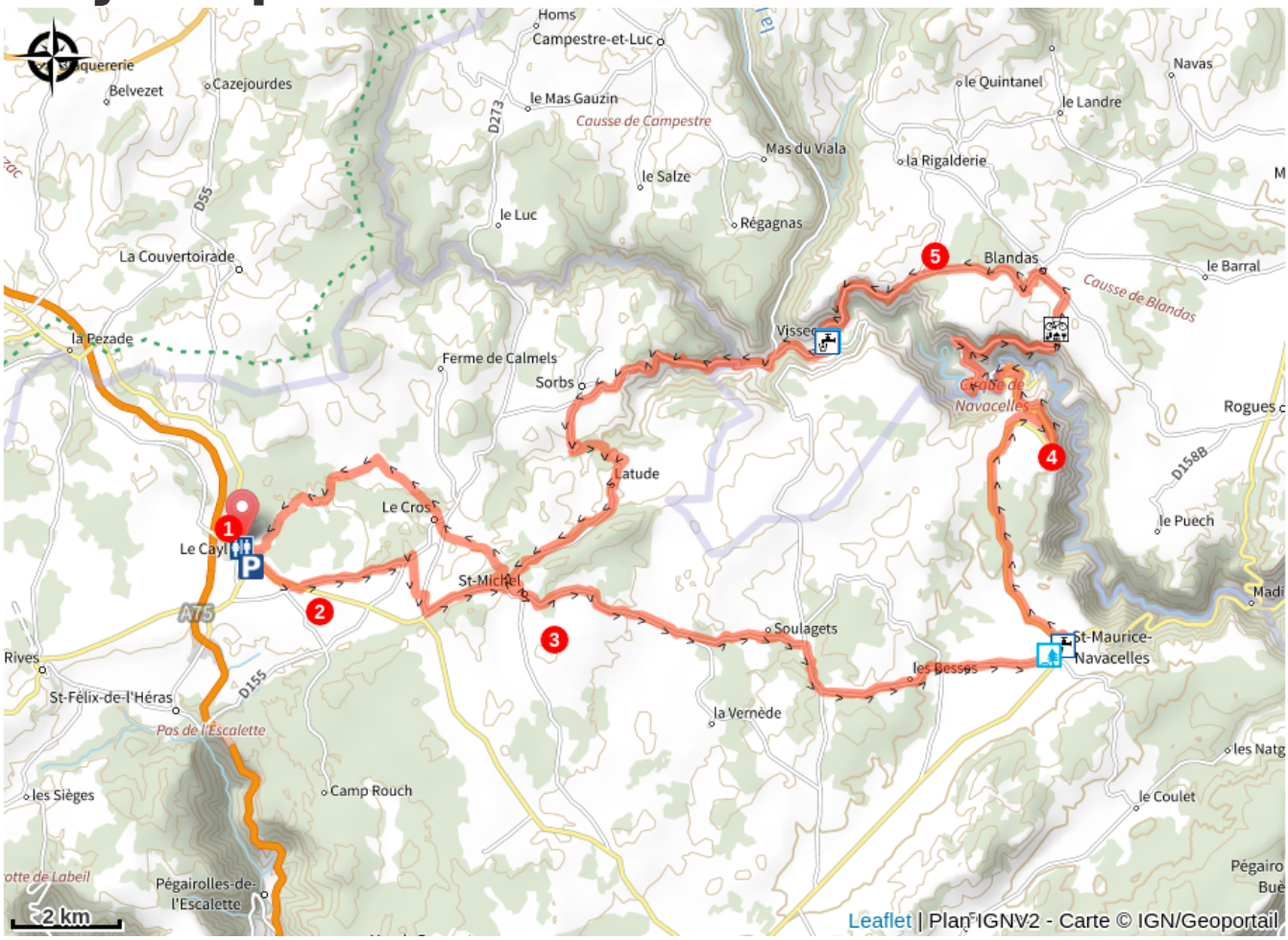


Min elevation 337 m Max elevation 811 m

1. Set off from the Place de la République in Le Caylar for a long ride towards the Cirque de Navacelles.
2. Follow the road and a small track (km 4) towards Saint-Michel-d'Alajou.
   You then head towards Saint-Maurice-de-Navacelles, taking some lovely country roads through the heart of the Causses.
3. At La Baume Auriol (km 25.7), you enter the Cirque de Navacelles, then pass through La Vis before tackling a lovely 8 km climb to reach Blandas.
4. The return journey to Le Caylar follows mainly small roads as far as Saint-Michel-d'Alajou, then a lovely gravel track that passes through Le Cros and runs alongside La Capitelle and then La Mouisse.

15% tracks and 85% roads
Riding time depending on your ability: 3 hours 30 minutes to 5 hours

On your path...


Homs
Campestre-et-Luc
Belvezet
Cazejourdes
le Mas Gauzin
Causse de Campestre
D273
Mas du Viala
le Quintanel
Navas
le Landre
la Rigalderie
le Salze
le Luc
Régagnas
D55
La Couvertoirade
Blandas
le Barral
Causse de Blandas
la Pezade
Vissec
Ferme de Calmels
Sorbs
Causse de Navacelles
Rogues
Latude
D158B
Le Cros
le Puech
Le Cayla
St-Michel
A75
Soulagets
St-Maurice-Navacelles
Rives
les Besses
St-Félix-de-l'Héras
D155
la Vernède
Pas de l'Escalette
les Sièges
Camp Rouch
le Coulet
Pégairolles-de-l'Escalette
2 km
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

Grand Site de France du cirque de Navacelles

Cet itinéraire est situé sur le périmètre du Grand Site de France du cirque de Navacelles, véritable merveille écologique et géologique

How to come ?

Transports

Bus stop for routes 661 and 681, 200 metres from the starting point.

Access

A75: Exit 49 from Millau and Clermont-Ferrand

A75: Exit 50 from Montpellier and Béziers

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

Espace GRAVEL FFC