

Gravel N°29- The Salagou Lake Circuit Gravel Edition

Du sud Larzac au Lac du Salagou



Carte postale Gravel du Lac du Salagou (Eric Brendle)



The perfect route for following the shores of Lake Salagou and venturing amongst its red-hued hills, briefly losing sight of the lake before gazing out over it as far as the eye can see, amidst a landscape of shimmering colours.

Welcome to an immersive experience in Salagou – not in the depths of the man-made lake, but on the surface. A great ride on dry land, following singletrack trails, tracks and country lanes that immerse you in a bucolic atmosphere whilst also offering a few technical sections. Ford crossings punctuate this route where land and water meet.

Useful information

Practice : Gravel

Duration : 1 h 30

Length : 28.6 km

Trek ascent : 363 m

Difficulty : Easy

Type : Loop

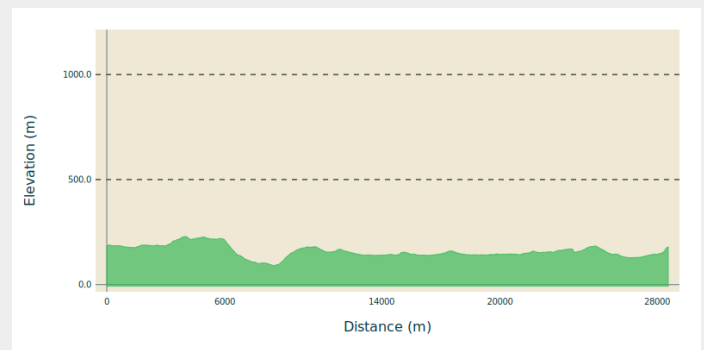
Themes : Top 20 à Vélo

Trek

Departure : Lake Salagou – Baie des Vailhés car park

Cities : 1. Le Puech
2. Celles

Altimetric profile



Min elevation 90 m Max elevation 229 m

1. A myriad of colours! That's what awaits you on this tour around Lake Salagou. Between the lake, the sky, the red earth and the vineyards, you'll be treated to a variety of colour palettes depending on the season and the time of day.
2. You'll start with a gentle climb as you leave the car park, heading towards the hamlet of Les Vailhés to join the DFCI (Forest Fire Defence) track D148E5!
3. The route of the track, which overlooks the lake, offers breathtaking views right up to the 4.6 km mark.
Next comes a descent along a rustic road leading down towards Mas Audran; you'll lose sight of the lake, but a further climb along the road takes you below the dam and then over it, allowing you to regain a view of the lake at Penchant du Salagou.
4. At km 13.4, the route brings you closest to the lake, featuring singletrack, sections alongside vineyards, slightly technical trails (particularly at the fords) and unpaved roads with no particular difficulties...
5. The final 6 kilometres follow the D148 county road for a leisurely return to the start/finish point (make the most of it to take a dip – it's good for recovery).

65 per cent off-road (track, singletrack, rough road) and 35 per cent on-road
Riding time depending on your ability: 1h 30min to 2h 00min

On your path...



All useful information

How to come ?

Access

A75: Exit 55 from Montpellier and Béziers

A75: Exit 54 from Millau and Clermont-Ferrand

Advised parking

Baie des Vailhès car park – Salagou

Information desks

Office de Tourisme Lodévois et Larzac

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Source



Espace GRAVEL FFC