

# VTT N°19 - The Durzon spring and St-Alban

Aveyron



Le long du Durzon... (Virginie Govignon - OT Larzac et Vallées)



Following banks and single paths, the Durzon valley reveals you all its charm, between the bank of the creek and the ascent towards the Saint-Alban. A green mountain biking as much as possible.

The gardens of Nant and their irrigation canal, the resurgence of the Durzon and its clear water, the hamlet of Mas du Pré as suspended in time, the Saint-Alban hill, the Romanesque chapel of Saint-Martin du Vican: all the landscaped and built jewels that mark this demanding and fresh itinerary in the heart of a bucolic valley. To discover!

## Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 13.4 km

Trek ascent : 230 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Géologie, Eau, Histoire et patrimoine

Accessibility : VTTAE

# Trek

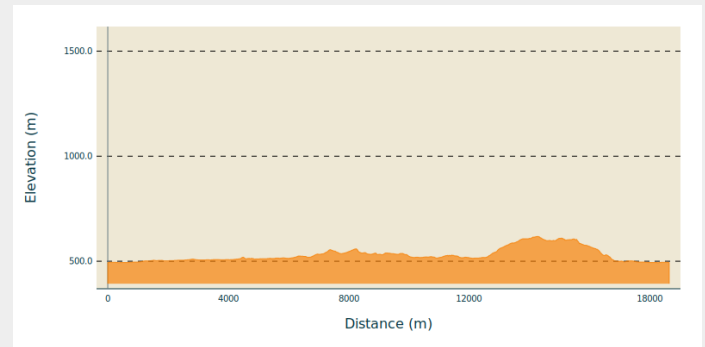
**Departure** : Nant

**Arrival** : Nant

**Markings** : VTT Parc

**Cities** : 1. Nant

## Altimetric profile



Min elevation 493 m Max elevation 620 m

1. From the parking, pass the old market and go to the square "Place St-Jacques". Take the path called "Chemin des Vernèdes hautes", a beautiful little path between the gardens, which follows an irrigation canal on 600m before finding on a small road (D178) towards the spring "Source du Durzon"
2. Turn left and continue on the road for 5km before reaching the spring. Let's take a break and admire this special and peaceful place.
3. Go back on the right bank of the Durzon: cross the small concrete bridge and turn left on a path along the stream with a luxuriant vegetation, moss covers trees and the light has difficulty to land on the ground.
4. At the end of the path, at the cross, take right towards the hamlet "Mas du Pré" on the hillside. A slightly steep track at the beginning will allow you to reach a pass.
5. Turn left to follow the St-Alban hill halfway up. From the pass, continue on the track on 1km then on a small single to go down on the other side of St-Alban. You will arrive near the Romanesque church St-Martin du Vicin (12th century).
6. Turn left on 200m then right the road towards the village.

# On your path...



# All useful information

## **Is in the midst of the park**

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

## **How to come ?**

### Transports

To travel by [bus or train](#), by carpooling [Aires de covoiturage](#) and hitchhiking [Rezpouce](#).

### Access

At 33km southeast of Millau.  
From Millau, by the D991 (Dourbies Gorges) or the D809 and D999 (Larzac plateau).

### Advised parking

Place du Claux

## **Accessibility**

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VTTAE

## **Source**



C.C. Larzac et Vallées - Site VTT-FFC N°269



Site VTT cofinancé par l'Union Européenne.