

# VTT N°75 - Circuit south of Larzac

Hérault



VTT et Lavogne (JA PNRGC)



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 : Mountain Bike

Duration : 2 h 30

Length : 18.2 km

Trek ascent : 267 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : VTT, Top 20 à Vélo

# Trek

**Departure** : Le Caylar

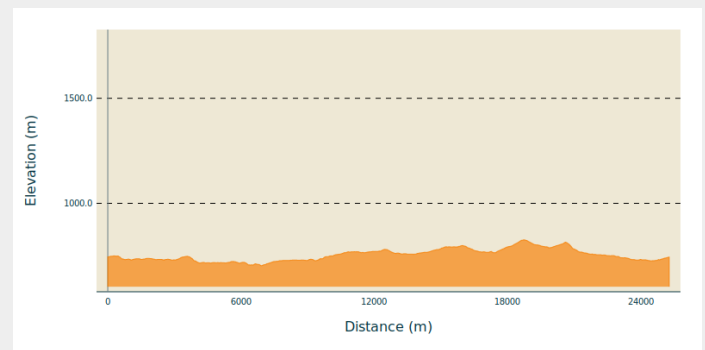
**Markings** : 🏠 VTT FFC PNR

**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...



# 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 ?**

### Access

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

### Advised parking

gendarmerie car park

## **Source**

Sites VTT FFC