

A getaway to the Causse between Larzac and Dourbie

Aveyron



Le Larzac (Virginie Govignon - OT Larzac et Vallées)



Steep descents into the Dourbie and Sorgues valleys, gradual climbs up through the Larzac and the Guilhaumard plateau: a lovely challenge, dotted with technical sections, set against a picture-perfect backdrop

Over 68 km of a challenging route await you, across the Larzac plateau – which is more rugged than it appears – as well as through the foothills of the plateau, carved by valleys. The route offers a whole range of technical challenges, not to mention the need to pace yourself over the long distance. Five villages – including three founded by the Knights Templar and the Order of Hospitallars – and a hamlet

Useful information

Practice : Road bike

Duration : 4 h 30

Length : 68.4 km

Trek ascent : 1133 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Histoire et patrimoine, Agropastoralisme

mark this exhilarating route through the heart of the great outdoors.

Trek

Departure : L'Hospitalet-du-Larzac

Arrival : L'Hospitalet-du-Larzac

Cities : 1. L'Hospitalet-du-Larzac

2. Sainte-Eulalie-de-Cernon

3. La Cavalerie

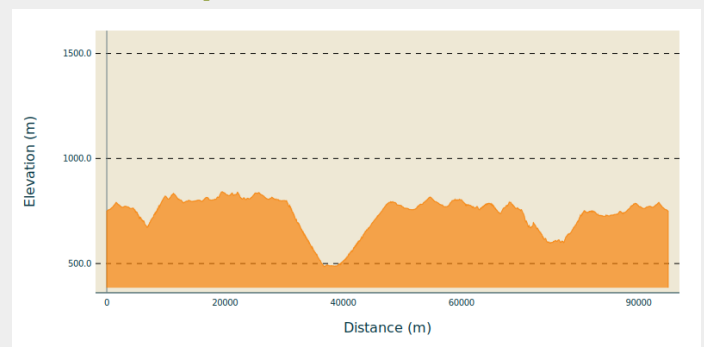
4. Nant

5. La Couvertoirade

6. Les Rives

7. Cornus

Altimetric profile



Min elevation 486 m Max elevation 840 m

1. From L'Hospitalet-du-Larzac, start the route on the RD23 heading west towards Viala-du-Pas-de-Jaux. At the 'Quatre Routes' crossroads, turn right onto the RD77, then right again onto the RD277.
2. From there, head towards La Cavalerie by turning right onto the RD999. Pass through this village, once home to the Knights Templar and the Order of St John, following the ramparts, before turning right onto the small Route de la Tune. This stretch, approximately 5 km long, offers your first taste of the Causse landscapes. Just before a secluded farm, turn right, then left at the next crossroads to rejoin the RD999 at the hamlet of Les Liquisses Hautes.
3. Continue eastwards towards the village of Nant. In the centre of the village, pass the Place du Claux and carry on towards Saint-Jean du Bruel. After La Mouline, turn right towards La Couvertoirade. This marks the start of the gradual climb up the Côte de la Fare to the plateau. An ideal section for finding your rhythm on a steady gradient.
4. At the top of the hill, near the gatekeeper's house on the old Tournemire-Le Vigan railway line, take the D7 briefly to the right, then turn left onto the RD55 towards La Couvertoirade. A short detour will allow you to explore this remarkable village, listed among the 'Most Beautiful Villages of France'. After this cultural detour, get back on the road via the D185 to La Pezade, then continue on the D140.
5. A few kilometres further on, pass through the hamlet of Canals. On the right, just before the church, is the Maison du Guilhaumard, which houses an exhibition on the Guilhaumard Sensitive Natural Area. Then take the first road on the right to reach Cornus, a staging post before the final climb.
6. In Cornus, at the junction with the D7, continue to the right to pass through the village and begin the final climb, which will take you up onto the Larzac plateau. Pass the junction at the Aire de la Tour d'Aiguillon, then turn left onto the D77 as far as the 'Quatre Routes' junction.
7. Finally, turn right for the last stretch, which will take you back to L'Hospitalet-du-Larzac, the end point of this challenging loop, combining physical exertion, unspoilt nature and a heritage stretching back a thousand years.

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

<https://www.lio-occitanie.fr/>

Access

Access from the south: A75 motorway, junction 48, L'Hospitalet du Larzac

Access from the north: A75 motorway, junction 47, La Cavalerie, then the RD 809

Advised parking

Place des Cygnes in L'Hospitalet-du-Larzac

Source



Espace CYCLOSPORT FFC