

MTB 4 - L'Espérou mountain - graded blue

Gard



Dans la forêt de hêtres (Béatrice Galzin)



This loop through the forest quickly changes from a rolling route to a single track on which steering and controlling your MTB will be crucial.

Useful information

Practice : Mountain Bike

Duration : 1 h 4

Length : 8.0 km

Trek ascent : 239 m

Difficulty : Very easy

Type : Boucle

Themes : Architecture et village,
Eau et géologie, Agriculture et
élevage

Trek

Departure : L'Espérou

Arrival : L'Espérou

Markings : ➡ VTT

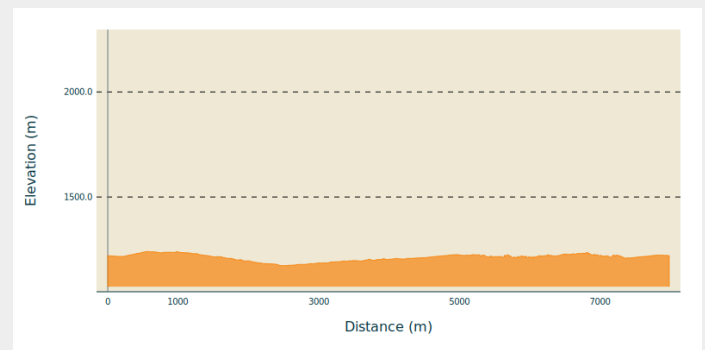
Cities : 1. Dourbies

2. Bréau-Mars

3. Arphy

4. Val-d'Aigoual

Altimetric profile



Min elevation 1178 m Max elevation 1243 m

Signposts will guide you all along this route. In the description below, the signposted place names and/or directions are given in **bold italics** between quotation marks:

From **"Halle de l'Espérou"**, take the road on the left.

1. At **"La Halle"**, take the track on the right and continue to
2. **"Les Douzes"**.
Turn right towards
3. **"Font des Douzes"**.
Turn left to **"Pueylong"**.
4. At **"Pueylong"** re-join the road on the left for 900 m and take the single track leading to
5. **"Bois du Mas Méjean"**,
6. **"Route Dhombres"**.
Cross the road and take, on your right, the single track all the way to
7. **"Le château"**, then turn left on the road towards
8. **"Carrefour"** before returning to **"La halle de l'Espérou"**.

This walk is taken from the guidebook **Massif de l'Aigoual**, published by the Communauté de communes Causses Aigoual Cévennes as part of the collection Espaces Naturels Gardois and the label Gard Pleine Nature.

On your path...



The village of L'Espérou (A)

The watershed (B)

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.



Advices

Before committing yourself to a circuit, ensure that it is suitable for your activity level and ability. You must wear a helmet; further protective equipment is recommended. Respect other road users and stay in control of your speed and trajectory. Make sure your equipment is appropriate for the day's weather conditions. Remember that the weather changes quickly in the mountains. Take enough water. Please close all gates and barriers behind you. No off-roading.

How to come ?

Transports

liO is the regional public transport service of the Occitanie/ Pyrénées – Méditerranée region. It facilitates everyone's movements by prioritising public transport. For more information, call 08 10 33 42 73 or go to www.laregion.fr

Access

From Valleraugue, take the D986 to L'Espérou

Advised parking

L'Espérou

Information desks

Tourism & national parc'house

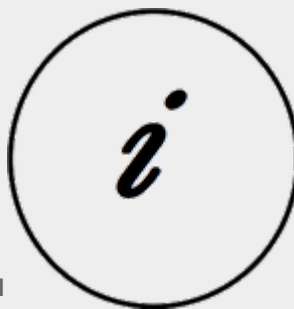
Col de la Serreyrède, 30570 Val d'Aigoual

maisonde-laigoual@sudcevennes.com

Tel : 04 67 82 64 67

<https://www.sudcevennes.com>

Accessibility : Accessible aux personnes à mobilité réduite sur les trois niveaux du bâtiment (ascenseur)



Tourism office Mont Aigoual Causse Cévennes, Valleraugue

7 quartier des Horts, 30570 Valleraugue

valleraugue@sudcevennes.com

Tel : 04 67 64 82 15

<https://www.sudcevennes.com>



Source



CC Causse Aigoual Cévennes Terres Solidaires

<http://www.causse-aigoual-cevennes.fr/>



Parc national des Cévennes

<http://www.cevennes-parcnational.fr/>



Pôle Nature Aigoual

On your path...



The village of L'Espérou (A)

The village of L'Espérou lies on the border of Dourbies and Valleraugue local councils. A draille (track for livestock to migrate to summer pastures with their shepherds) crosses the village. As in many villages in the Gard, the two places of worship – one Catholic, the other Protestant – are opposite each other. The village is located in a varied environment that is suitable for outdoor activities and sports.

Attribution : Béatrice Galzin

The watershed (B)

The watershed goes through the village of L'Espérou. This natural limit is also the border between the two municipalities of Val d'Aigoual and Dourbies. The rain that falls on and runs off the Valleraugue side continues to the Mediterranean. The water that flows towards Dourbies does not follow the same route and ends up in the Atlantic...