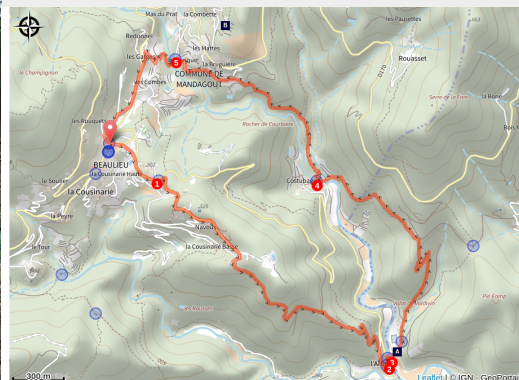


L'Arboux

Gard



Culture Oignons Doux



Descend towards L'Arboux hamlet, which owes its name to the Occitan arboç (strawberry tree), a tree not found everywhere in the Cévennes, before going back up to explore the crop terraces of Cévennes mild onion.

Useful information

Practice : Pédestre

Duration : 3 h

Length : 7.3 km

Trek ascent : 416 m

Difficulty : Medium

Type : Boucle

Themes : Histoire et culture

Trek

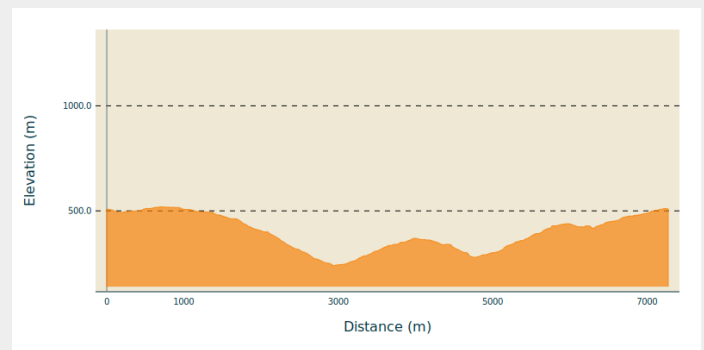
Departure : Mandagout

Arrival : Mandagout

Markings :  Balisage jaune et mobilier signalétique

Cities : 1. Mandagout
2. Saint-André-de-Majencoules

Altimetric profile



Min elevation 242 m Max elevation 518 m

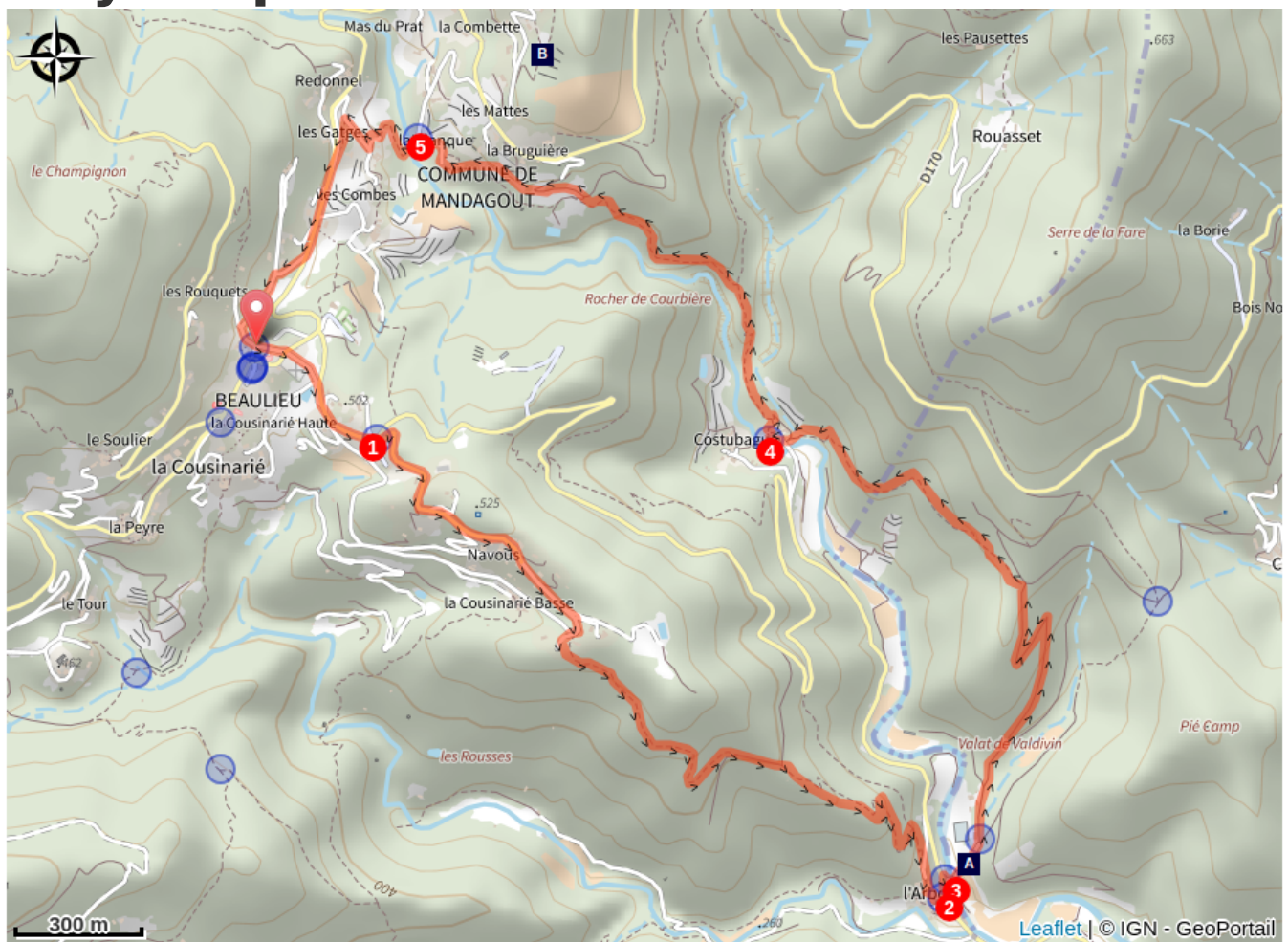
Signposts will guide you all along this route. In the description below, the signposted place names and/or directions are given in **bold italics** between quotation marks :

Starting at “**MANDAGOUT**”, walk to “**L'ARBOUX**” via “**Mandagout - Centre**” :

1. “**Croix de Navous**”. Then :
2. “**L'ARBOUX**”. Go to “**COSTUBAGUE**” via :
3. “**L'Arboux**”.
4. At “**COSTUBAGUE**” continue to :
5. “**La Planque**”, then return to “**MANDAGOUT**” via “**Mandagout -Centre**”.

This walk is taken from the guidebook **Les Vallées Cévenoles - En Pays Viganais**, published by the Communauté de communes Pays Viganais-Cévennes as part of the collection Espaces Naturels Gardois and the label Gard Pleine Nature.

On your path...



The Reinette apple and the sweet onion (A)

Camin Ferrat (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

Make sure your equipment is appropriate for the day's weather conditions. Take enough water, wear sturdy shoes and put on a hat. Please close any gates and barriers behind you.

How to come ?

Transports

Alès bus line 142

Nîmes bus line 140

Montpellier bus line 608

LIO line 106 (Saturdays only)

LIO Région Occitanie - <https://lio.laregion.fr/>

Access

From Alès or Nîmes take the D999 towards Vigan, then the D370 and D170 via Col des Mourèzes to Mandagout

Advised parking

Village square

Information desks

Tourism office Cévennes and Navacelles, Le Vigan

Maison de pays, place du Marché, BP 21,
30120 Le Vigan

contact@sudcevennes.com

Tel : 04 67 81 01 72

<https://sudcevennes.com/>



Source



CC du Pays Viganois

<http://www.cc-paysviganois.fr/>



Parc national des Cévennes

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

On your path...



The Reinette apple and the sweet onion (A)

The Arboux valley is the valley of the queen of apples! Apples have been grown here since the 11th century, and King Louis XIV was very partial to them. There are still many apple trees in the area.

But the sweet onion also has its birthplace in this valley. It has been grown here for almost two centuries. The local climate and soil favour it: a sandy acidic soil, dry weather in summer, and a lot of water. The sweet onion is sown in February, planted out in May and harvested in August. It keeps several months in a cool dark place.

Attribution : Nathalie Thomas



Camin Ferrat (B)

The name camin ferrat, literally “iron road”, is obscure in origin. For some, it was a transit route for iron bars; for others, a route used by itinerant blacksmiths. The most likely explanation seems to be that it was used by shod beasts of burden. A local woman claims that the path was damaged by oxcarts laden with wood.

Attribution : N Thomas