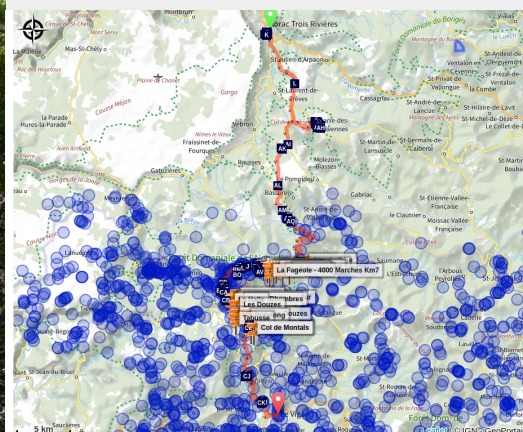


The panoramic Cévennes via Mont Aigoual

Cévennes



Montée sur la Can (© Nathalie Thomas)



This three-stage itinerary leads you to the summit of Mont Aigoual, the emblematic peak of the Cévennes, in an upland atmosphere from beginning to end.

The route crosses the massif on ridge paths, alternating between forest tracks and technically demanding singletracks. The highpoints are the panoramic views over the surrounding massifs and the technical sections. A route reserved for experienced runners, used to technical terrain and long distances.

Useful information

Practice : Trail

Duration : 3 days

Length : 72.8 km

Trek ascent : 2412 m

Difficulty : Hard

Type : Itinérance

Themes : Architecture et village, Faune et flore, Transports en commun, Agriculture et élevage

Trek

Departure : Florac

Arrival : Le Vigan

Markings :  GR®

Cities : 1. Florac Trois Rivières

2. Cans et Cévennes

3. Barre-des-Cévennes

4. Vebron

5. Le Pompidou

6. Rousses

7. Bassurels

8. Saint-André-de-Valborgne

9. Val-d'Aigoual

10. Meyrueis

11. Saint-Sauveur-Camprieu

12. Dourbies

13. Bréau-Mars

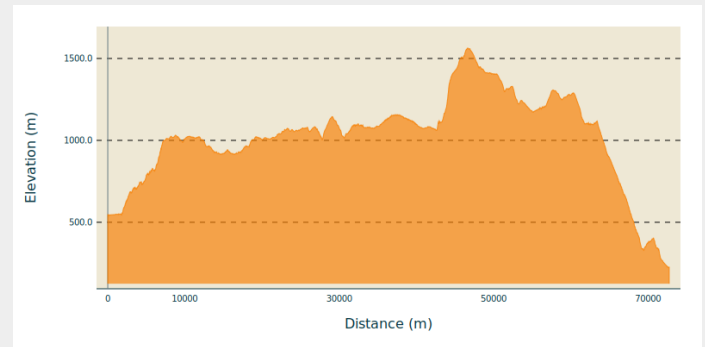
14. Arphy

15. Aulas

16. Le Vigan

17. Avèze

Altimetric profile



Min elevation 226 m Max elevation 1559 m

Day 1: Florac, Barre-des-Cévennes, 16 km, 780 m of climbs, 390 m of descents. GR®43, GR®7.

From Florac, go to Barre-des-Cévennes on the GR®43 to the Col des Faïsses pass via Le Pont de Barre, La Rouvière, Tardonèche, Col du Rey. At Col de Faïsses, leave the GR®43 to take the GR®7 to Barre-des-Cévennes via the Can Noire plateau.

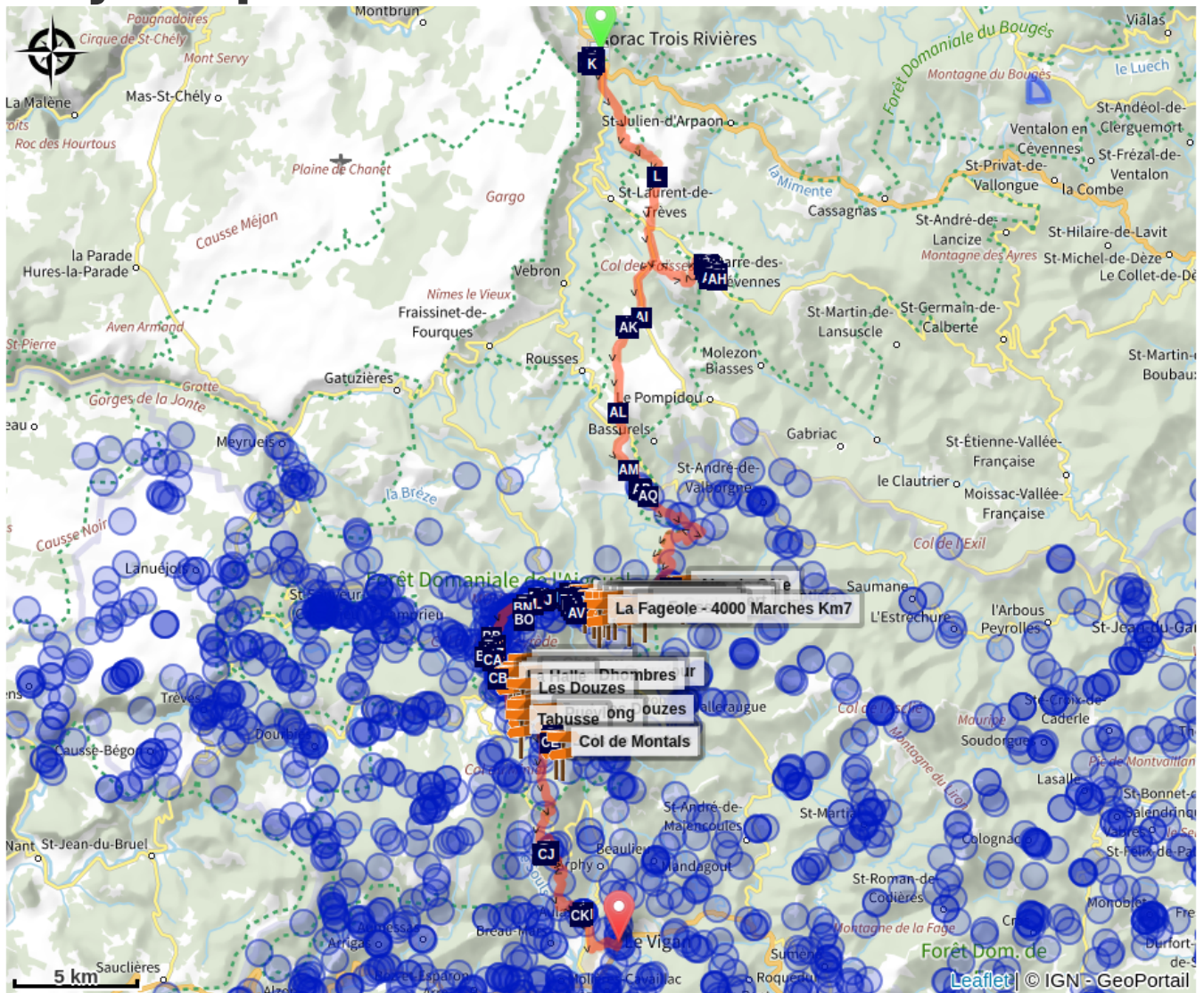
Day 2 : Barre-des-Cévennes, summit of Mont Aigoual, 30 km, 680 m of climbs, 1280 m of descents, GR®7.

From Barre-des-Cévennes, take the GR®7 back to Col des Faïsses. At the pass, continue on the GR®7 uphill to the summit of Mont Aigoual via L'Hospitalet, Col de Salidès, Aire de Côte, Cap Brion, Mont Aigoual.

Day 3 : Summit of Mont Aigoual, Le Vigan, 26 km, 440 m of climbs, 1770 m of descents, GR®7

From the summit of Mont Aigoual, go downhill to Prat Peyrot, Col de la Serreyrède, L'Espérou, Col de Montals, Col de la Broue, Aulas, Le Vigan.

On your path...



- | | |
|--|---------------------------------|
| Grand-Rue (A) | The Planet neighbourhood (B) |
| The Esplanade (C) | Panorama and history (D) |
| The former convent (E) | Saint-Martin's Church (F) |
| The river Vibron (G) | The ferradou and fairground (H) |
| The former fish farm (I) | The castle and fairground (J) |
| The Pesquié spring (K) | The Can de Ferrières (L) |
| Place des Ayres (Threshing Square) (M) | Scree (N) |

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. Remember that the weather changes quickly in the mountains. Take enough water.

How to come ?

Transports

Bus line, lio.laregion.fr

Le Vigan-Alès : line D42, Monday to Friday 6.50 am, arrival 8.45 am

Bus line Florac-Alès : line 252, Monday to Friday.

Passenger and luggage transport : www.lamallepostale.com/fr

Access

From Mende or Alès to Florac

Advised parking

Florac

Information desks

Tourism'house and national Parc at Florac

Place de l'ancienne gare, N106, 48400
Florac-trois-rivières

info@cevennes-parcnational.fr

Tel : 04 66 45 01 14

<https://www.cevennes-gorges-du-tarn.com>



Source



Comité départemental de la randonnée pédestre 48

<http://lozere.ffrandonnee.fr/>

Comité Départemental de Randonnée Pédestre du Gard



Fédération Française de Randonnée Pédestre

<https://www.ffrandonnee.fr/>



Parc national des Cévennes

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

On your path...



Grand-Rue (A)

Rue Armand Jullié used to be Florac's trading street and would have been lined with workshops with typical shop fronts. Mule drivers once used this road to carry their goods from the Auvergne down to the Midi, before they were replaced by cart drivers and finally wagoners. More than twenty wagoners would stop off in Florac at the turn of the 20th century. They would rest here and, before resuming their journey, would take on additional horses to help climb the steep hills that awaited them on the road ahead.

Attribution : PROHIN Olivier



The Planet neighbourhood (B)

In the 16th and 17th centuries, a large number of religious conflicts between Catholics and Protestants affected the Cévennes, bringing with them much destruction. After the Peace of Alais was signed by Richelieu and the Duke of Rohan in June 1629, Protestants retained the right to practise their religion, but their fortifications were razed. This included Florac's town walls. The house bearing this information panel is one of the town's oldest: its tower used to watch over Thérond Gate. It also stands at the crossroads of the former road linking Nîmes with Saint-Flour and the former road from Florac to Séverac via the Causse plateau.

Attribution : PROHIN Olivier



The Esplanade (C)

The covered passage of the sub-prefecture is one of several in Florac, running beneath the houses. You have just gone through the former town wall and now find yourself inside the medieval town. Besides the beautiful ancient plane trees (the oldest are 200 years old), you can see, at one end, the statue of Léon Boyer, who built the Garabit viaduct with Gustave Eiffel and died in 1883 in Panama, where he was working on the construction of the Canal; and at the other end, the temple (Protestant church) and the War Memorial.

Attribution : PROHIN Olivier



Panorama and history (D)

Cave dwellers used to live in the rocks of Rochefort (at an altitude of 1,054 m) as far back as the Bronze Age. That is also where the first feudal castle was built. In the Gallo-Roman era, Florac was probably only a rural estate. The medieval village developed on the small hill overlooking the Vibron, next to the church in the Fourniol district. The population passed the 1,000 mark in the 18th century, and stood at 2,236 in 1852. Since the early 20th century, it has remained relatively stable at around 2,000 inhabitants.

Attribution : BOUISSOU Arnaud



The former convent (E)

Originally built to house a hospital, this building became a Capuchin convent in the 17th century. Subsequently transformed back in to a hospital, it has since also been the seat of the sub-prefecture and a religious institution. It is known as the “house of the Congregation” and is today used as a private school. We have to picture it in the late 17th century, when this district was densely populated, teemed with life and saw much economic activity: textile craftsmen, leather craftsmen, mule drivers, carters and innkeepers, who made their living from the merchants and goods passing through.

Attribution : PROHIN Olivier



Saint-Martin's Church (F)

The original church, the Chaise-Dieu Priory church, stood on the site of the current church, surrounded by a cemetery. Between the 13th and 15th century, Florac was known for the power struggle between its priory and its lord, who lived on the other side of the Bibrou (Vibron) river. The church was destroyed in 1561 and a temple (Protestant church) built on its vestiges. Florac was devastated many times by religious wars: the temple, the clock and the church tower were all destroyed at the beginning of the 17th century (1629). The current Catholic church, built in the neoclassical style, dates from 1833, just like the temple on the Esplanade.

Attribution : PROHIN Olivier



The river Vibron (G)

This river has been used as the drinking-water supply for the town's many fountains, to irrigate its gardens, power up to eight water mills and provide water for a fish farm. In the old days, it was also used for public wash-houses, tanneries and as a drain for waste water.

Attribution : PROHIN Olivier



The ferradou and fairground (H)

The ferradou was once the place where oxen were shod. It is located next to the public weigh house on the former fairground, where Florac's thirteen annual fairs used to be held. These fairs were an occasion for trade between the regions. People would come from the Causses, Cévennes, Mont Lozère and even further afield to sell their sheep, goats, cows, oxen and pigs. Wine, chestnuts, wheat, fruit, clogs and woollen cloth would also have been sold. These fairs were also great festivities, which some people celebrated by drinking beyond reason before staggering back to their villages!

Attribution : PROHIN Olivier



The former fish farm (I)

Situated upstream of the former Draille Bridge, the fish farm carries on a local tradition of fish farming that was no doubt ancient. Behind the fish farm you will find one of Florac's former mills (the mill of the spring). The mills served several purposes: grinding wheat, pressing walnuts for oil, fulling wool, etc.

Attribution : PROHIN Olivier



The castle and fairground (J)

Florac castle was rebuilt in 1652, after the religious wars, and now stands on the spot of the former feudal castle, mentioned in records dating back to the early 13th century. During the French Revolution, the castle was turned into a salt loft for storing salt. Sold to the French State in 1810, it was used as a prison. It still retains some features of that period. Since 1976, the castle has been the seat of the Cévennes National Park.

Attribution : © Guy Grégoire



The Pesquié spring (K)

The spring of the Pêcher surges in several places from a big mass of fallen rocks. It has not been possible so far to explore any of these points further. The spring provides a lot of water, but in irregular quantities:

- low flow rate: between 80 L/s and 200 L/s
- average flow rate: between 1,250 L/s and 7,000 L/s

The average temperature is 10 to 10.2°C.

Attribution : PROHIN Olivier



The Can de Ferrières (L)

This limestone plateau continues to be grazed by flocks of sheep. Note the piles of stones, called clapas. They are not there by chance! They are the result of locals clearing their fields and pastureland of stones. These piles shelter many species.

Attribution : © Guy Grégoire

Place des Ayres (Threshing Square) (M)

Marker 20

So called because it used to be where most of Barre's farmers came to thresh their grains using flails. This technique, known since Gallo-Roman times, was for a long time the most widely used.



Scree (N)

Marker 19

Limestone is made up of thin layers topped by thicker ones. Water penetrates into the rock's interstices and, when it freezes, fractures it. The base layers are more fissured and therefore eliminated more quickly. That is how the overhangs you can see at three different heights were created. These rocky environments have an important ecological role because they are a refuge for certain species of plants (French-leaf sorrel) and animals (little owl). A little further down, some seeps support wetland vegetation: horsetails, hemp-agrimony. This is also a meeting-point for many butterflies (great banded grayling, marbled white), which are the only creatures that can reach the nectar deep inside hemp-agrimonies and plume thistles.