

MTB 1 - The tour de L'Espérrou

Gard



Sentier en forêt de hêtres (Béatrice Galzin)



This is a peaceful track at the heart of the forest. It presents no particular difficulty and can be accomplished by families wishing to discover the surroundings of the village of L'Espérrou at mountain-bike speed.

Useful information

Practice : Mountain Bike

Duration : 31 min

Length : 4.4 km

Trek ascent : 100 m

Difficulty : Easy

Type : Boucle

Themes : Histoire et culture,
Agriculture et élevage

Trek

Departure : L'Espérou

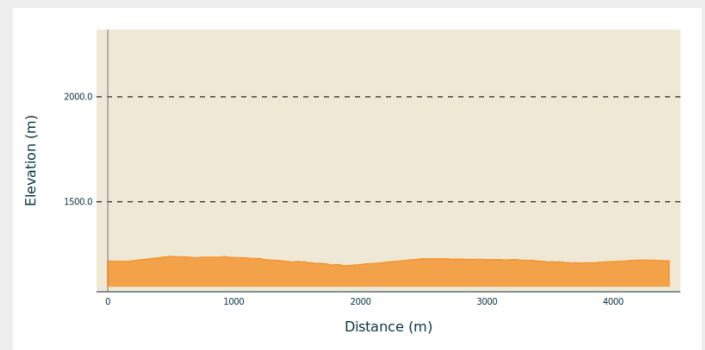
Arrival : L'Espérou

Markings : ➡ VTT

Cities : 1. Dourbies

2. Val-d'Aigoual

Altimetric profile



Min elevation 1198 m Max elevation 1243 m

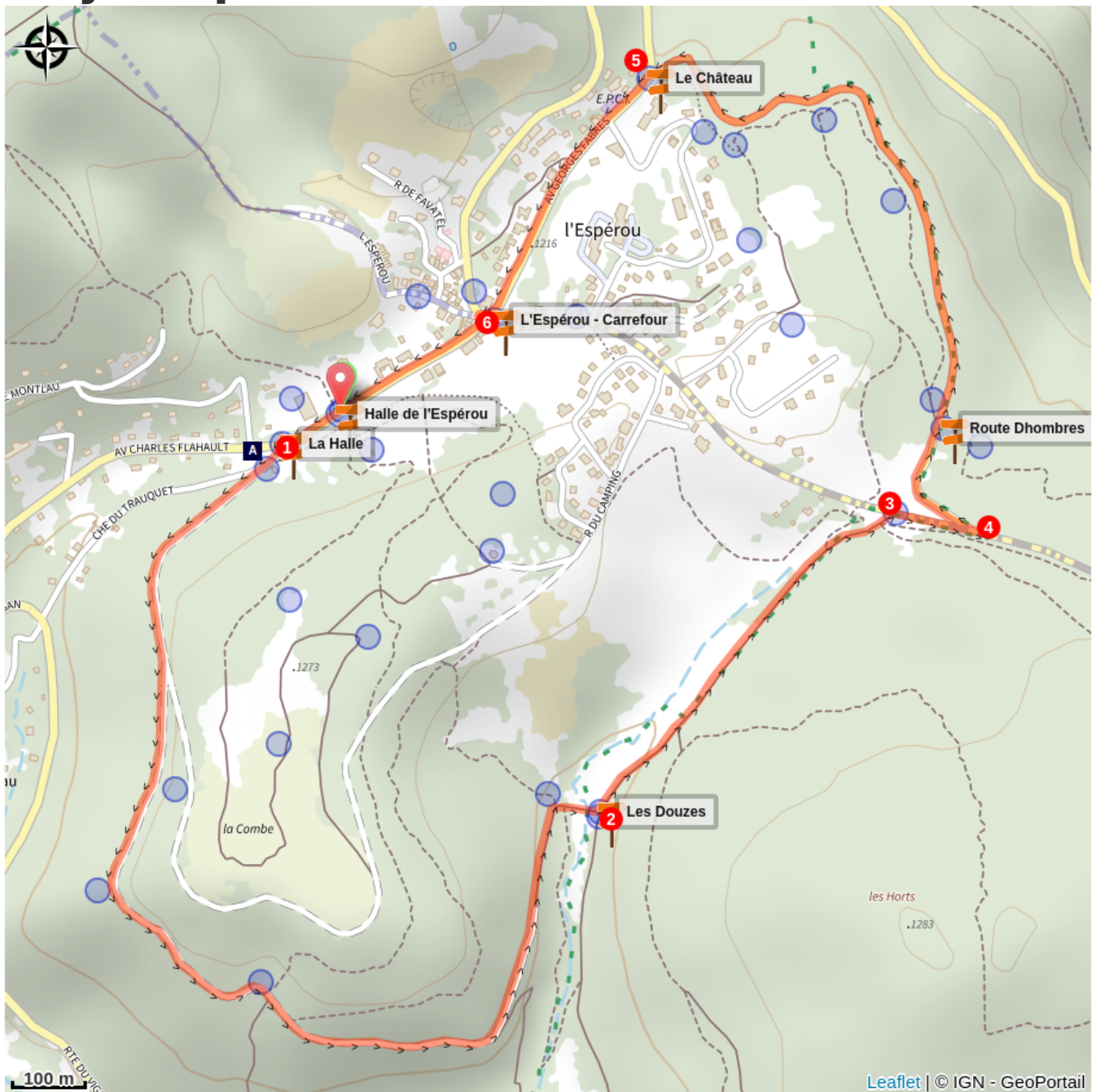
Signposts will guide you all along this route. In the description below, the signposted place names and/or directions are given in **bold italics** between quotation marks:

From **"Halle de l'Espérou"** car park, take the D151 towards Dourbies for 200 m.

1. At "La Halle", turn left to follow
2. **"Les Douzes"** then
3. **"La Bascule"**,
4. **"Route Dhombres"**, **"Le Château"**.
5. At **"Le Château"** turn left to return to
6. **"Le Carrefour"** and **"Les halles"** car park.

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)

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

You must wear a helmet; further protective equipment is recommended. Respect other road users and stay in control of your speed and trajectory. NB: The trail is also used by horse riders. 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.

Caution: patous (livestock guardians)! Seek advice on how to behave near these dogs from tourist offices and National Park information centres.

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 <https://lio.laregion.fr/>

Access

From Valleraugue, take the D986 to L'Espérou – car park after the crossroads.

Advised parking

Les Halles (L'Espérou)

Information desks

Tourism & national parc'house

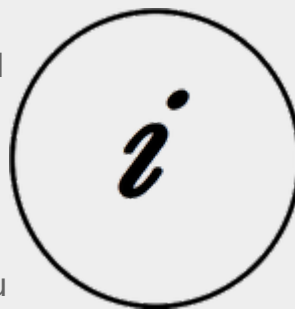
Col de la Serreyrède, 30570 Val d'Aigoual

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)



Source



CC Causses Aigoual Cévennes Terres Solidaires

<http://www.causses-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