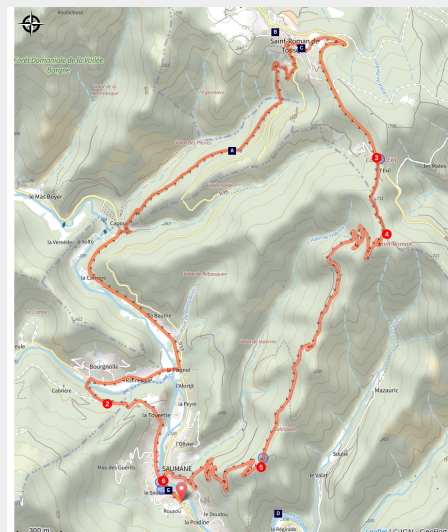


L'Exil

CC Causses Aigoual Cévennes - Terres solidaires



Village de St Roman (Nathalie Thomas)



An easy walk that is ideal for getting back in shape and has many points of interest: a remarkable church, a route overlooking Saumane, a picturesque uphill stretch on the former King's road to St-Roman-de-Tousque, a section on the Corniche des Cévennes and a downhill stretch to Saumane with magnificent panoramic views onto Mont Lozère, the Cévennes and Mont Aigoual.

Useful information

Practice : Pédestre

Duration : 4 h 18

Length : 13.0 km

Trek ascent : 542 m

Difficulty : Medium

Type : Boucle

Themes : Histoire et culture

Trek

Departure : Saumane

Arrival : Saumane

Markings : — Balisage jaune et mobilier signalétique

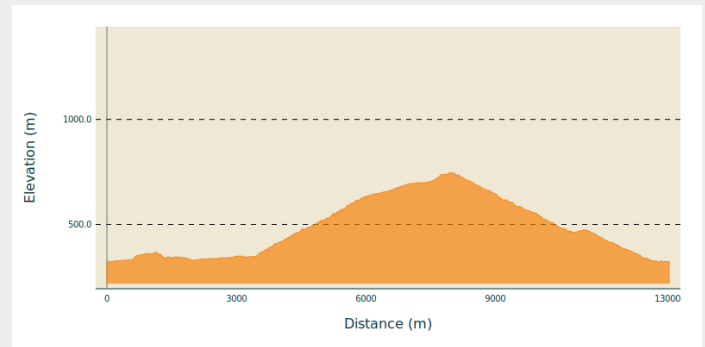
Cities : 1. Saumane

2. Les Plantiers

3. Saint-André-de-Valborgne

4. Moissac-Vallée-Française

Altimetric profile



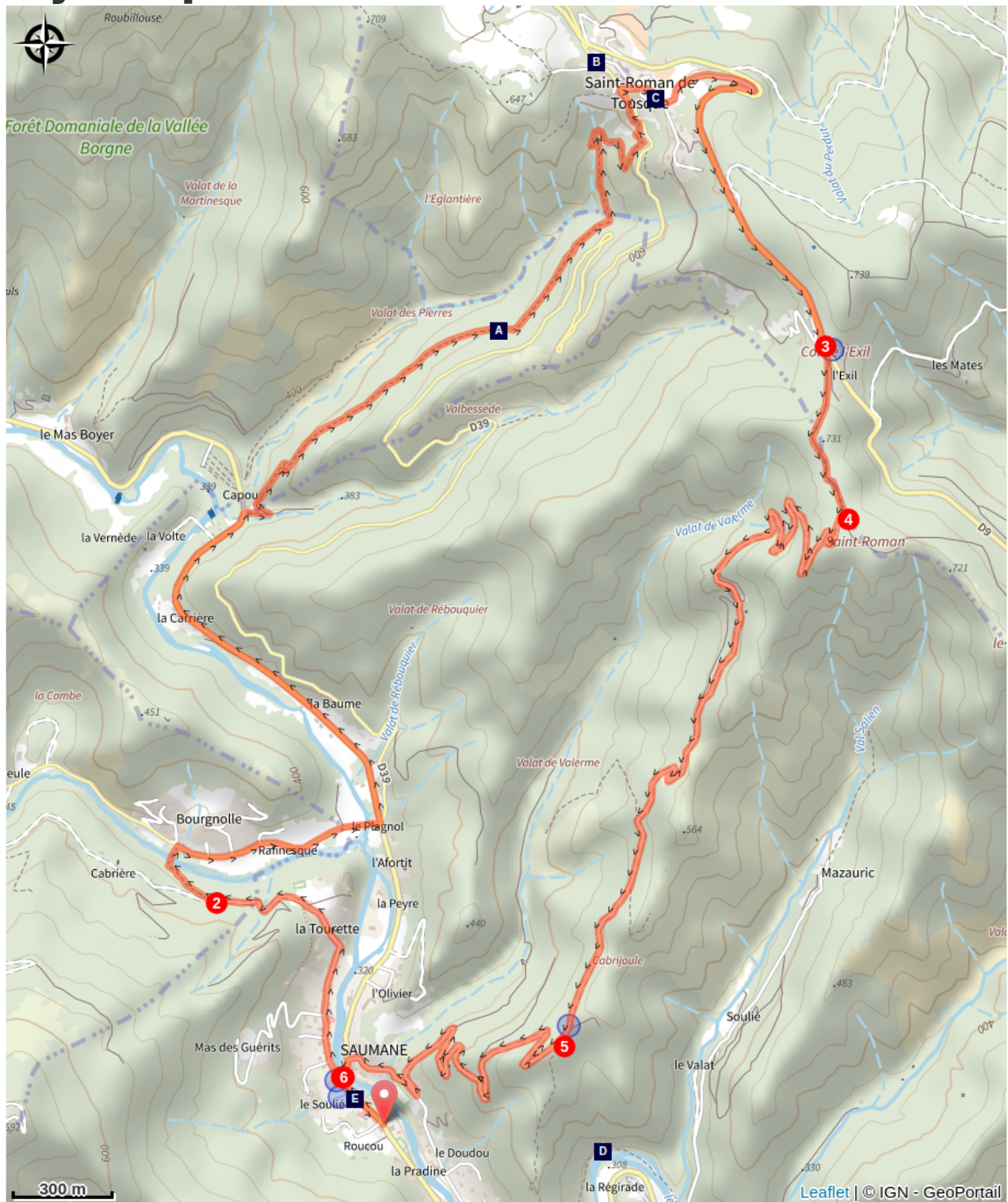
Min elevation 320 m Max elevation 743 m

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 the main square of **“Saumane”**, walk towards **“Col de l'Exil”** via

1. **“Pont de Saumane”**. Continue on the road, via La Tourette.
2. “Cabrières”, go downhill on the right and cross the river on the picturesque bridge, then go back uphill to just below the hamlet of Bourgnolles. Take the road on the right to the D 907, turn left onto it and walk to the Maison de Capou. At Maison de Capou, go uphill through the stony ravine to reach St-Roman de Tousque (former King’s road). In St-Roman de Tousque, turn right in the village and join the Corniche des Cévennes road (D 9). At the road (D9), cross the security barriers and walk to the Col de l’Exil pass.
3. At **“Col de l'Exil”**, take the forestry track on the right towards **“Saumane”** via
4. **“Saint-Roman”**,
5. **“Cabrijoule”**. At **“Cabrijoule”** keep going downhill towards **“Saumane”** via
6. the **“Pont de Saumane”**. At **“Pont de Saumane”**, turn left to return to the car park.

On your path...



Heritage: the King's road (A)
The village of St-Roman de Tousque
(C)
Saumane (E)

Saint-Roman de Tousque (B)
Cabrigoule (D)

All useful information

Advices

NB: from the hamlet of Bourgnolle to Capou and from St-Roman de Tousque to the Col de l'Exil, this walk is on (tarred) main roads.

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

liO est le Service Public Occitanie Transports de la Région Occitanie/Pyrénées-Méditerranée. Il permet à chacun de se déplacer facilement en privilégiant les transports en commun. lio.laregion.fr
(pendant la période scolaire)

Access

From St-Jean du Gard, head towards St-André de Valborgne on the D907 via L'Estréchure, to Saumane.

Advised parking

Main square of Saumane

Information desks

Tourism & national parc'house

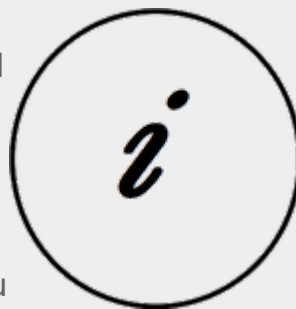
Col de la Serreyrède, 30570 Val d'Aigoual

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)



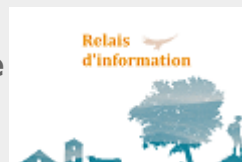
Tourism office Mont Aigoual Causses Cévennes, Saint-André-de-Valborgne

les quais, 30940 Saint-André-de-Valborgne

standredevalborgne@sudcevennes.com

Tel : 04 66 60 32 11

<https://www.sudcevennes.com>



Source



CC Causses Aigoual Cévennes Terres Solidaires

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



Parc national des Cévennes

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

On your path...



Heritage: the King's road (A)

The uphill section from Capou is on the former King's road, which climbs up the Valat des Pierres valley all the way to St-Roman de Tousque. The road originally linked St-Roman to St-Hippolyte du Fort via Lasalle, the Col du Mercou pass, St-Martin de Corconac and Saumane. This former road is a delight for a slow walk among ferns, pines and sweet chestnut trees. The sound of water is everywhere, in the form of springs or little waterfalls, and the original supporting walls, aqueducts and milestones are magnificent.

Attribution : Nathalie Thomas



Saint-Roman de Tousque (B)

The village of St-Roman de Tousque, which is part of the municipality of Moissac Vallée Française, owes its development to its location on the Corniche des Cévennes road, which facilitated the expansion of trade. In the 17th and 18th century, the village had a large number of artisans and shopkeepers. During the Camisard War, a company of the King's troops was stationed here. The Camisard Lafleur came to sing psalms in front of the Catholic church, accompanied by six men. Believing themselves to be under attack, the soldiers barricaded themselves in, leaving the Camisards free to torch the church. The 19th century saw several Protestant commemorations.

It was in St-Roman de Tousque that the hymn of the Cevenol protestants, La Cévenole, was sung for the first time, during the bicentenary of the Revocation of the Edict of Nantes, in 1885.

Attribution : OT des Cévennes au Mont Lozère

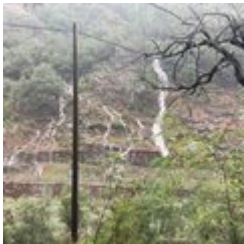


The village of St-Roman de Tousque (C)

"Tousque" is believed to mean "a tuft of trees, thicket, bush". This charming village overlooks the Vallée Borgne to the south and Mont Lozère to the north. It lies on what was once a strategic crossroads of two King's roads: from Montpellier to Mende, and the connection between the Vallée Française and the Vallée Borgne. Like Le Pompidou, St-Roman was a stopover village for horses and travellers.

As you contemplate the magnificent surrounding scenery or stroll through the lanes, you can imagine the much busier life in the old days... Today St-Roman is a peaceful village where life is good.

Attribution : Nathalie Thomas



Cabrigoule (D)

The land register of 1663 has toponymic traces of cabri in the Occitan expression cabrigoule, which could be translated as "goat ravine".

Attribution : Gabin Lasherme



Saumane (E)

Centrally located in the Vallée Borgne, Saumane suffered heavily during the conflicts between Camisards and the King's troops in 1703. The village and its outlying hamlets were pillaged and burnt, the villagers deported. In the 18th and 19th centuries, the Golden Age of silkworm farming, Saumane was resplendent again. It had two silk spinning mills and about 500 inhabitants.

During World War II, Saumane was a support centre for the Cevenol Resistance.

Today, its inhabitants focus their energy on nature discovery and sustainable tourism.

Attribution : Nathalie Thomas