

The Great Crossing of the Massif Central by mountain bike Part 2

From Mende / Laubert to Cirque de Navacelles

5 days- 4 nights including 5 days of mountain biking

3 options to choose from.

Compatible with electric mountain bikes

Physical Level 2/3

Technical Level 2/3



The GTMC VTT: Part 2 of the Great Crossing of the Massif Central by mountain bike takes you on a voyage of discovery across the Cévennes, starting from Laubert, passing by the famous Mont Lozère and Mont Aigoual, and crossing over incredibly pretty hilltops.

You ride along well-marked paths and tracks which are perfectly adapted to mountain biking. Every evening you will be accommodated in the heart of one of the beautiful Cévennes villages with one of our partners, all of whom used to welcoming mountain bikers.

Having passed over the celebrated Causse Méjean, you re-descend towards the village of Alzon, before finishing your crossing with a climactic arrival at the spectacular Cirque de Navacelles.

From the Cévennes to the Cirque de Navacelles, this second part of the Great Crossing of the Massif Central (GTMC) will take your breath away !

KEY POINTS :

- Passages via Mont Lozère and Mont Aigoual.
- Crossing the Causse Méjean.
- The charming village of Florac.
- The marvellous Cirque de Navacelles.

PROGRAMME

Day 1 : From Laubert to Mont-Lozère

From Laubert : 46km Profile : +905m – 690m

From Mende : 39km, Altitude: +1080m -400m

You start with a relatively flat stage across the slopes of the Causse de Laubert, following the route of Tour de la Margeride, before a descent through the forest to reach Bagnols-les-Bains on a superb single-track path along the River Lot. Standing at the foot of Mont Lozère, this is an ideal place for a break, in the heart of the thermal spa town. Next, the route rises and heads along forest tracks towards the peaks of Mont Lozère. The climb is steady and the compensation is sublime: A beautiful panorama over the Cévennes National Park opens up in front of you. If you start from Mende, in order to leave the town you will have a serious climb along a main road to reach the slopes on the plateau.

Night at Mont Lozère in a 'gite' or in a double room, according to the option you have selected.

Day 2 : From Mont-Lozère to Florac 50km Profile : +750m – 1620m

On the menu today: a lot of descents! From the Mont Lozère ski-station, the route takes you towards the Col de Finiels, before starting its descent into the magnificent landscapes of the Causses des Cévennes, towards the very pretty village of Pont de Montvert where a refreshing break on the banks of the River Tarn awaits you. Next, you cross over the legendary Route of Stevenson. Via a road, you climb back up to the Bougès Forest. From Grizac and back down to the River Tarn, 6 kilometres of beautiful descents await you. Staying in the forest, the route climbs once more before offering you a final, long descent to Bédouès and then Florac, where you can visit the headquarters of the Cévennes National Park.

Night in Florac in a 'gite' or in a double room, depending on the option you have selected.

Day 3 : From Florac to Nivolières 47km Profile : +1140m –720m

During this stage you ride through the magnificent and wild gorges of the Tarn. Along the way you will ride on the waterfront, some single-track sections and paths offering superb panoramas as you cross through numerous charming hamlets. You then arrive in Sainte-Enimie, one of the most beautiful villages in France and, once you have passed the very beautiful Cirque de St-Chély, the route starts to rise.

An airy, single-track path takes you all the way up to the Col de Coperlac, followed by the Mas-St-Ceély: you are now on the Causse Méjean ! At almost 1000m of altitude, you cross some beautiful slopes to reach Nivolières, a charming village, typical of the Causse.

Night in Nivolières in a 'gite' or in a double room, according to the option you have selected.

Day 4 : From Nivolières to L'Espérou 38km Profile : +1060m -800m

Following the GR60, the day's stage continues to cross the Causse Méjean over the steppes, before leaving it behind to head towards Mont Aigoual. After a little effort on a single-track path in the heart of the forest, you will reach the Mont. Take in the spectacular view from the summit at 1565m before descending through the forest to reach the hamlet of L'Espérou.

Night in L'Espérou in a 'gite' or in a double room, depending on the option you have selected.

Day 5 : 2 different stages are possible today : The first is gentler, less technical and physical than the second option. This final stage offers several magnificent, and sometimes technical, single-track paths. Possibility to shorten the stage at the 52nd kilometre.

1. From L'Espérou to Navacelles via Alzon: 53km + 630m -1510m

Today you follow a track outside of the GTMC, through the beautiful state forest of Aigoual. Take a moment at the high-altitude Lac des Pises, at 1255m. Then, along lovely forest tracks, you will discover superb viewpoints over the Cévennes and Pic Saint Loup.

After a long and playful descent, you have 10km along a pleasant road (no other option) to arrive in a small village, from where you take a pretty single track for 8km to reach the magnificent site of Navacelles.

2. From l'Espérou to Navacelles via Montdardier : 66km + 1400m - 2275m

Starting from the Col du Minier (Miner's Pass) and passing through the forest, you take on a beautiful and technical descent to reach Salagoose.

And then, another 10km of downhill and fun single-tracks to arrive in Bréau, before climbing again towards L'Esparon. From here, it is another pretty and engaging single-track to reach the Vallée du Vigan, a lovely village in the Cévennes. Next, another 7km along a small road to reach the Causse de Blandas and the history-filled village of Montdardier.

Arriving above the Cirque de Navacelles, you will take on a magnificent balcony single-track, between the cliff and the forest, climbing and descending.

Finally, you arrive in a small village from where you set off once more on a very nice single track for the final 8km to reach the beautiful site of Navacelles.

The programme is susceptible to change depending on the availability of accommodation.

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

For organised groups, we adapt the level, duration, price and programme on demand.
Don't hesitate to contact us!

DURING YOUR STAY

KEY INFORMATION:

Self-guided mountain biking with luggage transfer by taxi. (For 2+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. The use of GPS is indispensable and allows you to orientate yourself with ease. It is possible to rent a GPS from LaRébenne, subject to availability.

Self-guided mountain biking with assistance vehicle. (From 6+ people):

The assistance vehicle will meet you at several points throughout the day's stage, and will bring you your picnic, water, your extra clothes, as well as a complete toolkit in case of any mechanical issues. As a result, you can fully enjoy your day with only a light bag. The driver will also give you advice for each stage, helping you to manage your ride and progress and will, most of the time, be able to answer any questions you may have about the local area.

Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people):

Accompanied by a professional who has obtained a state-sponsored mountain biking qualification, you ride without any worries about having to follow a map. Our qualified specialist, who has an in-depth knowledge of the region, will guide you throughout the trip and, if you wish, provide you with advice to help you become an outstanding mountain biker. Thanks to their detailed knowledge of the route, they will adapt the itinerary to your group and manage the schedule and effort required throughout the day. Free from having to manage the group, your only worry will be to enjoy your mountain biking!

LUGGAGE:

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, **maximum weight of 13kg/bag**.

ACCOMMODATION:

- **Double bedroom option** : You will sleep in a hotel, B&B or, sometimes, in a 'gite', in a comfortable bedroom for 2 people. Sheets and towels are provided. A bathroom and toilet will be reserved for you in the majority of cases.

- **Gite option**: You will stay in basic accommodation, most often in a dormitory. Sheets and towels are not provided.

FOOD:

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.

For picnics, you have two options:

- You organise your own picnic.
- You take the proposed picnic option.

NUMBER OF PARTICIPANTS:

Departure from 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

Formalities

- A valid official ID.
- Carte vitale
- Insurance with repatriation advised.

DIFFICULTY LEVEL:

Physical Difficulty Level : 2/3

You are in good physical condition and regularly practice mountain biking. From 44 to 56km per day with positive altitude gains of 1490m maximum.

Technical Difficulty Level : 2/3

You have control over downhill braking and the trajectory of the bike. You will ride along tracks and paths that can be both fast and technical (steep, with small obstacles).

PERIOD:

From May to October.

DEPARTURE AND MEETING POINT:

Departure from Laubert (48)

How to get there :

By car : A36 motorway, N88

By train : Mende SNCF Train Station.

By plane : Montpellier Airport.

THE PRICE INCLUDES :

- Reservation of accommodation
- **Digital TopoGuide**
- GPS (if requested) and GPS holder.
- Half-board starting from dinner of Day 1 and until breakfast on Day 5
- Daily luggage transfer
- With the option with assistance vehicle: 1 vehicle + driver to assist the group for the duration of the trip

THE PRICE DOES NOT INCLUDE:

- Accommodation for the night before departure
- Drinks
- Picnics
- Dinner and breakfast in Florac
- Personal expenses
- Personal mountain biking equipment (helmet, gloves)
- Mountain bikes
- Transport to the meeting point
- Return transfer
- Insurance

OPTIONS :

- Return transfer to Lauret.
- Extra accommodation for the night before or after the trip
- Single bedroom at an additional cost.
- Picnic option

See prices on our website or contact us.

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

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RECOMMENDED EQUIPMENT (non-exhaustive list):

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible.

BIKE

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- > A well set-up mountain bike computer
 - > The tyres are well inflated and in good condition
 - > The cables and chain are in good condition
 - > Transmission elements are clean and oiled
 - > There aren't any leaks around the suspension
 - > The wheels are well attached
 - > The brakes are in a good state (concerning wear and any leaks)
 - > The headset and steering tube have been checked.
- And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- > 3 spare inner tubes (anti-puncture tubes are strongly advised, or anti-puncture strips)
- > A pump
- > Tyre levers
- > A tube repair kit consisting of patches and glue
- > A multi-tool
- > Small pliers
- > A spare tyre
- > A piece of tyre
- > A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

- > Brake cables (front and back)
- > Cable covers
- > spare spokes
- > Quick release seat post
- > Derailleur cable
- > A derailleur hanger
- > Chain oil
- > A rag

EQUIPMENT

As we say in France, "l'habit ne fait pas le moine" (the tunic doesn't make the monk), and wearing tight shorts won't turn you into a biking champion. However, a minimum of specialist mountain biking equipment is necessary to ensure you stay comfortable on the pedals:

- > A mountain bike helmet (obligatory!)
- > Mountain bike gloves
- > Glasses/sunglasses
- > Shoes adapted to mountain biking (without insoles that slip)
- > Cycle shorts or leggings
- > Breathable t-shirt (avoid cotton)

DAILY BACKPACK

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs to your mountain bike (see above)

- > A windbreaker (waterproof)
- > Picnic
- > A head torch in the bike bag
- > A knife
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Two new (or rechargeable) LR6 batteries for each day (for the GPS)
- > Your mobile phone
- > A compass for self-guided trips, an altimeter (optional)
- > A map holder for self-guided trips (to fix on the bike))

PICNIC

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box, and a large elastic band.
- > Cutlery (fork, folding knife, spoon).

LUGGAGE

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

PHARMACY

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Personal medications
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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