

# The Great Crossing of the Massif Central by mountain bike

## Part 3

### From Millau to Sète

5 jours - 4 nights in a double bedroom 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: The final part of the Great Crossing of the Massif Central by mountain bike, the final slopes which will transport you to Sète and the Mediterranean Sea.

You set off from the beautiful city of Millau. Take in the superb view over its viaduct, before starting the crossing of the Causse du Larzac and enjoying breaks in the charming villages of Couvertoirade and Lunas. On this stage, you ride most often along beautiful paths, but will also take on technical and playful single-tracks !

Leaving Larzac, you will smell the scents of the South, riding through red-earth lands to reach Lac du Salagou, a spot which is adored by cyclists.

Before dipping your feet in the water, slalom between pretty wineries of the Hérault, then the Canal du Midi and, finally, the sea via a pretty cycle path to reach Sète.

**Larzac, the red lands of Salagou, the vines and then the sea, everything comes together to seduce you!**

#### KEY POINTS :

- Legendary crossing of the Causse du Larzac.
- Lac du Salagou.
- Arrival at the Mediterranean Sea having visited inland wineries.
- Accommodation in a double bedroom.

## PROGRAMME

### **Day 1 : From Millau to La Couvertoirade**

**49km Profile : +990m – 600m**

The third part of the Great Crossing of the Massif Central starts from Millau, in the heart of the Regional Natural Park of the Grands Causses, famous for its viaduct which you will be able to see from the road you climb to reach the Plateau of Larzac. From here, the route takes you on to discover the typical landscapes of the Larzac, along wide tracks, then pretty and technical single-tracks, to reach the village of Le Couvertoirade.

Night in La Couvertoirade.

### **Day 2 : From La Couvertoirade to Lunas**

**50km Profile : +700m – 1190m**

For this second stage, you move on across the slopes to reach the village of Caylar, thus leaving the Causse du Larzac. The route follows the Escandorgue Forest, a small volcanic massif ! We then enter further forest areas, without any great difficulty except for a somewhat physical climb to reach Joncels. Arrival via a beautiful forest descent for a break on the banks of the River Orb, in the charming and history-filled village of Lunas.

Night in Lunas.

### **Day 3 : From Lunas to Clermont l'Hérault**

**43km Profile : +810m -980m**

**Option : Tour of the Lac de Salagou**

Setting off from Lunas, you gain altitude via a physical climb to reach the plateau, from where we can see the Mediterranean ! The red lands of Salagou are also in sight. After a descent to the Chateau de Dio, a series of climbs are rewarded with a spectacular panoramic view. A very beautiful descent then takes you to the famous Lac du Salagou, a site that is adored by cyclists ! You ride around the lake along fantastic single-tracks, passing through red-hued lands. At the end of the stage, you descend into Clermont l'Hérault.

Night in Clermont l'Hérault.

### **Day 4 : From Clermont l'Hérault to Pézenas**

**49km Profile : +885m -965m**

You are gradually getting closer to the culminating point of the Great Crossing of the Massif Central: the Mediterranean Sea ! But first, you have a sequence of hills to climb, the final reliefs of the largest massif in France. Passing along a technical single-track, you reach Neffiès. And then? A relatively flat route through vineyards and slaloming between small and ancient volcanoes. Finally, you reach Pézenas, Molière's town, where you end the stage.

Night in Pézenas.

### **Day 5 : From Pézenas to Sète**

**42km Profile : +205m**

The final stage of the mythical Great Crossing of the Massif Central ! On beautiful paths with occasional sea views, in the heart of magnificent vineyard landscapes, you are getting closer to the final goal. The landscape becomes flatter and flatter as you continue along beautiful single-tracks. You pass through Agde before finally reaching Sète along a magnificent cycle path on the sea front. And, voila, you have arrived at the end of the GTMC!

End of trip.

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

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.

### **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

### **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 41 to 50km per day with positive altitude gains of 990m 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 April to October.

## **DEPARTURE AND MEETING POINT:**

Departure from Millau (12).

### **How to get there :**

By car : A75 motorway

By train : Millau SNCF Train Station.

## **THE PRICE INCLUDES :**

- Reservation of accommodation
- IGN maps with the route marked, map holder
- Detailed TopoGuide
- Electronic GPS tracks in .gpx format.,
- 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
- Personal expenses
- Personal mountain biking equipment (helmet, gloves)
- Mountain bikes
- Transport to the meeting point
- Return transfer
- Insurance

## **OPTIONS :**

- Return transfer to Millau.
- 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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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

## **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)

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- > 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.

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### CONTACT

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