

# 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,  
Compatible with electric mountain bikes**

Level: 2/5



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 !

## Strengths

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

- The marvellous Cirque de Navacelles.

# SCHEDULE

## **Day 1: From Laubert to Mont-Lozère :** 46 km - Elevation: + 905 m - 690 m

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 'gîte' or in a double room, according to the option you have selected.

## **Day 2 : From Mont-Lozère to Florac :** 50 km - Elevation: + 750 m - 1618 m

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 'gîte' or in a double room, depending on the option you have selected.

## **Day 3 : From Florac to Nivolières :** 47 km - Elevation: + 1140 m - 720 m

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 'gîte' or in a double room, according to the option you have selected.

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

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 'gîte' or in a double room, depending on the option you have selected.

## **Day 5 : 2 different stages are possible today :** 53 km - Elevation: + 630 m - 1510 m

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.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage carried by cabs - stopover gîte

Registration for 2 people	540€
Registration for 3 people	495€
Registration for 4 people	450€
Registration for 6 people	410€

## Formula with qualified instructor and luggage carrying by taxi

Registration for 6 people	710€
Registration for 8 people	640€

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# GENERAL INFORMATION

## How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

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## Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

## Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

## Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.