

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, Compatible with electric mountain bikes

Level: 2/5



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.

Strengths

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

SCHEDULE

Day 1: From Millau to La Couvertoirade : 49 km – Elevation: + 990 m – 600 m

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.

Double room

Day 2: From La Couvertoirade to Lunas : 50 km – Elevation: + 700 m – 1190 m

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.

Double room

Day 3: From Lunas to Clermont l'Hérault : 43 km – Elevation: + 810 m – 980 m

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.

Double room

Day 4: From Clermont l'Hérault to Pézenas : 49 km – Elevation: + 885 m – 965 m

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.

Double room

Day 5: From Pézenas to Sète : 42 km – Elevation: + 205 m

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, voilà, you have arrived at the end of the GTMC!

End of trip.

TRAVEL CONDITIONS

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RATES

Freedom package with luggage transfer by cab - double room

Registration for 2 people	670€
Registration for 3 people	620€
Registration for 4 people	530€
Registration for 6 people	480€

Formula with qualified instructor and luggage carrying by taxi - hotel double room

Registration for 6 people	810€
Registration for 8 people	710€

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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

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+33 681 537 775


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.

100% secure payment
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.