

Crossing of the Massif Central by road bike From the volcanoes of the Auvergne to the Mediterranean

**8 days 7 nights including 7 days of cycling, In 'gites' or double
bedroom**

Level: 2/5



The crossing of the Massif Central by road bike: start in Clermont-Ferrand and pass over the Auvergne volcanoes to arrive at the sea, in the pretty town of Sète, nicknamed "Venice of the Languedoc". Cross the 'vieux massif' and discover, with each turn of the wheel, a variety of impressive landscapes; the Chain of Puys*, Mont Dore, Causse Méjean (a vast limestone plateau), the Plateaus of Aubrac, the Cirque de Navacelles... These varied and peaceful mid-height mountains are perfect for road cycling. Climb the famous 'cols' (mountain passes) of the Tour de France 2020: Col de Ceyssat, Col de Guéry, Col de Néronne or the Pas de Peyrol (the highest paved mountain pass of the Massif), or even the famous Mont Aigoual ! Last but not least, the local gastronomy is not to be missed. You will also stop off in one of the officially most beautiful villages in France: Saint-Guilhem-le-Désert.

Strengths

- Several levels of difficulty possible for each day
- A great variety of landscapes across the Massif Central : mountain passes, forests, volcanoes, gorges and plateaus.

- A rich regional gastronomy.
- The arrival at the sea: the Mediterranean !

SCHEDULE

Day 1: Arrival and night in Clermont-Ferrand :

Discover the superb historical heritage of this town.

Day 2 : From Clermont-Ferrand to Varennes on the banks of the Lac de Chambon. : 69 km -

Elevation: + 1640 m

Key points of the day :

The historic city of Clermont-Ferrand

The Puy de Dôme and the volcanic chain of the Puys

The Puy de Sancy and Mont Dore

The Lac de Chambon

Level 1 : 69km - Positive Altitude Difference : 1640m

Col de Ceyssat (1078m)

Col de Guéry (1268m)

Col de la Moréno (1062m)

Col de la Croix Morand (1401m)

Level 2 : 115km - Positive Altitude Difference : 2590m

Col de Ceyssat (1078m)

Col de la Moréno (1062m)

Col de Guéry (1268m)

Pass through the village of Bourboule

Col de la Sœur (1149m)

Col de Vendeix 1107m, very short there and back round trip

Col de la Croix Saint Robert (1451m)

Night in Varennes on the banks of the lake.

Day 3 : From Varennes to Murat : 94 km - Elevation: + 1400 m

Key points of the day :

The Volcanoes of the Auvergne

The Puy Mary

The Puy de Sancy and Mont Dore

Level 1 : 94km Positive Altitude Difference : 1400m

Col de la Chaumoune (1155m)

Col de Montgreleix (1235m)

Col de Malmouche (1141m)

Col de Montirargues (1141m)

Level 2 : 102 km - Positive Altitude Difference : 1820m

Col de la Chaumoune (1155m)

Col de Montgreleix (1235m)

Col Serre (1335m)

Col d'Entremont (1184m)

Level 3 : 139km - Positive Altitude Difference : 2620m

Col de la Chaumoune (1155m)

Col de Montgreleix (1235m)

Col de la Besseyre (1044m)

Col d'Aulac (1228m)

Col de Néronne (1241m)

Pas de Peyrol (1588m)
Col d'Eylac (1423m)
Col Serre (1335m)
Col d'Entremont (1884m)

Night in Murat.

Day 4 : From Murat to Nasbinals : 80 km – Elevation: + 1570 m

Key points of the day:
Cantal
The Gorges of Truyère
Aubrac

Level 1 : 80 km – Positive Altitude Difference : 1570m
Col de Prat de Bouc (1396m)
Col de l'Aze (1030m)
Level 2 : 107km – Positive Altitude Difference : 2100m
Col de Prat de Bouc (1396m)
Col de la Griffoul (1338m)
Col de l'Aze (1030m)
Pas de Mathieu (Mathieu's Step) (1325m)
Col d'Aubrac (1339m)

Night in Nasbinals on the Plateaus of Aubrac.

Day 5 : From Nasbinals to St Enimie : 88 km – Elevation: + 1410 m

Key points of the day:
Crossing over the Monts d'Aubrac
The Grands Causses (limestone plateaus)
The Causse du Sauveterre
The Gorges of Tarn and the beautiful villages of St Enimie and St-Geniez-d'Olt-et-Aubrac
Level 1 : 88km – Positive Altitude Difference : 1410m
Col de Bennecombe (1340m)
Col du Trébatut (1075m)
The incredible sight of the Cirque des Baumes
The Gorges of Tarn
Level 2 : 109km – Positive Altitude Difference : 1319m
Col de Bennecombe (1340m)
The village of St-Geniez-d'Olt-et-d'Aubrac
Level 3 : 130km – Positive Altitude Difference : 1786m
Col de Bennecombe (1340m)
The village of St-Geniez-d'Olt-et-d'Aubrac
The Gorges du Tarn
The incredible sight of the Cirque des Baumes
The Cirque des Pugnadoires
The Cirque de St Chély

Night in St Enimie.

Day 6 : From St Enimie to Avèze : 94 km - Elevation: + 1700 m

Key points of the day:

Crossing over the Causses Méjean and Noir.

The Gorges du Tarn and the Gorges de la Jonte

The region around Mont Aigoual

Level 1 : 94 km - Positive Altitude Difference : 1700m (with climb of Mont Aigoual included)

Col de Coperlac (903m)

Causse Méjan

The Mas St Chély

Col de Perjuret (1030m)

Col de Fourques

The Causse Noir

Mont Aigoual (1565m)

Col de la Serreyrède (1299m)

Col du Minier (1265)

Col de la Broue

Col de la Sablière (1014)

Level 2 : 98km - Positive Altitude Difference : 1690km (without climb of Mont Aigoual)

Col de Coperlac (903m)

Causse Méjan

The magnificent Gorges de la Jonte

Causse Noir

The Bout de la Côte (1011m)

Col Montjardin (1016m)

Col de la Serreyrède (1299m)

Mont Aigoual optional there and back: + 12km +260m

Col du Minier (1265)

Col de la Broue

Col de la Sablière (1014)

Level 3 : 126km - Positive Altitude Difference : 2230m (without climb of Mont Aigoual)

Col de Coperlac (903m)

Causse Méjan

The magnificent Gorges de la Jonte

Causse Noir

Gorges de la Dourbie

Col de la Pierre Plantée (867)

Col de Rhodes

Col de la Serreyrède (1299m)

Mont Aigoual optional there and back: + 12km +260m

Col du Minier (1265)

Col de la Broue

Col de la Sablière (1014)

Night in Avèze.

Day 7 : From Vigan to St Guilhem-le-désert : 72 km - Elevation: + 1280 m

Key points of the day:

The Cirque de Navacelles

St Guilhem-le-Désert

72 km - Positive Altitude Difference : 1280m

The Cirque de Navacelles

Mont Baudille (848m) en A/R

Col du Vent (703m)

Pas du Coulet (621m)

Night in Saint-Guilhem-le-Désert.

Day 8 : From Saint Guilhem-Le-Désert to Sète : 68 km - Elevation: + 560 m

Key points of the day:

Arrival in Sète via the famous cycle path, the ViaRhôna, passing between the Etang de la Pierre Blanche (saltwater lakes) and the Mediterranean.

Level 1 : 68km - Positive Altitude Difference : 560m

Col de la Tortue (82m)

TRAVEL CONDITIONS

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RATES

Freedom package with luggage carried by cabs - stopover gîte

Registration for 6 people	790€
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Bike in autonomy with assistance vehicle - lodging of stage

Registration for 8 people	970€
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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

+33 561 652 093

+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.