

The Tour du Lempezou (by mountain-bike)

Mont Lozère - Bédouès-Cocurès



Vue sur Bédouès (© Nathalie Thomas)



This circuit goes through the Ramponenche state forest (Douglas fir, Scots and black pines) to end up alongside the river Tarn.

Useful information

Practice : Bike

Duration : 2 h 45

Length : 17.9 km

Trek ascent : 662 m

Difficulty : Difficult

Type : Loop

Themes : Architecture and village,
Forest

Trek

Departure : Bédouès

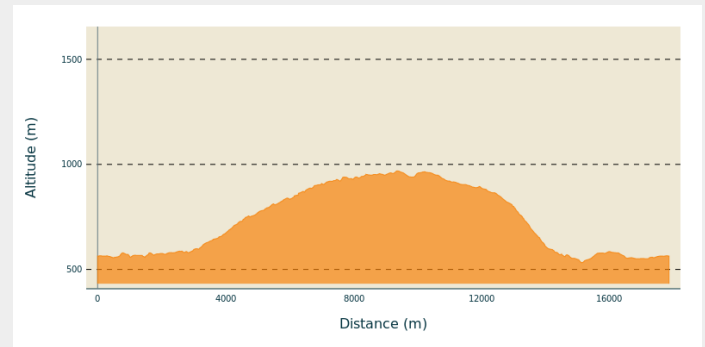
Arrival : Bédouès

Markings : 🚵 Red mountain-bike

Cities : 1. Bédouès-Cocurès

2. Florac Trois Rivières

Altimetric profile



Min elevation 532 m Max elevation 969 m

Mountain-bike route # 10. Exit right from the car park onto the D 998. After a few metres, turn right towards La Baume. Immediately after the bridge turn right and cycle along the Tarn to the campsite and the D 998. Turn right onto the bridge, then take the first left, which is a smooth track that runs alongside the Tarn before going uphill to the Col de Perpau. Just after this pass – the route's highest point (971 m) – begin the descent towards Bédouès. After the Col du Lempézou, take the single-track path leading to the D 998. Turn left onto the road, then turn right onto the bridge over the Tarn, just after the campsite. Go past the holiday village (village de vacances), then take the track on the right bank of the Tarn to return to Bédouès (N.B.: bikes are travelling in both directions on this section).

On your path...




Fages Sawmill (A)

Summit of Mont Lempézou (C)

Château d'Arigès (E)

The river Tarn (B)

 The European beaver (Castor fiber) (D)

The Gautier goat farm (F)

All useful information



Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



Advices

No cycling off-track. You are strongly advised to wear a helmet. Do not forget your repair kit and a small set of tools. Please shut all gates and barriers after yourself. Slow down in farms and hamlets.

How to come ?

Transports

Bus line 258 "Florac – Sainte-Enimie – Le Rozier", every day in July and August

Bus line 261 "Florac – Le Pont de Montvert – Mont Lozère", every day in July and August

<https://lio.laregion.fr/>

Access

From Florac, take the D 998 towards Le Pont-de-Montvert

Advised parking

Car park at the village hall in Bédouès

Source



Agence d'Attractivité Touristique Gorges Causses
Cévennes

<http://www.cevennes-gorges-du-tarn.com>

On your path...



Fages Sawmill (A)

Upstream from Bédouès, you will see a sawmill, which mainly produces wood to make crates and pallets. It also produces some timber. Today, local forestry companies utilise wood in a number of ways: for energy, paper pulp, timber, crate-making and construction.

Attribution : © Olivier Prohin



The river Tarn (B)

The Tarn has its spring at an altitude of 1,550 m under the ridge of Mont Lozère. Having carved its way into the granite bedrock, it separates the Bougès massif from Mont Lozère. After Bédouès, it meets the river Tarnon and slowly enters the limestone region, in which its bed is increasingly deep. At its confluence with the Jonte, at Le Rozier, the Tarn leaves the department of the Lozère.

Attribution : © Yannick Manche



Summit of Mont Lempézou (C)

Mont Lempézou is the mountain overlooking Florac and the Tarnon valley. From the Col (pass) of the same name, you can take a path to the summit. Panoramic views over the three valleys (Tarn, Tarnon, Mimente) will give you a better idea of the local hydrography.

Attribution : © CC Florac Sud Lozère



The European beaver (Castor fiber) (D)

The calm deep stretches of the Tarn are good areas to settle for the European beaver, which lives in a lodge dug into the river bank. An essentially vegetarian animal, it bases its diet on cellulose. It eats young shoots, bark, aquatic plants, and foliage that is abundant in the riparian forest. It is thus useful in regulating the woody vegetation of river banks, facilitating the development of riverside fauna and flora. Through its activities, it prevents the potentially dangerous accumulation of dead wood during floods. It does not build dams.

Attribution : © Bruno Descaves



Château d'Arigès (E)

This can be seen on your left, in a gap in the forest. It was only a share-cropping farm, whose buildings were in ruins, when the Lord of Issenges bought it in 1658. He lived in it from 1688. This Château, which is no doubt more comfortable than the « maison carrée » ("square house"), was built in a river bend of the Tarn and is surrounded by fertile soils well-suited for crop-growing.

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The Gautier goat farm (F)

Yolande and Christian run a small farm where they make farmhouse goat's cheese, a typically Cévenol product. Their herd consists of 60 Alpine dairy goats, and all their milk is processed on-site into farmhouse cheese. From late November to late April, the nanny goats have a break so their little ones can feed!

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