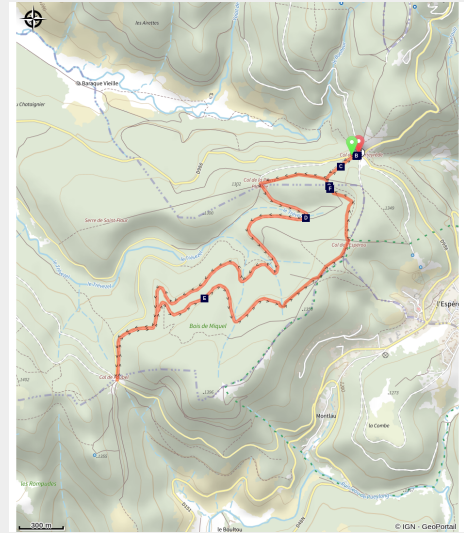


# MTB 2 - a carpet of green

Aigoual - Val-d'Aigoual



Vue plongeante sur la vallée de l'Hérault depuis la Serreyrède (© Arnaud Bouissou)



*An easy circuit in the forest atmosphere of the Bois de Miquel wood.*

## Useful information

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Practice : Bike

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Duration : 45 min

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Length : 7.6 km

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Trek ascent : 165 m

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Difficulty : Easy

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Type : Loop

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Themes : Fauna and flora, Forest

# Trek

**Departure** : Col de la Serreyrède

**Arrival** : Col de la Serreyrède

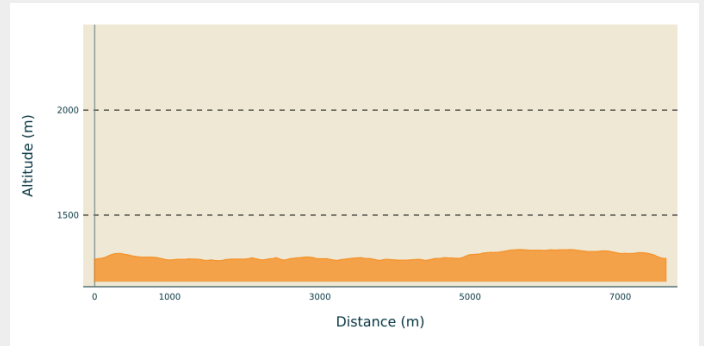
**Markings** : 🏠 mountain-bike

**Cities** : 1. Val-d'Aigoual

2. Saint-Sauveur-Camprieu

3. Dourbies

## Altimetric profile



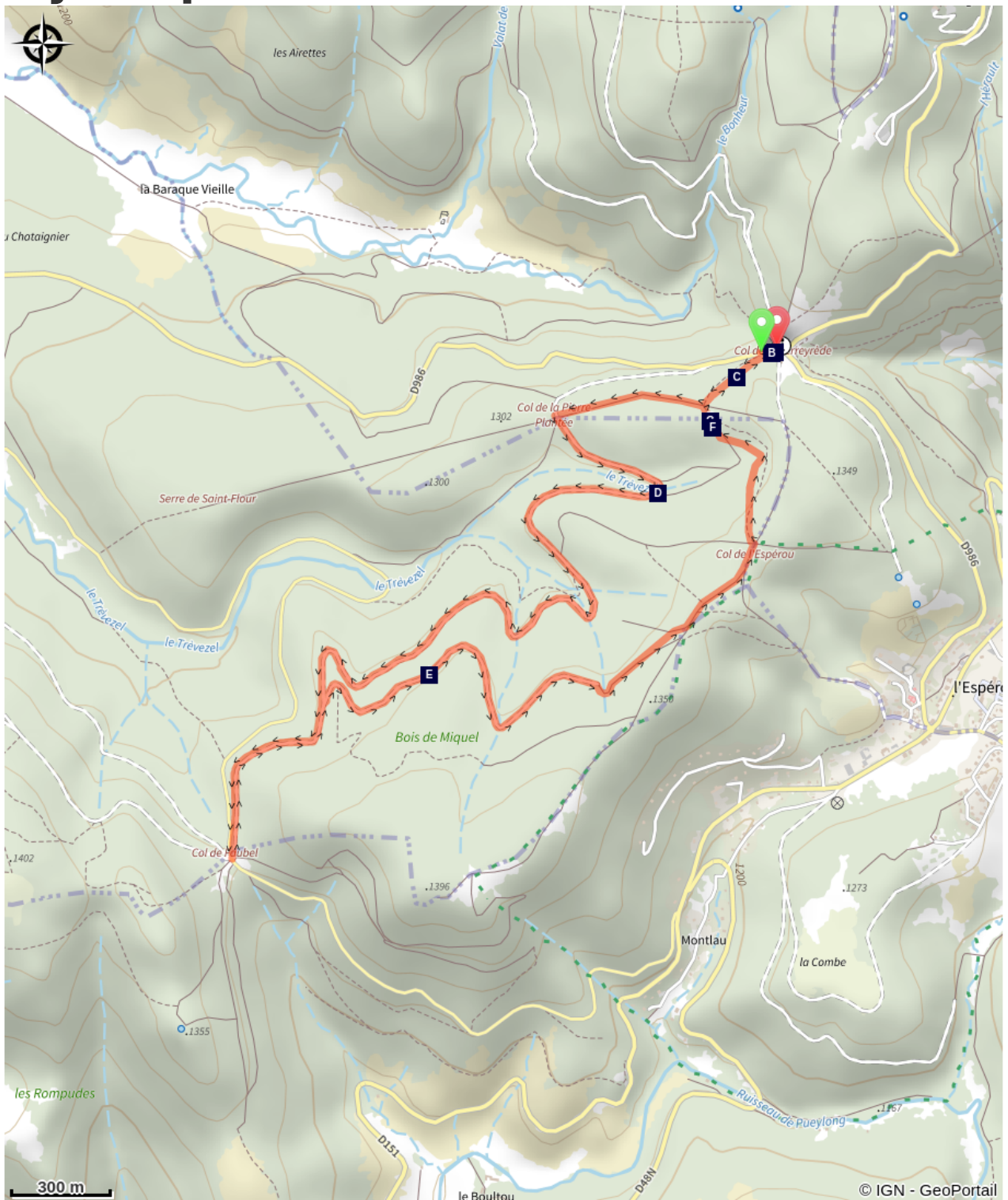
Min elevation 1283 m Max elevation 1336 m

Signposts will guide you all along this route. In the description below, the signposted place names and/or directions are given in ***bold italics*** between quotation marks:

From the car park at the pass, head to the post ***“Col de La Serreyrède”***, then make for ***“Col de Faubel”*** via the crossroads ***“Trévezel”***, ***“Col de pierre Plantée”***, ***“La Tourbière du Trevezel”***, ***“Bois de Miquel”*** and ***“La Pépinière”***. From ***“La Pépinière”***, you can additionally bike to the ***“Col de Faubel”*** and back. Return to ***“Col de la Serreyrède”*** via ***“Montclau”***, ***“Col de l'Espérou”***, ***“Serre de Favatel”*** and ***“Le Trévezel”***.

This circuit is taken from the guidebook **Massif de l'Aigoual**, published by the communauté de communes Causses Aigoual Cévennes as part of the collection Espaces naturels gardois and the label Gard Pleine Nature.

# On your path...



La Serreyrède (A)

From beech copse to mature plantation (C)

The Aigoual forest (E)

Productive forest (G)

The association "Terres d'Aigoual"

(B)

Peat bog and acclimatisation garden (D)

Irregular forest (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**

Please wear appropriate clothes and footwear, and bring warm clothing. Before setting off on a trail, check that it is suitable for your activity and level of ability. Helmets must be worn when mountain-biking. Protective equipment is recommended. Verify that your gear is in good condition. Preferably bike with others, and inform those close to you of your route. Respect other trail users, and stay in control of your speed and trajectory. Keep an eye on the forecast: violent storms or sudden floods can be dangerous. For your own safety, do not venture into hunting areas - hunts in progress are indicated by signs ("Chasse en cours" or "Battue en cours"). Respect property, livestock and other users of the area. Biking off-road is prohibited.

## **How to come ?**

### Transports

D40 or D42 to Le Vigan, then CCC8 to L'Espérou

### Access

Col de la Serreyrède pass, on the D 986 from L'Espérou

### Advised parking

Car park at the Col de la Serreyrède pass

## Information desks

### Tourism & national parc'house

Col de la Serreyrède, 30570 Val d'Aigoual

office-du-tourisme-cause@wanadoo.fr

Tel : 04 67 82 64 67

<https://www.sudcevennes.com>

Accessibility : Accessible aux personnes à mobilité réduite sur les trois niveaux du bâtiment (ascenseur)



## Source



CC Causse Aigoual Cévennes Terres Solidaires

<http://www.caussesaignoualcevennes.fr/>



Parc national des Cévennes

<http://www.cevennes-parcnational.fr/>



Pôle Nature Aigoual

# On your path...

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## La Serreyrède (A)

Before 1861, the house at the Col de la Serreyrède was inhabited by two families of farmers. They owned some livestock and had a vegetable garden, whose terraces you can still see above the La Caumette track. From 1861 on, the farm was inhabited by a forest ranger. It was only bought by the state body Eaux et Forêts in 1883, to be turned into a forester's house. It became one of Georges Fabre's headquarters during the reforestation of the Aigoual massif. The Cévennes National Park, tourism office and Terres d'Aigoual growers have now joined forces to revive La Serreyrède with the help of the Communauté de Communes Causses Aigoual Cévennes - Terres solidaires.

Attribution : © Jacques de Joly

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## The association "Terres d'Aigoual" (B)

The Cévennes National Park rents out part of the building to the association, enabling local farmers to sell their products directly to the public. The association brings together farmers who wish to promote what they produce and share their know-how. They also enjoy sharing their vision of farming- high quality produce and products,

- human-sized farms,
- mutual aid.

Come and discover their products!

Attribution : © Nathalie Thomas

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## 🌲 From beech copse to mature plantation (C)

### Marker 1

Around 1850, before reforestation began, the inhabitants of the Cevennes were using local wood resources on a massive scale for heating and in industry, especially spinning-mills. Gradually, only a few beech copses remained, which were cut every 25 to 40 years. Grazing by tens of thousands of sheep further reduced the herbaceous plant cover. Much weakened, the plant cover was then also subjected to heavy precipitation, the so-called Cevenol episodes. It is against this backdrop that the lengthy work of the foresters began. To reduce risks and establish a lasting forest cover, the first technique was to make use of what was already present by converting the disused copses into mature plantations.



## 🌲 Peat bog and acclimatisation garden (D)

### Marker 4

This peat bog was a site for experiments and research by Charles Flahault. Flahault, who studied the geographical distribution of species, was interested in what was then known as acclimatisation (adaptation to local environmental conditions). He attempted to introduce 200 plants from 40 non-indigenous species to Le Trévezel peat bog, echoing the way tree species were introduced into arboreetums. The peat bog's history and the way it works are described in detail on the panel (in French only).

Attribution : © Jean-Pierre Malafosse



## 🌲 The Aigoual forest (E)

In the 19th century, Mont Aigoual was almost totally bare of trees. Intensive use of the forest and the pressure of transhumant grazing together with the harsh local climate caused devastating floods. The rich vegetation of the grazing grounds was replaced by heather pastures and many gullies. In the valleys huddling at the foot of Mont Aigoual, terrible floods pushing tons of stones downstream carried off roads and pastureland. In response, a reforestation programme was launched in the second half of the 19th century, which created the forest you see today. Nowadays, the forested Aigoual massif protects the valleys while at the same time providing a space for economic production, biodiversity and leisure.

Attribution : © Olivier Prohin

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## Irregular forest (F)

This tree population consists of trees of very different diameters, ages and heights. Species are mixed: mainly pine, but also beech, rowan and whitebeam. This is an irregular mature forest, a forestry dynamic that is interesting for several reasons: it creates permanent forest cover; resistance to soil erosion; better resilience against storms or parasite attacks; regular production, etc. In the small clearing to the left of the path, the sunlight now penetrating to the forest floor has made natural regeneration of beech and fir possible, ensuring the renewal of the forest.

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## Productive forest (G)

Marker 2

Another method of creating a durable forest cover is to plant or sow. This work is carried out either on bare soil or among existing tree stands. The Aigoual reforestation programme was a gigantic effort, requiring 900,000 days of work, the planting of 60 million conifers and 7 million deciduous trees, and sowing of 38 tonnes of seeds. Spruces and pines, which can be planted in full sunlight and grow quite quickly, were widely used. Under the forest canopy, preference was given to firs.