

# MTB 5 - From Dourbies to St-Guiral - graded blue

Aigoual - Dourbies



Fontaine des 3 ermites (Béatrice Galzin)



*This circuit starting from the village of Dourbies feels rather southern. It is a long climb out of the Dourbies gorge to the magnificent viewpoint onto the Pic du St-Guiral, before you enjoy the fast and technical descent towards the end.*

## Useful information

Practice : Bike

Duration : 1 h 15

Length : 7.8 km

Trek ascent : 367 m

Difficulty : Easy

Type : Loop

Themes : Architecture and village, Forest, History and culture, Water and geology

# Trek

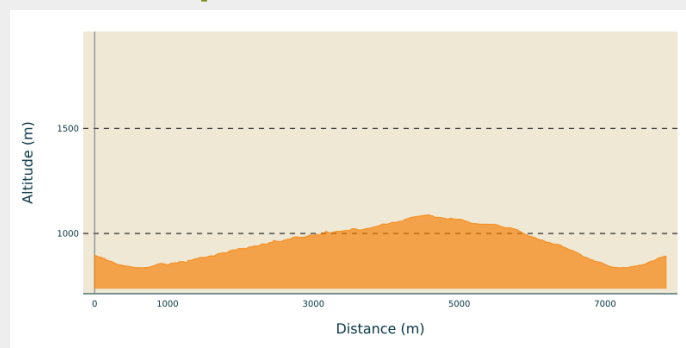
**Departure** : Village of Dourbies

**Arrival** : Village of Dourbies

**Markings** : 🏠 mountain-bike

**Cities** : 1. Dourbies

## Altimetric profile



Min elevation 837 m Max elevation 1088 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:

Starting at "***DOURBIES-Église***" head towards "***Place des 3 Ermites***", before going down to the river, crossing the footbridge and climbing back up to "***La Clède***".

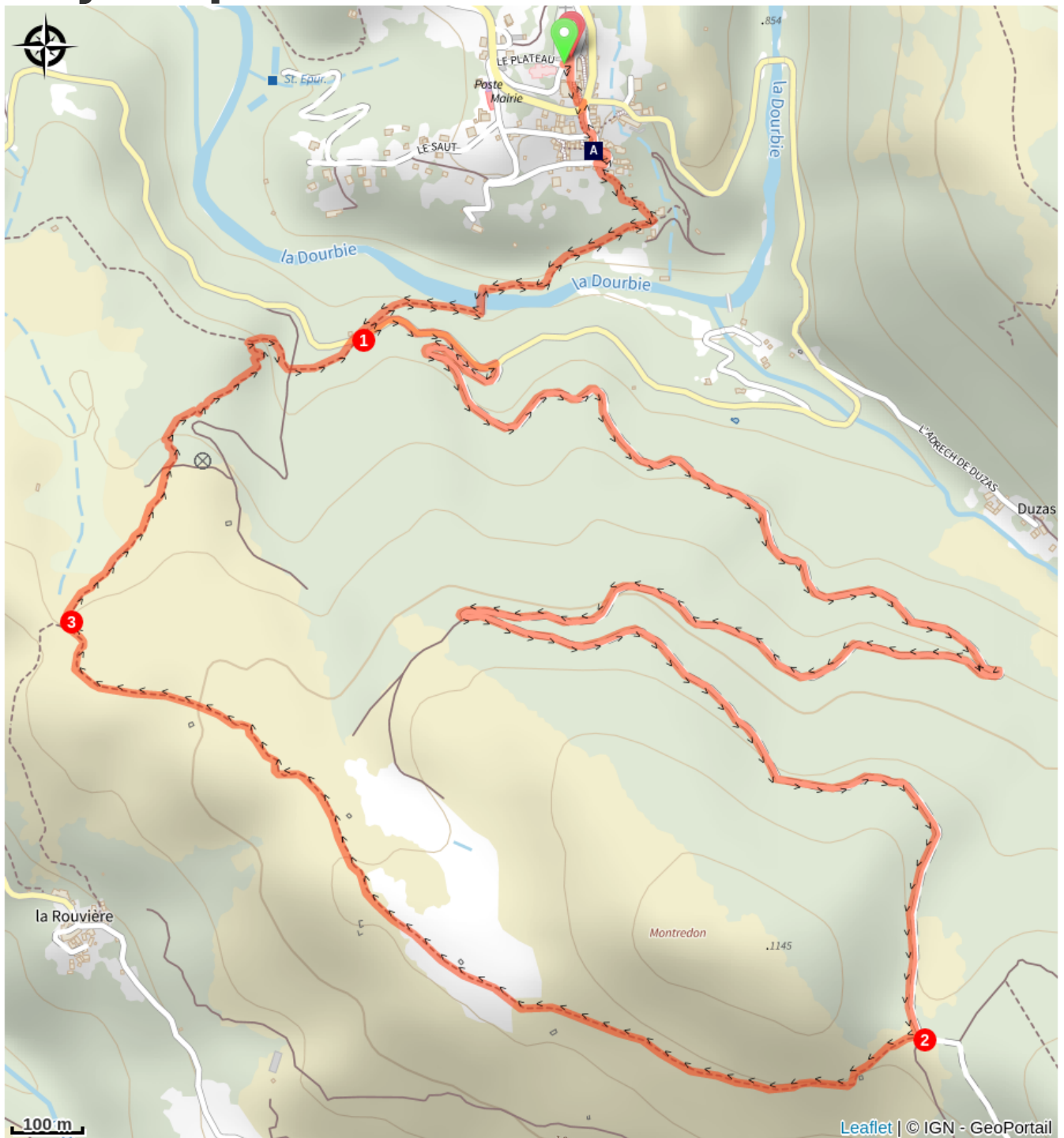
1) At "***La Clède***", take the road on the left for 250m, then go up by the track on the right till you reach "***Montredon***".


2) At "***Montredon***", turn right and go down to "***La croix de Lagrinier***".

3) There follows the technical descent to get back to "***La Clède***" before you take the same path as on the outbound leg to return to the village via "***Place des 3 Ermites***" and then "***DOURBIES-Église***".

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...



 Dourbies (A)

# 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

Before committing yourself to a circuit, ensure that it is suitable for your activity level and ability. You must wear a helmet; further protective equipment is recommended. Respect other road users and stay in control of your speed and trajectory. Make sure your equipment is appropriate for the day's weather conditions. Remember that the weather changes quickly in the mountains. Take enough water. Please close all gates and barriers behind you. No off-roading.

Caution: patous (livestock guardians)! Seek advice on how to behave near these dogs from tourist offices and National Park information centres.

## How to come ?

### Transports

I liO is the regional public transport service of the Occitanie/ Pyrénées – Méditerranée region. It facilitates everyone's movements by prioritising public transport. For more information, call 08 10 33 42 73 or go to [www.laregion.fr](http://www.laregion.fr)

### Access

From L'Espérou on the D 151.

### Advised parking

place de l'église (church Square)

## **Information desks**

### **Tourism'house and national Parc at Florac**

Place de l'ancienne gare, N106, 48400  
Florac-trois-rivières

[info@cevennes-parcnational.fr](mailto:info@cevennes-parcnational.fr)

Tel : 04 66 45 01 14

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



### **Tourism & national parc'house**

Col de la Serreyrède, 30570 Val d'Aigoual

[maisonde-laigoual@sudcevennes.com](mailto:maisonde-laigoual@sudcevennes.com)

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 Causses Aigoual Cévennes Terres Solidaires

<http://www.causses-aigoual-cevennes.fr/>



Parc national des Cévennes

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



Pôle Nature Aigoual

# On your path...

---



## Dourbies (A)

The village of Dourbies was built on a ridge to maximise the flatter soils for cultivation. Farming having declined in the valley, fields that were once cultivated have now been urbanised, and broom heath is invading more and more land.

Attribution : nathalie.thomas