MTB 7 - The Bonheur valley – graded blue

Aigoual - Saint-Sauveur-Camprieu

Les ruines de l'Abbaye du Bonheur (Michel Monnot)

From Camprieu, this circuit uses scenic tracks (St Guilhem trail) to explore the Bonheur valley, before the proper climb up to the Col. Return on beautiful, technical but not dangerous single-track trails to Camprieu lake.

Useful information

Practice : Bike

Duration : 1 h 20

Length : 9.8 km

Trek ascent : 184 m

Difficulty : Very easy

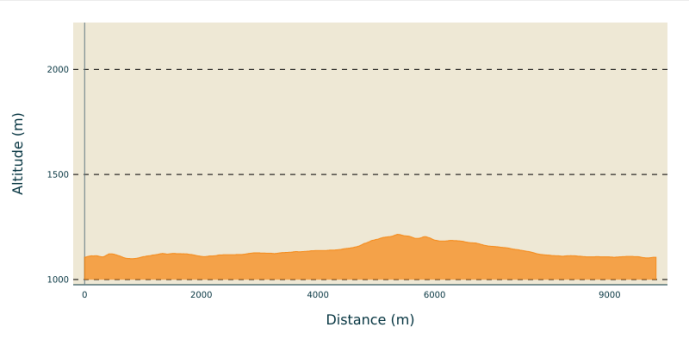
Type : Loop

Themes : Agriculture and livestock farming, Architecture and village, Forest, Water and geology

Trek

Departure : St-Sauveur-Camprieu
Arrival : St-Sauveur-Camprieu
Markings : mountain-bike
Cities : 1. Saint-Sauveur-Camprieu
2. Val-d'Aigoual

Altimetric profile



Min elevation 1099 m Max elevation 1215 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:

Start from ***“Camprieu”***, near the football pitch. Follow the crossroads ***“La Croix Basse”*** and ***“Mairie”***. Go uphill to the left of the mairie (town hall), towards ***“Perte de Bramabiau”*** and continue to ***“L’Aubespi”***.
1) At "***L'Aubespi***" turn right to "***Pont du Bonheur***", then turn left by the lake to follow ***“Le Devois”***, ***“La Baraque neuve”***, ***“La Baraque vieille”***.
2) Go back up to ***“Bonahuc”*** and ***“Sous St Flour”*** and turn right towards ***“Plan du Châtaignier”***.
3) At "***Plan du Châtaignier***", at the far end of the car park, turn right and follow ***“Le Plan d’eau”***. Return to the village via ***“Route du Devois”*** then "***Le Cros***".

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...

Campriou (A)

Notre-Dame-du Bonheur (B)

The goldcrest (C)

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

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

Before committing yourself to a circuit, ensure that it is suitable for your activity level and ability. You must wear a helmet. 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.

How to come ?

Transports

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

Access

From Meyrueis or L'Espérou, take the D986 towards St-Sauveur-Camprieu. Park at the car park

Advised parking

St Sauveur Camprieu

Information desks

Tourism & national parc'house
Col de la Serreyrède, 30570 Val d'Aigoual

office-du-tourisme-causse@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 Causses Aigoual Cévennes Terres Solidaires

http://www.caussesaigoualcevennes.fr/

Parc national des Cévennes

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

Pôle Nature Aigoual

On your path...

Camprieu (A)

In the 19th century, the village streets were bustling year-round with a throng of artisans, labourers and shopkeepers, who lived in these modest mountain houses that were also suitable for livestock rearing. Camprieu had: two cobblers, six clog makers, two basket makers, one carpenter, two wheelwrights, two farriers, one miller, two stonemasons, one glassworks, one sawmill, one dairy, two grocer’s shops, a haberdashery and ironmonger’s and one shop for ladies’ “fashion and dresses”. There was also a cheese cellar that produced Roquefort until 1932, a hotel and an inn.

Attribution : nathalie.thomas

Notre-Dame-du Bonheur (B)

This Romanesque monastery was built in the 11th and 12th centuries by the rich Lord of Roquefeuil and Mandagout, with the noble intention of turning it into a “hospital for the poor”. He allowed the monks to reap the fruits and revenue of the land. In return, the villagers paid him sheep, pigs, poultry, wine and cheese. He also charged the transhumant herds on his vast estate pasture fees. The path that passed through this peatbog linked Languedoc to the Gévaudan. A snowstorm bell weighing 200 kg would ring in fog or blizzards to help merchants, peddlers, itinerant workers, farmers etc. find their way to safety. The monastery had six canons, the last of whom was forced to leave during the French Revolution. An association dedicated to preserving the Abbey of Notre-Dame du Bonheur is working to restore it.

Attribution : nathalie.thomas

The goldcrest (C)

As you walk through the woods, you may hear the shy zee zee of the goldcrest, which depends on conifers. But do you know where its name comes from?
Its Latin name is Regulus regulus, the little king. In Celtic tradition, the smallest bird is the druid of the avian world. In first-century local Celtic languages, the same word was used for ‘druid’ and ‘goldcrest’.
Another reason for this royal title is that the goldcrest, when in love, raises the black-rimmed golden feathers on his head, like a little crown.

Attribution : Bruno.Descaves