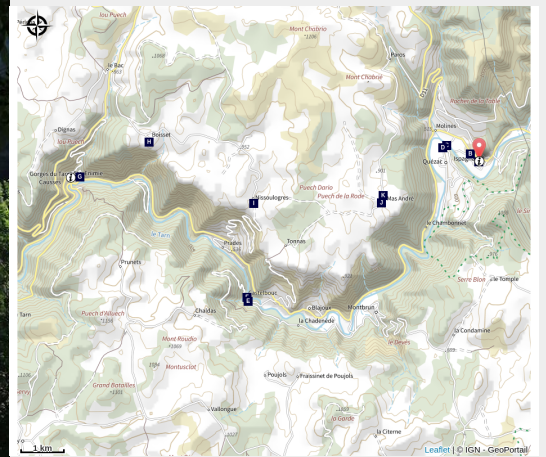


From Ispagnac to the mediaeval village of Sainte-Enimie.

Causses Gorges - Ispagnac



Hameau de Castelbouc (cevennes-gorges-du-tarn)



This hike along the Tarn River takes you through a verdant landscape and villages full of character. The return is over the Causse de Sauveterre plateau, whose bare expanses form a striking contrast with the valley floor.

Useful information

Practice : Hiking on foot

Duration : 2 days

Length : 35.0 km

Trek ascent : 1210 m

Difficulty : Medium




Type : Roaming

Themes : Agriculture and livestock farming, Architecture and village, Fauna and flora, History and culture, Water and geology

Trek

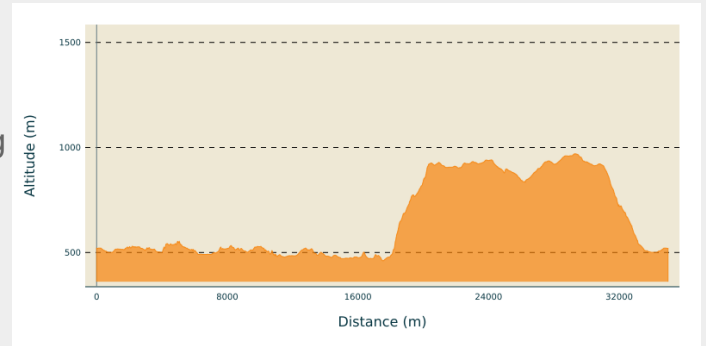
Departure : Ispagnac

Arrival : Ispagnac

Markings :  GR (long-distance hiking path)  GRP (regional long-distance hiking path)  Yellow waymarks

Cities : 1. Ispagnac
2. Gorges du Tarn Causses

Altimetric profile



Min elevation 461 m Max elevation 970 m

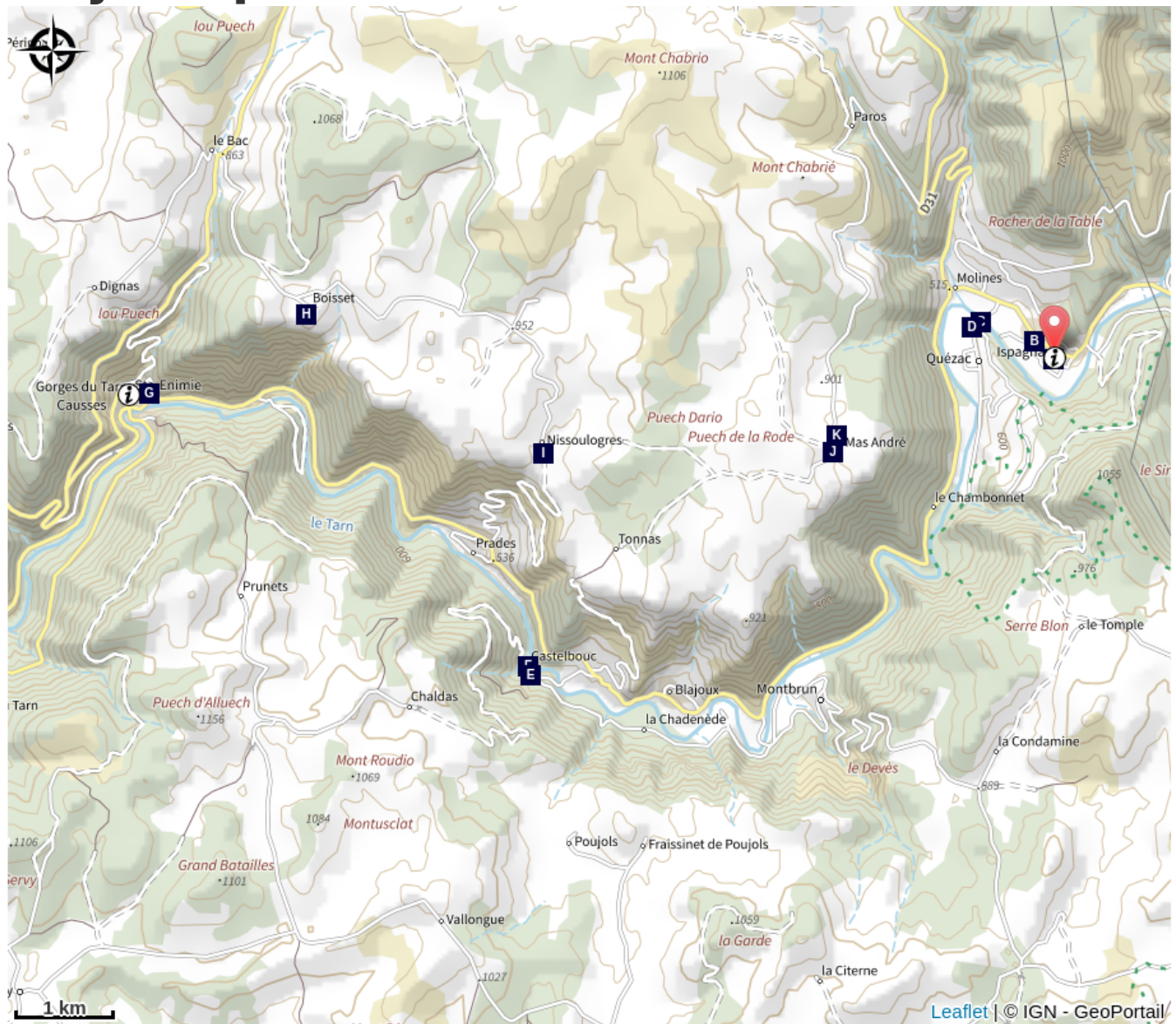
The **two-day** hike departs from Ispagnac, at the entrance to the Tarn gorge, and leads to the mediaeval village of Sainte-Enimie at the very heart of the canyon:












- **Day 1:** departure from Ispagnac on the Tarn gorge path (waymarked yellow and green) for 17 km, to Sainte-Enimie
- **Day 2:** return from Sainte-Enimie to Ispagnac over 18 km: yellow waymarks to Les Boissets, then on the GRP Tour du Sauveterre (waymarked yellow and red) to Ispagnac.

Stages :

1. From Ispagnac to the mediaeval village of Sainte-Enimie - Day 1
17.8 km / 454 m D+ / 6 h
2. From Sainte-Enimie to Ispagnac via the Causse de Sauveterre - Day 2
17.3 km / 755 m D+ / 6 h

On your path...



-  Ispagnac church (A)
-  Quézac Bridge (C)
-  The spring of Castelbouc (E)
-  The terraces (G)
-  Tonnas and Nissoulogres (I)
-  Hedges (K)
-  The vintners of Ispagnac (B)
-  Quézac mineral water (D)
-  The strange legend of Castelbouc (F)
-  Domaine des Boissets (H)
-  Mas André (J)

All useful information

Advices

Take care during periods of floods in spring and autumn: some sections of the path through the Tarn gorge will be impassable. Make sure your equipment is appropriate for the day's weather conditions. Remember that the weather changes quickly in the mountains. Take enough water, wear sturdy shoes and put on a hat. Please close all gates and barriers behind you.

How to come ?

Transports

Bus stop: Car park by the school (Ecole publique)

Bus line "Florac - Mende"

Year-round daily service Monday to Saturday morning (except bank holidays)

Bus line "Ispagnac - Florac - Alés" Monday to Saturday from 15 April to 31 October

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

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

Access

Ispagnac – Tarn gorge on the D 907 bis.

Advised parking

Car park by the school [Ecole publique] or opposite the pharmacy

Information desks

Tourism'house and national Parc at Florac

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

info@cevennes-parcnational.fr

Tel : 04 66 45 01 14

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



Tourism office Cévennes Gorges du Tarn, Ispagnac

Place de l'Église, 48320 Ispagnac

contact@cevennes-gorges-du-tarn.com

Tel : 04 66 45 01 14

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



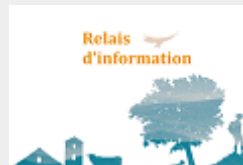
Tourism office Cévennes Gorges du Tarn, Sainte-Enimie

village, 48210 Sainte-Enimie

contact@cevennes-gorges-du-tarn.com

Tel : 04 66 45 01 14

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



On your path...



Ispagnac church (A)

St-Peter's Church in Ispagnac is one of the finest examples of Romanesque architecture in Gévaudan. Built in the 12th century, it is dedicated to Saint Peter and Saint Paul. The understated facade of this bulky-looking building has a simple gate with three semi-circular arches topped by a rose window that lets light into the nave. Once inside, you discover a simple and airy architecture. A sound-and-light show helps you to explore. To get the fullest impression of the architecture, you need to leave the building and walk around it to see the apse and its décor.

Attribution : cevennes-gorges-du-tarn



The vintners of Ispagnac (B)

In 2003, Sylvain Gachet, from Savoy, reintroduced grapevines to Ispagnac and Florac, planting six hectares of terraced land. On soils of clay/limestone and schist, he attempted to breathe new life into the Domaine de Gabalie. In 2006, Elisabeth Boyé and Bertrand Servières set up as vintners in the Tarn gorge, also under the stimulus package bringing vineyards back to the valley. They cleared the land of the bartas (brambles) which had invaded almost all the parcels, and rebuilt the dry-stone walls before planting almond trees, vine peaches and five hectares of grapevines: the Domaine des Cabridelles was born. The winemakers share a cooperative cellar in Ispagnac, which is also a sales outlet. Why not make a short stop to try the wines (the cellar is next to the car park by the state school (école publique)).

Attribution : cevennes-gorges-du-tarn



Quézac Bridge (C)

This bridge crossing the river Tarn gives access to the village of Quézac, located on the left bank. Around 1350, Pope Urban V decided to fund its construction to facilitate pilgrims' access to the collegiate church of Notre-Dame de Quézac. It was finished in the 15th century. Its history is punctuated by partial destruction in floods, and by more or less solid rebuilding. It became a listed monument on 27 August 1931.

Attribution : © CC Florac Sud Lozère



☹ Quézac mineral water (D)

Quézac mineral water emerges naturally from the Diva spring, near the entrance to the village, in exceptional surroundings which have been naturally protected for centuries. This pleasant-tasting water is rich in mineral salts and trace elements and is also well-known to be beneficial for the stomach. The spring's water actually comes from Mont Aigoual. According to scientific studies, it takes 30 to 40 years for it to re-emerge in Quézac, after first settling in aquifers, where it acquires its effervescence naturally (rare in France).

Attribution : © Nathalie Thomas



☹ The spring of Castelbouc (E)

The vast spring as you enter the hamlet has four outlets, including one at the back. These openings, out of which water surges during heavy rain, reinforce the translation of the Occitan bouc as bouches ("mouths"). All springs are fed by a catchment area of varying size. Here, the catchment area is the sector of Aven du Pic de l'Usclat, Aven du Loup (Cros garnon) and Aven du Crapaud (Fretma) on the Causse Méjean plateau.

Attribution : nathalie.thomas



⚠ The strange legend of Castelbouc (F)

For you to judge...

The etymology of Castelbouc is castel blanc, meaning "perched on the rock" in Occitan.

Legend has it that during the Crusades the castle's lord was the only man to have remained behind in this little hamlet of dwellings built against the cliff. He had many female visitors, and it was important to him to satisfy their needs.

Unfortunately, the Crusade was so long that he was unable to keep going to its end. When his soul left his body, an enormous he-goat was seen hovering over the castle tower... Ever since, a bleating sound followed by strange murmurings can be heard on the summit. This is the legendary origin of the name of Castelbouc...

Attribution : Bruno Daversin



The terraces (G)

Locals have transformed the rocky slopes into hanging gardens by making use of the smallest of flat spaces. They carried the soil up in baskets or sacks on their backs. This is where they would have planted their vegetables and fruit trees (peach, walnut, almond). Until the early 20th century, almond trees were the “great resource” that made good use of soils too poor for other crops.

Until 1851, there were 54 hectares of grapevines for 850 inhabitants. The vineyards clung to 45-degree slopes, which made work difficult. The low yield, disease and mechanisation were all factors in the abandonment of this crop. The municipality of Ispagnac reintroduced vines in 2003 when a winemaker settled there; a second settled in Blajoux in 2006.

Attribution : nathalie.thomas



🏠 Domaine des Boissets (H)

The hamlet of Les Boissets was already in existence in the 18th century, but the stone framework of several windows suggests that some buildings were built as early as the 15th.. The hamlet consists of six buildings, houses, outbuildings and sheepfolds, in the typical Causse style. The internal courtyard was closed off by walls that were much higher than they are today. It was a fortified agricultural estate. A bread oven, cisterns and threshing floor complete the complex, showing that the inhabitants lived in autarky. The farm was operational until 1995.

Attribution : nathalie.thomas



🏠 Tonnas and Nissoulogres (I)

These buildings have been turned into homes or holiday homes. They were once baraquas or jasses, built by the inhabitants of the valleys to house people and livestock for a few weeks in the summer: the former harvested the grain they grew in the dolines, the latter grazed the summer pastures.

Attribution : nathalie.thomas



Mas André (J)

Mas are estates or small hamlets. Currently, two families of livestock farmers live in Mas André where they raise sheep for meat (500 to 600 animals). As you leave the hamlet, do stop in front of a complex of ruins with superb stone vaults. Vaulting was often used on both the lower and upper floor, and for both attics and to. The absence of water and of timber for roof structures, the fear of house fires and the abundance of stone explain this type of construction. In fact, a wooden roof could not carry a covering made of limestone tiles – it is too heavy (400 to 500 kg/m²).

Attribution : Nathalie Thomas



Hedges (K)

Hedges (boxwood or thorn bushes) were much used by farmers until the early 20th century to protect crops, flora and fauna, and delimit plots of land. They are the preferred nesting sites of many breeding or migrating birds. They also serve as a hide, not only for birds of prey such as buzzards, sparrowhawks or harriers, but also for insect-eating birds like the Hodgson's redstart and shrike. The berries of certain shrubs (sloe, juniper and dog rose) turn these hedges into larders for seed-eating birds: thrushes, northern grosbeak-canary, ortolan buntings, etc.

Attribution : C-C Florac - Sud Lozère