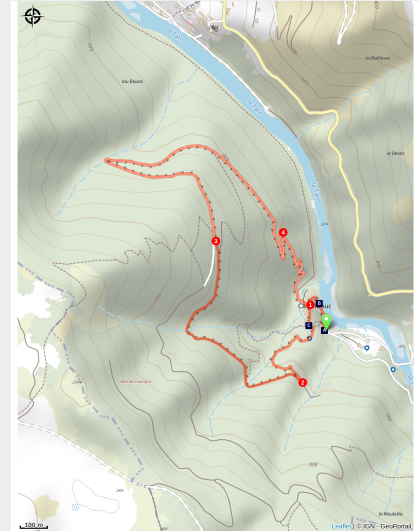


# Castelbouc

Causses Gorges - Gorges du Tarn Causses



le village de Castelbouc (nathalie.thomas)



*This is a fairly shaded walk with pretty views onto the protected site of Castelbouc and the opportunity for a swim at the end!*

## Useful information

Practice : Hiking on foot

Duration : 2 h

Length : 4.1 km

Trek ascent : 269 m

Difficulty : Medium

Type : Loop

Themes : History and culture,  
Water and geology

# Trek

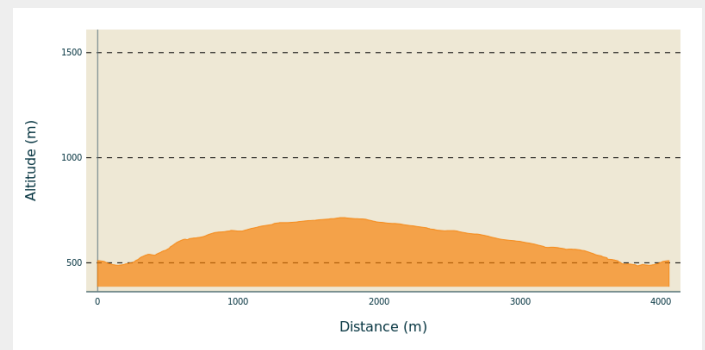
**Departure** : Castelbouc, as you enter the hamlet

**Arrival** : Castelbouc, as you enter the hamlet

**Markings** :  Yellow waymarks

**Cities** : 1. Gorges du Tarn Causses

## Altimetric profile



Min elevation 486 m    Max elevation 715 m

From the car park, enter the hamlet and cross the square.

- 1) At the bread oven, take the lane on the left. 50 m further on, turn left and climb to the castle ruins. Go uphill on this path, ignoring all others. It comes out on an old forest track.
- 2) Turn right and follow the forest track for over a kilometre.
- 3) At the fork, continue straight ahead on the track that goes downhill to join up with the old track linking "Chaldas/Castelbouc".
- 4) Take this downhill to Castelbouc. Go back into the hamlet to reach the car park.

# On your path...



The spring of Castelbouc (A)

The strange legend of Castelbouc (B)

Castle of Castelbouc (C)

# All useful information

## **Advices**

Caution: the first section of this path is steep. 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 ?**

### Access

From Ispagnac, drive into the Tarn Gorge on the D 907b; after Blajoux, at Le Céret, take the road that goes downhill on the left to Castelbouc

### Advised parking

As you enter the hamlet

## **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 office Cévennes Gorges du Tarn, Ispagnac**

Place de l'Église, 48320 Ispagnac

[info@attractivite-tourisme-gcc.com](mailto:info@attractivite-tourisme-gcc.com)

Tel : 04 66 45 01 14

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



## **Source**

## On your path...

---



### The spring of Castelbouc (A)

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



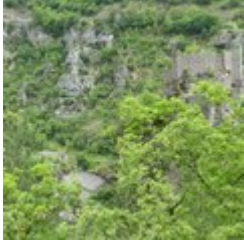
### The strange legend of Castelbouc (B)

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



## Castle of Castelbouc (C)

It is also said that the castle of Castelbouc got its name from the fact that only goats managed to climb all the way up to the ruins. The men who built it certainly knew their rock-climbing! The Knights Templar archives mention the castle between 1175 and 1191. In 1588, the Estates General of the Gévaudan ordered that the castle be demolished so as to deprive the protestants of the Cévennes of an impregnable retreat. On 21 April 1592, its complete destruction was ordered. (Lozère departmental archives)

Attribution : nathalie.thomas