

Béal des Abrits

Vallées cévenoles



La Garnerie (© Nathalie Thomas)



Here is extraordinary evidence of human stubbornness in channelling water according to need, from a time when technical equipment was very basic.

Extraordinaire preuve d'opiniâtreté de l'homme pour canaliser l'eau pour ses besoins, à une époque où le matériel technique était dérisoire.

Useful information

Practice : Hiking on foot

Duration : 2 h

Length : 4.8 km

Trek ascent : 218 m

Difficulty : Medium

Type : Loop

Themes : Water and geology

Trek

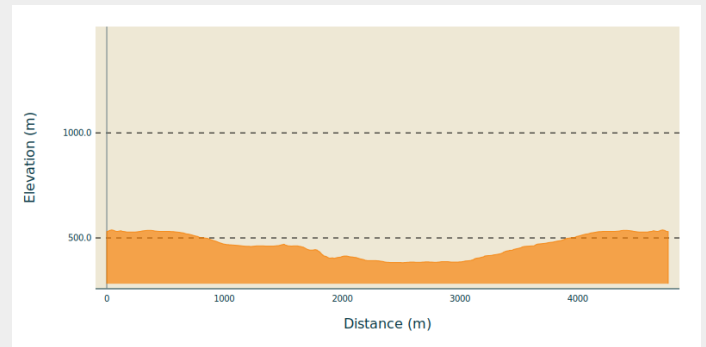
Departure : On the access road to the hamlet of Les Abrits

Arrival : On the access road to the hamlet of Les Abrits

Markings :  Yellow waymarks

Cities : 1. Saint-Martin-de-Lansuscle

Altimetric profile



Min elevation 382 m Max elevation 538 m

From the parking spot, walk on the road for 600 m towards the hamlet of Les Abrits, then take the path on the left and go downhill under the chestnut trees.

- 1) At the abandoned mas (isolated farm), walk below the ruins and follow the path.
- 2) Cross the small stream and, before you arrive at the second stream, leave the path and take on the right a path that goes downhill towards the Gardon de St Martin river. Walk to the Gardon.
- 3) Do not cross the Gardon: the path follows the béal (irrigation channel) on the right. Careful: the rocks are slippery when wet!
- 4) At the end of the béal, walk to the gourgue (mill pond) and climb the path to the road. At the road, turn right and continue back to the parking spot.

On your path...



All useful information

AdVICES

Careful: The path alongside the Gardon river is very slippery when wet. 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 Sainte-Croix-Vallée-Française, take the D28 towards Saint-Martin-de-Lansuscle. Before you arrive at Saint-Martin-de-Lansuscle, take the road on the right towards Les Abrits. The walk starts by the side of the road after 1.2 km (see signpost).

Advised parking

By the side of the road to the hamlet of Les Abrits

Information desks

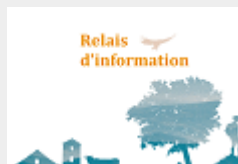
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Source



Agence d'Attractivité Touristique Gorges Causses Cévennes

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