

# MTB 4 - L'Espérou mountain - graded blue

Aigoual - Dourbies



Dans la forêt de hêtres (Béatrice Galzin)



*This loop through the forest quickly changes from a rolling route to a single track on which steering and controlling your MTB will be crucial.*

## Useful information

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Practice : Bike

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Duration : 1 h 4

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Length : 8.0 km

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Trek ascent : 232 m

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Difficulty : Very easy

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Type : Loop

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

# Trek

**Departure** : L'Espérou

**Arrival** : L'Espérou

**Markings** : 🏠 mountain-bike

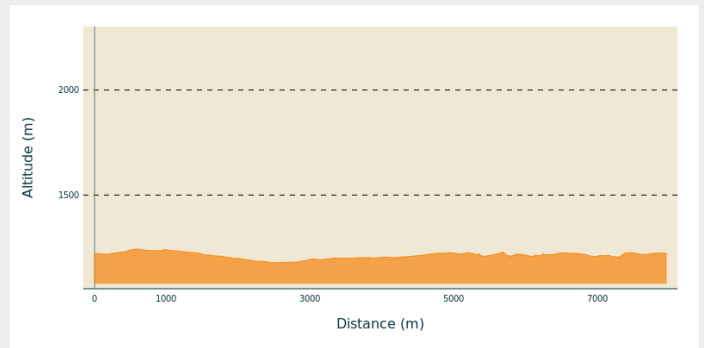
**Cities** : 1. Dourbies

2. Bréau-Mars

3. Arphy

4. Val-d'Aigoual

## Altimetric profile



Min elevation 1178 m Max elevation 1243 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:

From ***"Halle de l'Espérou"***, take the road on the left.

1) At ***"La Halle"***, take the track on the right and continue to ***"Les Douzes"***.

2) Turn right towards ***"Font des Douzes"***.

3) Turn left to ***"Pueylong"***.

4) At ***"Pueylong"*** re-join the road on the left for 900 m and take the single track leading to ***"Bois du Mas Méjean"***, ***"Route Dhombres"***.

5) Cross the road and take, on your right, the single track all the way to ***"Le château"***, then turn left on the road towards ***"Carrefour"*** before returning to ***"La halle de l'Espérou"***.

This walk 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...



# 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.

## 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](http://www.laregion.fr)

### Access

From Valleraugue, take the D986 to L'Espérou

### Advised parking

L'Espérou

## Information desks

### Tourism & national parc'house

Col de la Serreyrède, 30570 Val d'Aigoual  
office-du-tourisme-cause@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)



### Tourism office Mont Aigoual Causses Cévennes, Valleraugue

7 quartier des Horts, 30570 Valleraugue  
office.tourisme.valleraugue@wanadoo.fr  
Tel : 04 67 64 82 15  
<https://www.sudcevennes.com>



## Source



CC Causses Aigoual Cévennes Terres Solidaires

<http://www.caussesaignoualcevennes.fr/>



Parc national des Cévennes

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



Pôle Nature Aigoual