

# MTB 10 - La Luzette - graded red

Aigoual - Dourbies



Le Col de la Luzette (Maryline Bertrand)



*A challenging circuit which immerses you completely in the forest and then returns from the col de la Luzette pass on a splendid single track that brings together all aspects of modern mountain biking.*

## Useful information

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Practice : Bike

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Duration : 2 h 25

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Length : 18.0 km

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Trek ascent : 539 m

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Difficulty : Difficult

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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

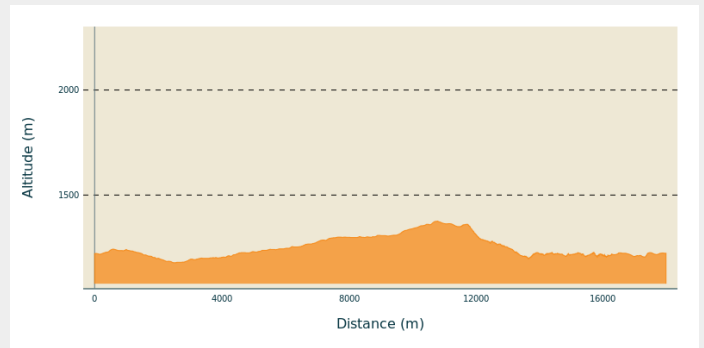
**Cities** : 1. Dourbies

2. Bréau-Mars

3. Arphy

4. Val-d'Aigoual

## Altimetric profile



Min elevation 1178 m Max elevation 1376 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”*** (this section is shared with MTB 1 and 4) then to ***“Pueylong”*** (shared with MTB 4).

2) At ***“Pueylong”***, take the track on the right to ***“Tabusse”***, then follow on the left ***“Col de Montals”*** via ***“Bois de Montals”***.

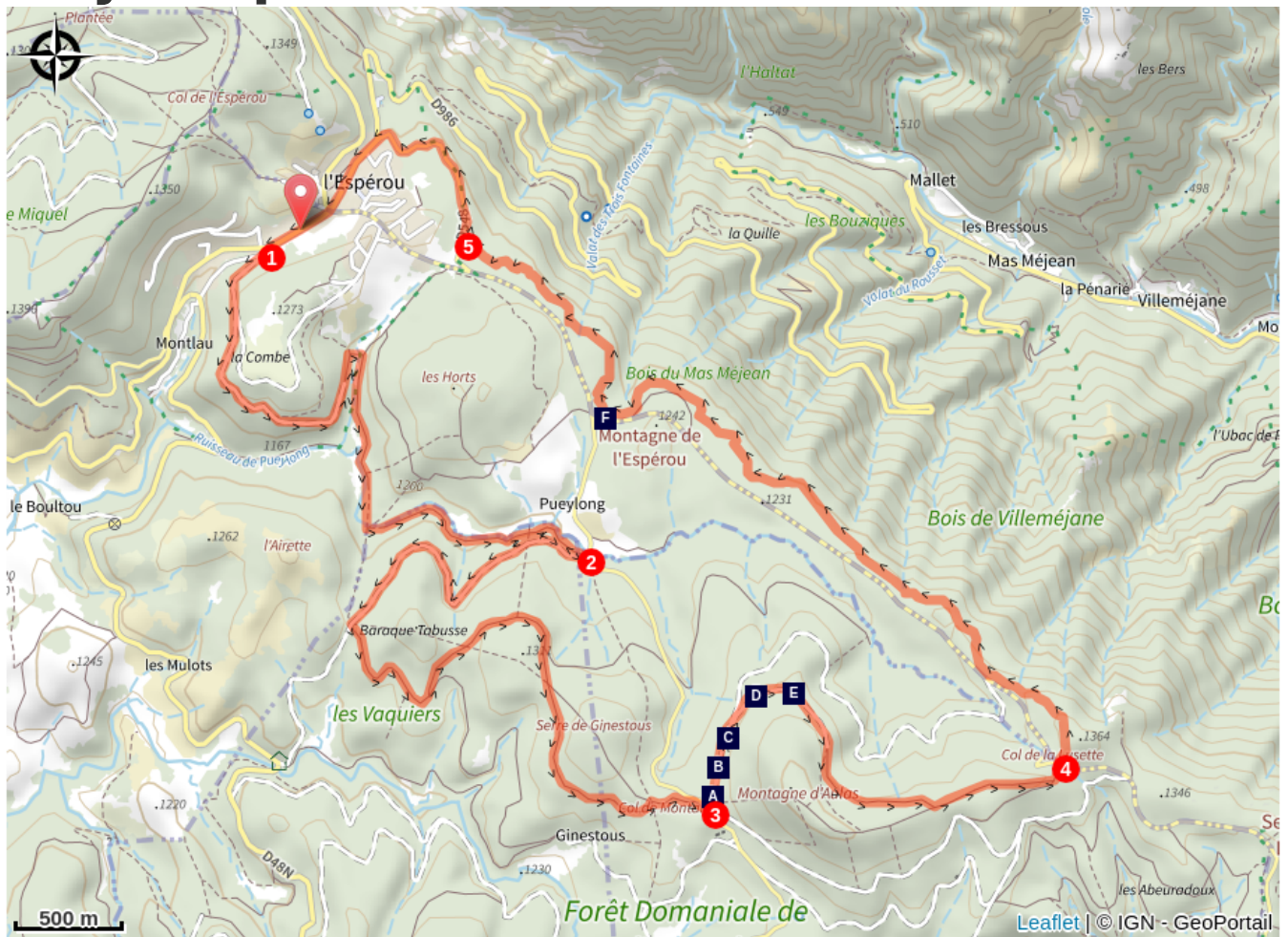
3) At the pass, cross the road and take the track on your left towards ***“Col de La Lusette”*** via ***“La Hêtraie”***.




4) At the road, take the single-track trail opposite to ***“Bois de Villeméjane”***, then to ***“Bois du Mas Méjean”***, ***“Route Dhombres”***.




5) Cross the road to take on your right the single track towards ***“Le Château”***, then return to ***“La Halle de L'Espérou”*** via ***“Carrefour”***.

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...



-  From flower to fruit ... (A)
-  Timber from stumps (C)
-  A genetic conservatory (E)

-  From the seed to the tree (B)
-  The profession of forester (D)
-  The watershed (F)

# 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. 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 Meyrueis, take the D986 towards St-Sauveur-Camprieu, then towards col de la Serreyrède pass and L'Espérou.

### Advised parking

L'Espérou car park

## Information desks

### Tourism & national parc'house

Col de la Serreyrède, 30570 Val d'Aigoual  
maisonde-laigoual@sudcevennes.com  
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 Causse Cévennes, Valleraugue

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



## Source



CC Causse Aigoual Cévennes Terres Solidaires

<http://www.causse-aigoual-cevennes.fr/>



Parc national des Cévennes

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



Pôle Nature Aigoual

# On your path...

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## 🌸 From flower to fruit ... (A)

The beech is a monoecious tree, meaning that female and male flowers are distinct but occur on the same tree. They flower in April and May; insects carry the male reproductive cells (the pollen) to the female cells.

After pollination, the flower produces seeds enclosed in soft-spined husks: beechnuts. Every three to five years, in autumn, an adult beech disperses thousands of seeds.

Attribution : © Emilien Hérault

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## 🌱 From the seed to the tree (B)

Because most seeds are rich in oils, they are devoured by famished animals in the winter: squirrels, field mice, wild boar, jays, chaffinches... Any seeds still on the ground the following spring can start germinating.

Attribution : © Philippe Raichaud

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## 🌲 Timber from stumps (C)

Beech trees regenerate very easily; their regrowth is a number of shoots grouped together on the same stump. In the old days, this method (coppicing) was much used to obtain firewood. On the northern slope of Aulas mountain, foresters turned the former coppices into timber plantations on stumps: the new trees with their straight boles were a steady supply of wood for packaging (crates). Since the closure of these companies, the beeches have only been commercialised as firewood.

Attribution : © Mathieu Baconnet

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## 👤 The profession of forester (D)

The forester is a silviculturist, meaning that s/he cultivates the forest to ensure that it is vigorous and healthy. The forester intervenes at all stages in the trees' life cycle to encourage or oppose natural evolution, depending on the objectives.

Sometimes that means momentarily protecting a species dominated by rival plants, for instance by clearing beech seedlings threatened by brambles or young firs. When a plantation reaches maturity – at about 70 years – the forester supervises fructification to make sure there are abundant flowers receiving sufficient light...

Attribution : © Gaël Karczewski

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## 🌿 A genetic conservatory (E)

This parcel, no. 308, is an official Conservatory of Genetic Resources. Its trees are vigorous and thus well adapted to the soil, climate and altitude conditions. These qualities of adaptation to the environment are inscribed in their seed, which is why some of their beechnuts are liable to be collected, dehydrated and preserved so as to be used to regenerate the beech forests of the Aigoual massif, if necessary.

Attribution : © Valère Marsaudon

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## 🌊 The watershed (F)

The watershed goes through the village of L'Espérou. This natural limit is also the border between the two municipalities of Val d'Aigoual and Dourbies. The rain that falls on and runs off the Valleraugue side continues to the Mediterranean. The water that flows towards Dourbies does not follow the same route and ends up in the Atlantic...