

MTB 10 - La Luzette - graded red

Aigoual - Val-d'Aigoual



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

Practice : Bike

Duration : 2 h 25

Length : 17.4 km

Trek ascent : 529 m

Difficulty : Difficult

Type : Loop

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

Trek

Departure : L'Espérou

Arrival : L'Espérou

Markings : 🏠 mountain-bike

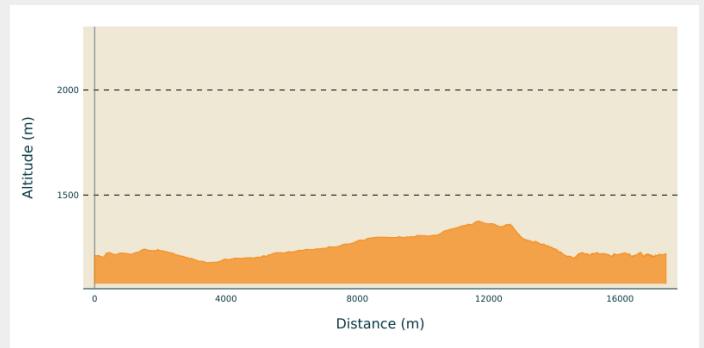
Cities : 1. Val-d'Aigoual

2. Dourbies

3. Bréau-Mars

4. Arphy

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”***.

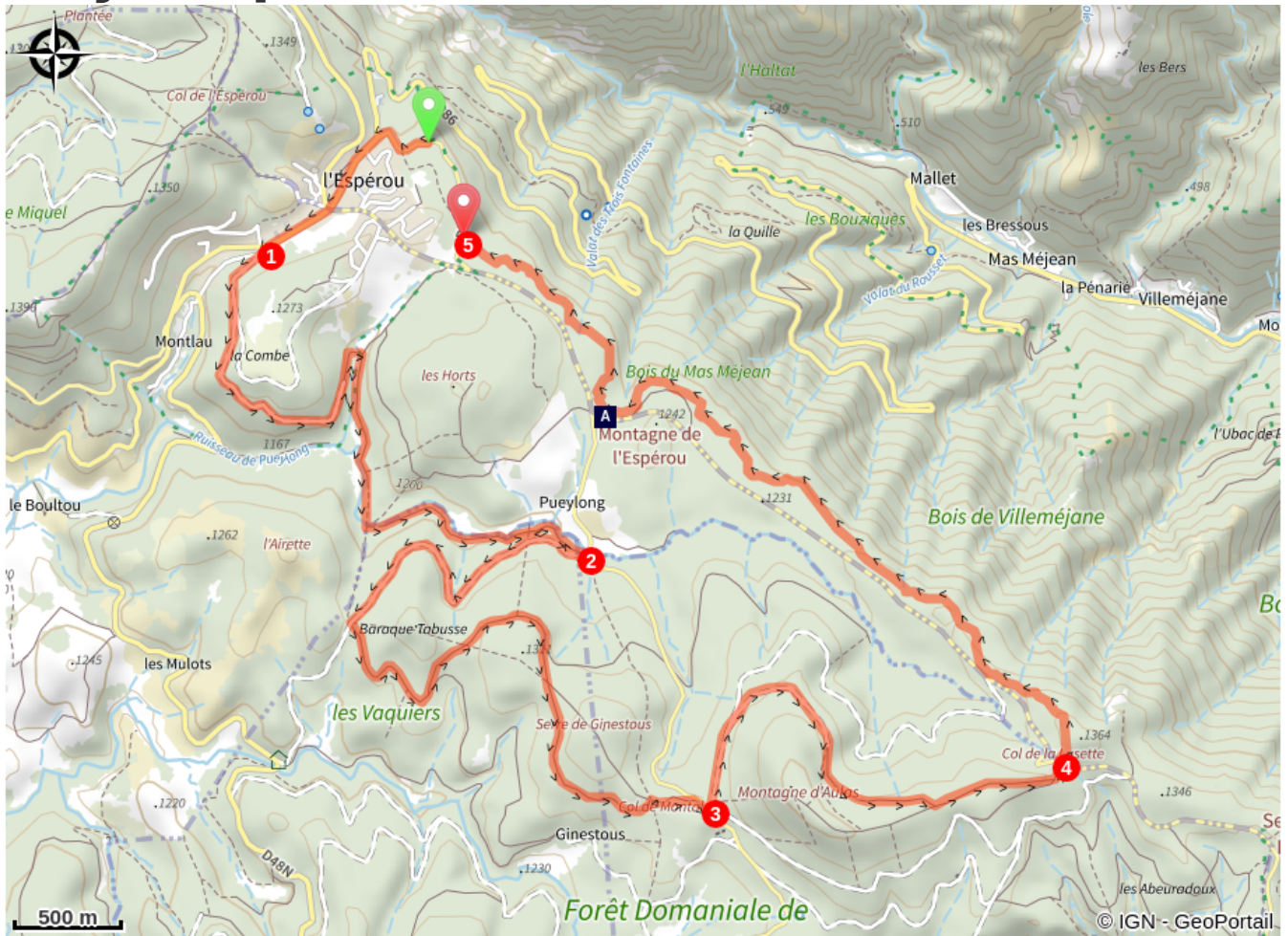
3) At the pass, cross the road and take the track on your left towards ***“Col de La Lusette”*** via ***“La Hêtraie”***.

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...



⊖ The watershed (A)

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

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
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

On your path...

⊖ The watershed (A)

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...