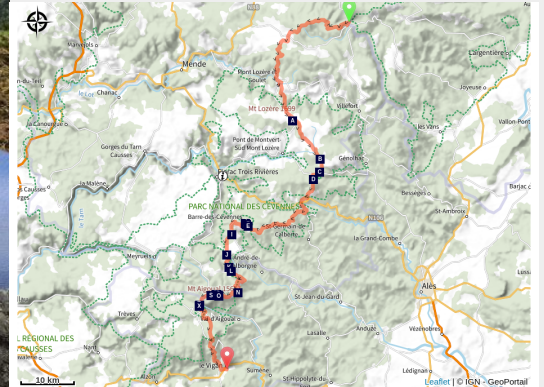


GR® 7

Mont Lozère - La Bastide-Puylaurent



(IPAMAC)



The GR® 7 ridge route is 475 km long! It crosses five Regional Nature Reserves and one National Park, offering hikers and trail runners a wide range of scenery and cultural heritage.

This long-distance trail takes you on a journey from the Vosges to the Pyrenees. It roughly follows the watershed: on one side are the waterways that converge towards the Mediterranean; on the other, those that flow into the English Channel and Atlantic. The route crosses highly characteristic sites. Starting at the Ballons d'Alsace passes, it traverses the Regional Nature Reserve of the Ballons des Vosges. It then briefly veers into the Haute-Marne department before crisscrossing Burgundy, leading from Dijon to the uplands of the Auvergne-Rhône-Alpes and Occitanie regions. Passing through three Regional Nature Reserves (Pilat, Monts d'Ardèche, Haut-Languedoc) and the Cévennes National Park, it ends in Andorra via the Pyrénées Catalanes Regional Nature Reserve and Cathar country.

04/17/2024 GR® 7

Useful information

Practice : Hiking on foot

Duration : 7 days

Length : 139.6 km

Trek ascent : 4256 m

Difficulty : Medium


Type : Roaming

Themes : Architecture and village, Fauna and flora, History and culture

Trek

Departure : La Bastide-Puylaurent

Arrival : Le Vigan

Markings :  GR (long-distance hiking path)

Cities : 1. La Bastide-Puylaurent

2. Mont Lozère et Goulet

3. Luc

4. Cheylard-l'Évêque

5. Saint-Frézal-d'Albuges

6. Cubières

7. Pont de Montvert - Sud Mont Lozère

8. Vialas

9. Saint-Privat-de-Vallongue

10. Saint-André-de-Lancize

11. Saint-Germain-de-Calberte

12. Cassagnas

13. Saint-Martin-de-Lansuscle

14. Barre-des-Cévennes

15. Molezon

16. Cans et Cévennes

17. Vebron

18. Le Pompidou

19. Rousses

20. Bassurels

21. Saint-André-de-Valborgne

22. Val-d'Aigoual

23. Meyrueis

24. Saint-Sauveur-Camprieu

25. Dourbies

26. Bréau-Mars

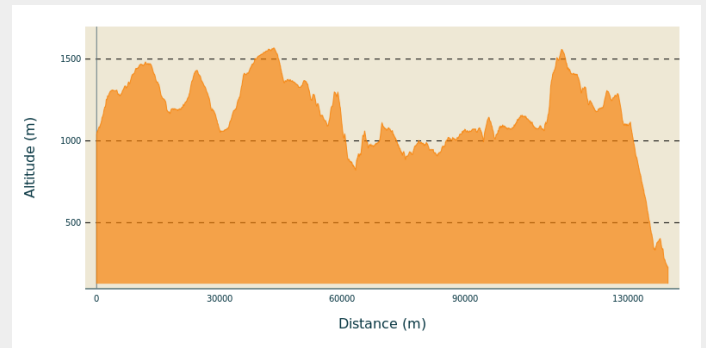
27. Arphy

28. Aulas

29. Le Vigan

30. Avèze

Altimetric profile



Min elevation 227 m Max elevation 1568 m

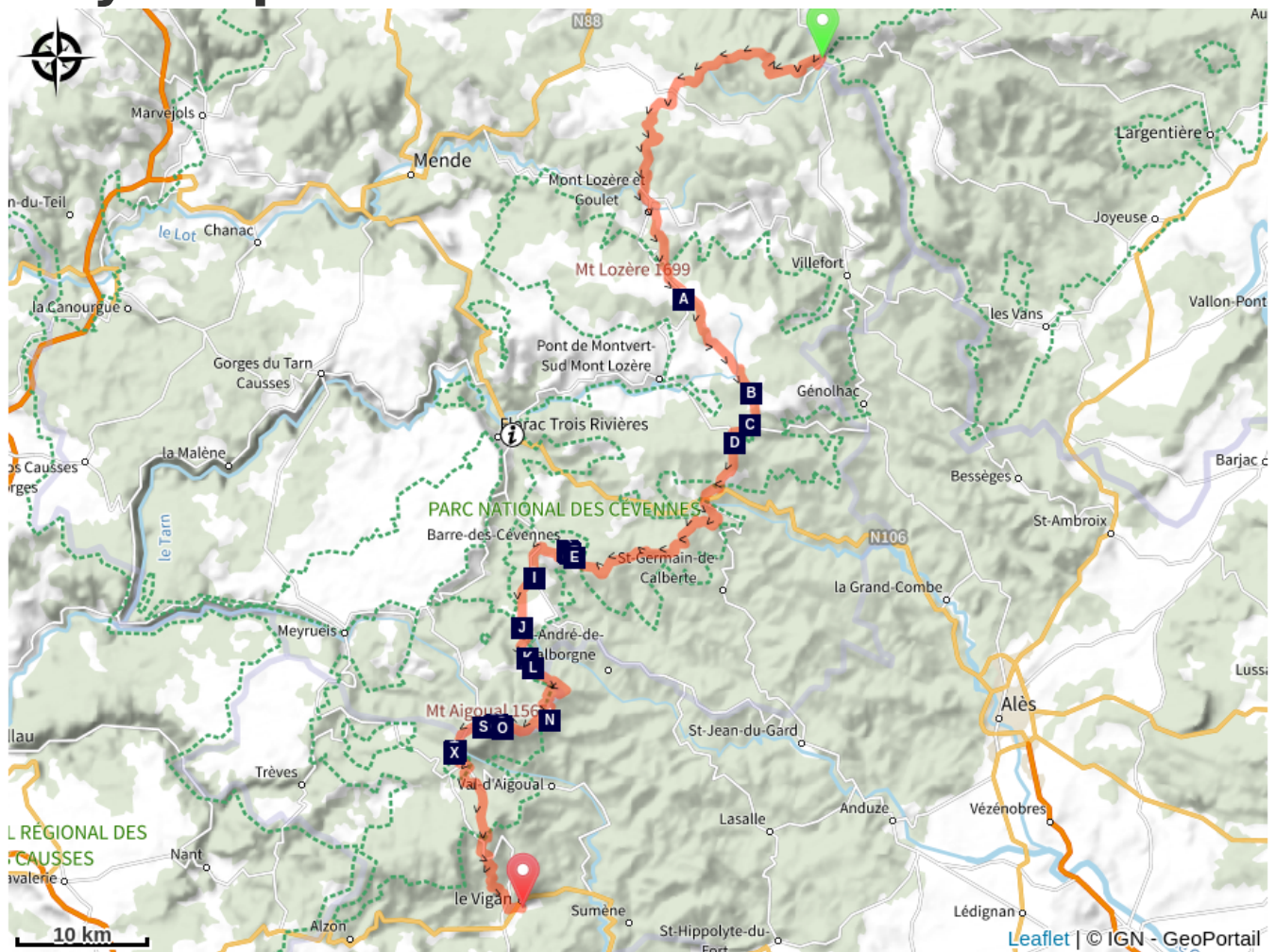
Only the section of this GR® [long-distance hiking path] which crosses the territory of the Cévennes National Park, between Bastide-Puylaurent and Le Vigan, is described here. It takes a week to hike.















All information on the whole route can be found on the site monGR.fr of the French hikers' federation, the Fédération française de la randonnée pédestre.

Stages :

1. Variante GR® 7 de Barre des Cévennes à Le Poujol (Bassurels) - Jour 1
16.5 km / 415 m D+ / 5 h
2. Variante GR® 7, Le Poujol au sommet de l'Aigoual - Jour 2
19.5 km / 0 m D+ / 8 h

On your path...



-  Subalpine short-grass prairie (A)
-  The Bougès state forest (C)
-  Sandstone outcrop (E)
-  The Château (G)
-  Ash trees (I)
-  The Margeride draille (drovers' road) (K)
-  Aire de Côte (M)
-  The draille du Languedoc (B)
-  The Languedoc draille (D)
-  Place de la Madeleine (F)
-  Place de la loue (Hiring Square) (H)
-  Mont Aigoual (J)
-  Col Solidès (L)
-  A Resistance refuge (N)

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

NB: For various reasons, the waymarked path may differ from that shown in the topographic guidebook: please follow the waymarks on the trail. Make sure your equipment is appropriate for several days of hiking as well as 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 ?

Transports

Ligne de Bus TER entre Mende et La Bastide-Puylaurent.
Ligne de train TER entre Alès et La Bastide-Puylaurent.
Ligne de Bus Le Vigan-Alès.
<https://www.lio.laregion.fr>

Advised parking

La Bastide Puylaurent

Information desks

Tourism'house and national Parc at Florac

Place de l'ancienne gare, N106, 48400
Florac-trois-rivières

info@cevennes-parcnational.fr

Tel : 04 66 45 01 14

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



Source



Comité départemental de la randonnée pédestre 48

<http://lozere.ffrandonnee.fr/>



Comité départemental de la randonnée pédestre Gard

<http://gard.ffrandonnee.fr/>



Fédération française de la randonnée pédestre

<https://www.ffrandonnee.fr/>

On your path...



Subalpine short-grass prairie (A)

Marker 1

Like garden or sports pitches, short-grass prairies are shaped by mankind. Grazing and controlled burns are the tools for their maintenance here. The main plants are nard and fescue, perennial grasses related to wheat. If you cut (graze) one of their stalks, five more will soon form; if you trample them, they multiply and become very dense. This kind of “torture” creates a thick plant cover that stabilises the sparse dark soil, which is derived from erosion of the ever-present granite. Here, then, are some clues for the appropriate management of this environment, which becomes weakened if neglected.

Attribution : © Brigitte Mathieu



The draille du Languedoc (B)

This draille (path for seasonal livestock migration) was frequented by flocks of sheep during the transhumance and by farmers going to buy or sell animals at Bellecoste Fair, which was held every 16 July and 25 September. The path linked the inhabitants of the plateau to the village of Saint-Maurice-de-Ventalon. (Julie Hugon)

Attribution : © Olivier Prohin



The Bougès state forest (C)

This covers an area of about 3,300 hectares. Reforestation was carried out between 1880 and 1925, at the beginning of the agricultural decline, to fight the erosion caused by over-grazing. Today, the Office National des Forêts manages this forest, primarily with the goal of protecting the different forest species and ecosystems, but also with a view to making it productive. The forest is made up of a number of tree species, including spruce, silver fir, larch and Corsican pine. A varied fauna inhabits the forest (deer, wild boar, birds of prey). A few capercaillies, re-introduced by the Cévennes National Park, live in these wide open spaces. (Julie Hugon)

Attribution : © Guy Grégoire



The Languedoc draille (D)

This draille (path for seasonal livestock migration) is known as the Languedoc draille and has seen tens of thousands of sheep pass by that have come up the many drailles from the Midi, combining into ever larger flocks before reaching the summer pastures on the Mont Lozère plateau. The plant cover, grazed and trampled by so many sheep, had no time to grow back. A few flocks and a few shepherds still keep the tradition alive. Other flocks are brought to the summer pastures by lorry.

Attribution : otcevennesmontlozere

Sandstone outcrop (E)

Marker 13

On the other side of the road, the sandstone bank shows criss-crossing layers which were deposited by flood waters with very strong currents. The pebbles they contain have angles that are barely blunted, indicating that they were not carried far. This very crumbly sandstone is generally held together by a greenish clay rich in white mica without any limestone. It bears witness to the arrival of the sea, 200 million years ago. On this rock face, plants have to compensate for intense erosion by being able to develop rapidly and withstand a certain amount of dryness. There are a very few chamomile plants and streamlined plantains.

Place de la Madeleine (F)

Marker 5

The fountain dates from the 18th century. At the end of the 19th century, the bust of Marianne – the personification of the French Republic – was added. At the same time, a poplar was planted by republican youth as a symbol of freedom. From here, you can see several bourgeois houses, which mostly date from the 17th and 18th centuries. They bear witness to the village's thriving past, when it had some 20 voituriers (merchant-carters), who would drive their carts down to the plains laden with wool and chestnuts and return with salt, wine and oil. Under the houses' large porches, harnesses and carts were kept. During fairs, the seed market took place in these vaults and those of the town hall.

The Château (G)

Marker 6

Constructed in the 12th and 13th centuries, the Château was entirely rebuilt in the early 16th century. From 1710 to 1715, it was modified by the Lord of Barre, who had his coat of arms carved above the entrance. Two towers were also added at this time. During the 1789 Revolution, the coat of arms disappeared under vigorous hammer strokes. In the early 19th century, during an expansion, the main tower was removed.

Place de la loue (Hiring Square) (H)

Marker 1

This little square, located at the north-eastern entrance to the village, was where the “loue” (hiring) used to be held during the great spring and autumn fairs: shepherds, domestics and chestnut gatherers would sit on the parapet and hope for an employer to take them on. The village hosted 12 to 15 fairs every year. The spring and autumn ones could attract up to ten thousand people from neighbouring departments, but also from the Var, Vaucluse and Bouches-du-Rhône. This village-rue (one-road village) was protected at each end by a fortified gate. One of them, called the Florac Gate, stood near the Place de la Loue. It was destroyed in the early 19th century.



☁ Ash trees (I)

Ash trees, like the ones that border the path, like cool and damp environments. They were planted alongside paths by locals because ash branches, cut towards the end of summer, provided additional fodder for livestock.

Attribution : Nathalie Thomas



☹ Mont Aigoual (J)

A beautiful view onto Mont Aigoual (1,567 m) - a mountain of winds, fog, snow and rain. Banks of clouds coming from the Mediterranean rub against its slopes and can cause violent precipitation (also called Cévenol episodes). This temperamental mountain is home to the last mountain weather-station in France.

Attribution : © Olivier Prohin



The Margeride draille (drovers' road) (K)

The draille follows the ridge and crosses the Can de l'Hospitalet plateau. This transhumant trail enables the sheep flocks of the plains (of the southern Cévennes and the Crau) to move up to northern Gévaudan (Aubrac, Margeride, Mont Lozère). This draille is only one branch of a larger network along which transhumant livestock still travel.

Attribution : © Michelle Sabatier



☹ Col Solidès (L)

The bare ridge that rises opposite is the watershed between the Mediterranean and the Atlantic. Rain that falls on the Sexte valley flows into the Tarnon below (on the left) and ends up in the ocean. On your right, the Mediterranean side offers extraordinary views onto the foothills of the can de l'Hospitalet plateau and the entirety of the Cévenol mountains. On some days, the Alps and Mont Ventoux can be seen in the distance ...

Attribution : Béatrice Galzin



🌲 Aire de Côte (M)

Aire-de-Côte farm was purchased by the French State in 1862, during the period of reforestation. Before the farm became a stopover gîte, it was for a long time the residence of the local forester and his family. In the first half of the 20th century, Aire-de-Côte was very different. To the north, behind the house, was the draille (drovers' road), lined by upright stones and 40 to 50 metres wide. Thousands of transhumant animals passed every year on their way to or from summer pastures. The transhumant animals stopped there at lunchtime, then continued on towards Mont Aigoual.

Attribution : Stephan.Corporan



🌲 A Resistance refuge (N)

In early 1943, the first Resistance group of the Cévennes was formed. The refuge of the Aire-de-côte group was one of the wooden shacks used for forestry works, whose roof was camouflaged using branches. On 10 July 1943, a message warned the post office in Rousses that a German attack was imminent. The Resistance was informed - but a storm delayed the group's departure. The Germans arrived... The forester was arrested as an accomplice, accused of being in radio contact with London. Indeed, the Aire-de-côte Resistance listened to a crystal radio set built by the two Jews who were hiding there.

Attribution : Guy.Grégoire