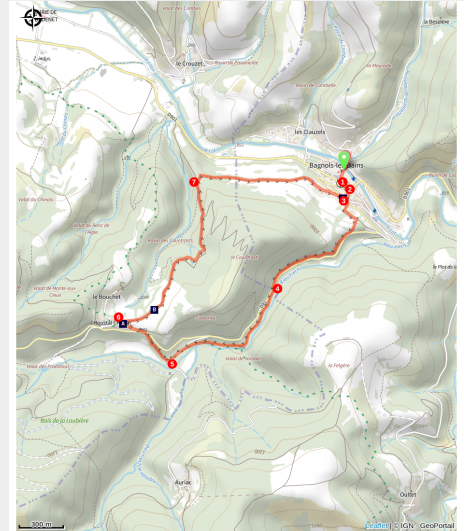


L'Oustal Crémat - Trail n°7

Mont Lozère



Traileurs en balade (© Département de la Lozère)



A short but complete loop: a pretty path along a brook, a charming hamlet, a handsome track in the forest... An ideal introduction to the joys of trail running and the bucolic outdoors.

Useful information

Practice : Foot race

Duration : 45 min

Length : 5.7 km

Trek ascent : 199 m

Difficulty : Very easy

Type : Loop

Trek

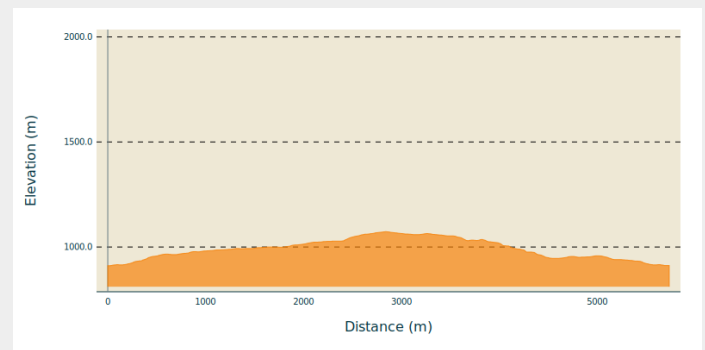
Departure : Bagnols-les-Bains

Arrival : Bagnols-les-Bains

Markings :  Trail PPN Mt Lozère

Cities : 1. Mont Lozère et Goulet
2. Chadenet

Altimetric profile



Min elevation 911 m Max elevation 1073 m

Signposts will guide you all along this route: follow the waymarks for trail #7.

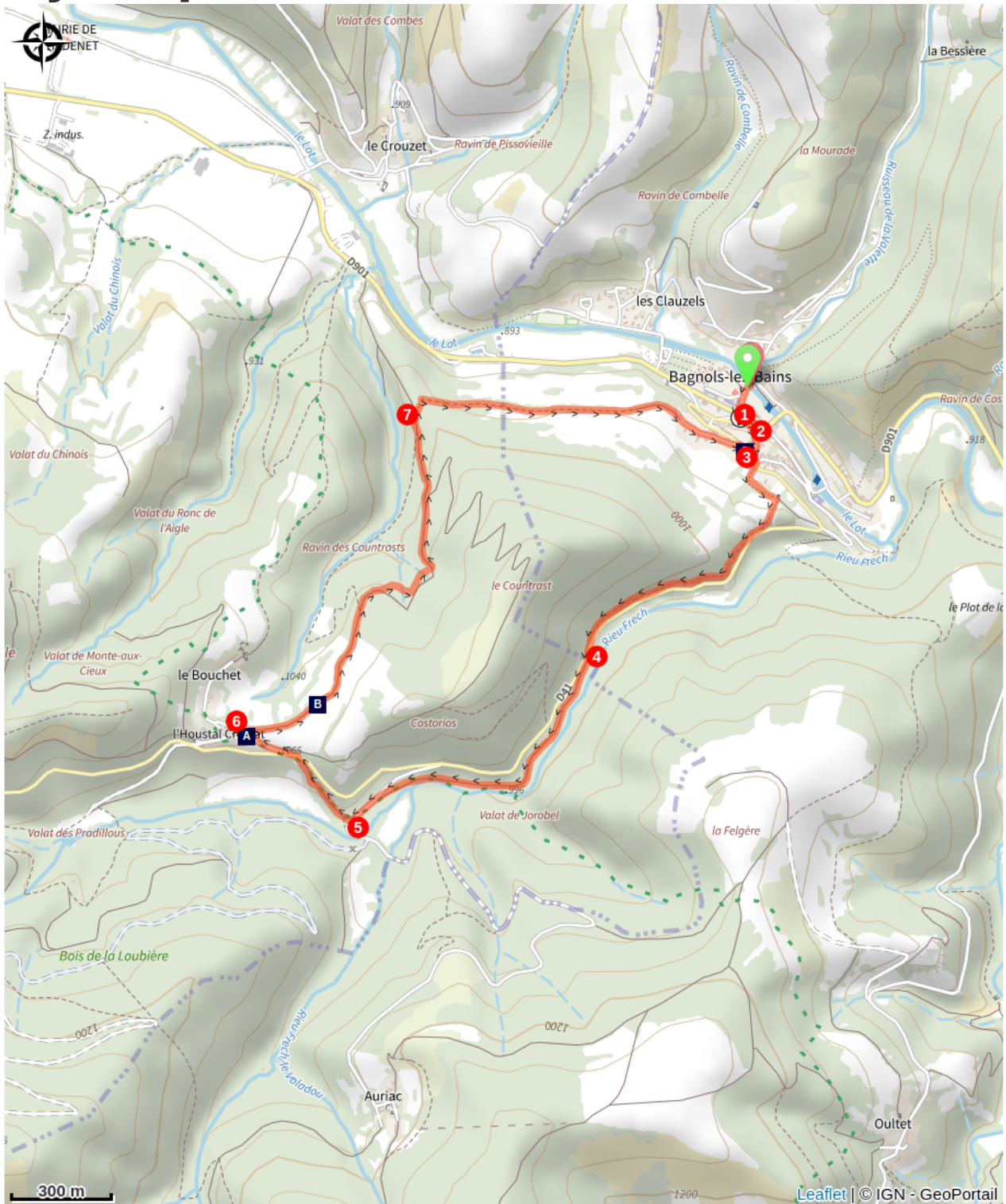
You leave the village on a rather steep path but don't worry: the slope will soon become gentler! The path climbs slowly, first above and then below the D 41 road (you will quickly forget that the road is nearby, given how few cars use it). You run along the Rieu Frech brook, through magnificent green meadows with pretty flowers. A little bit of paradise! A short stony climb leads you to the hamlet of L'Oustal Crémat. You then take a handsome track that goes down slowly through the forest all the way to Bagnols-les-Bains.

Au départ de la "**Bagnols-les-Bains**", monter à « **L'Oustal Crémat** » par:

1. « **Avenue de la Gare** »,
2. « **Route de la Loubière** »,
3. « **Rue de la Jarretière** »,
4. « **Les Goutelles** »,
5. « **Les Faissettes** » et
6. "**Menhir**". Puis direction "**Bagnols les Bains**" par :
7. « **Lou Contrat** », « **Rue de la Jarretière** », « **Route de la Loubière** » et « **Avenue de la Gare** ».

Circuit trail extrait du cartoguide **Mont Lozère- Pays des sources, de la montagne du Goulet aux gorges du Bramont**, réalisé par le pôle de Pleine nature mont Lozère.

On your path...



Crosses (A)
Château (C)

Forest atmosphere (B)

All useful information

Advices

Before committing yourself to a circuit, ensure that it is suitable for your activity level and ability. Remember that the weather changes quickly in the mountains. Please close all gates and barriers behind you. Stay on the marked path.

How to come ?

Transports

Ligne 253

LIO est le Service Public Occitanie Transports de la Région Occitanie / Pyrénées – Méditerranée. Il permet à chacun de se déplacer facilement en privilégiant les transports en commun. Pour tout savoir, se rendre sur l'application lio Occitanie ou bien sur <https://www.mestrajets.lio.laregion.fr>

Access

From Le Bleymard, on the D 901.

From Mende, towards Badaroux on the RN 88, then to Ste-Hélène / Bagnols-les-Bains on the D 901.

Advised parking

parking des Thermes, Bagnols les Bains

Information desks

Office de tourisme Des Cévennes au mont Lozère

le Quai, 48220 Le Pont de Montvert sud
mont-Lozère

info@cevennes-montlozere.com

Tel : 04 66 45 81 94

<https://www.cevennes-montlozere.com/>



Tourism office Mont-Lozère, Bagnols-les-Bains

avenue de la gare, 48190 Bagnols-les-Bains
Mont-Lozère et Goulet

contact@destination-montlozere.fr

Tel : 04 66 47 61 13

<https://www.destination-montlozere.fr/>



Source



CC Mont Lozère

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



Parc national des Cévennes

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



Pôle pleine nature Mont Lozère

On your path...



Crosses (A)

This is one of the very many crosses to be found in Lozère, especially in the upper Lot valley. Cross makers, the best known of which is Jean du Born in the 17th century, worked with materials found in the region. For at least six centuries, crosses were erected along paths in Lozère to assume a variety of functions: limit or path markers, memorials, places of contemplation, calvary or pilgrimage site, event, expression of individual or village piety, etc. Over 400 survived the Wars of Religion and then the Terror that followed the French Revolution. The most recent crosses have, since the 19th century, been made of forged iron. Some of them have been fixed on older bases or tree boles.

Attribution : N Thomas



Forest atmosphere (B)

You are walking through a wood where white oak, beech and whitebeam make harmonious neighbours, including some impressive specimens. Further on, Austrian pine predominates, being well-adapted to the schist bedrock, before giving way to fayards (beeches) again. Lower down, along the Rieu Frech brook, you can see firs whose long needles are bluer than other trees' and point upwards like half-brushes: white or Colorado firs (*Abies concolor*). They were chosen for their ability to adapt to the local climate.

Attribution : N Thomas



Château (C)

The little château that you pass was built in the 17th century on the road from Florac to Bagnols. Its tower hides a handsome spiral staircase. For 59 years, this fortified building was the base of the mounted gendarmerie. The stables were on the ground floor. In 1966, the gendarmes moved into accommodation lower down in the village.

Attribution : N Thomas