

La vallée de la Salindrenque - Escapades à vélo

Aigoual



La Coste (Béatrice Galzin)



Best done in the morning !

Make a little detour to the village of Soudorgues and enjoy the cool waters of the Salindrenque river before you return to Lasalle.

This shady circuit is on pleasant small roads through Mediterranean-style forests : umbrella pines, sweet chestnuts, holm oaks. At Soudorgues, the hardest part is over ! Celebrate by having a drink or a coffee in the café in the village centre.

Useful information

Practice : Road bike

Duration : 1 h 45

Length : 20.3 km

Trek ascent : 646 m

Difficulty : Easy

Type : Loop

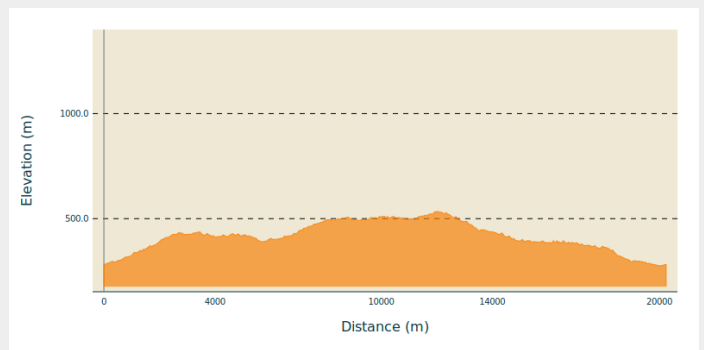
Trek

Departure : Lasalle

Arrival : Lasalle

Cities : 1. Lasalle
2. Soudorgues

Altimetric profile



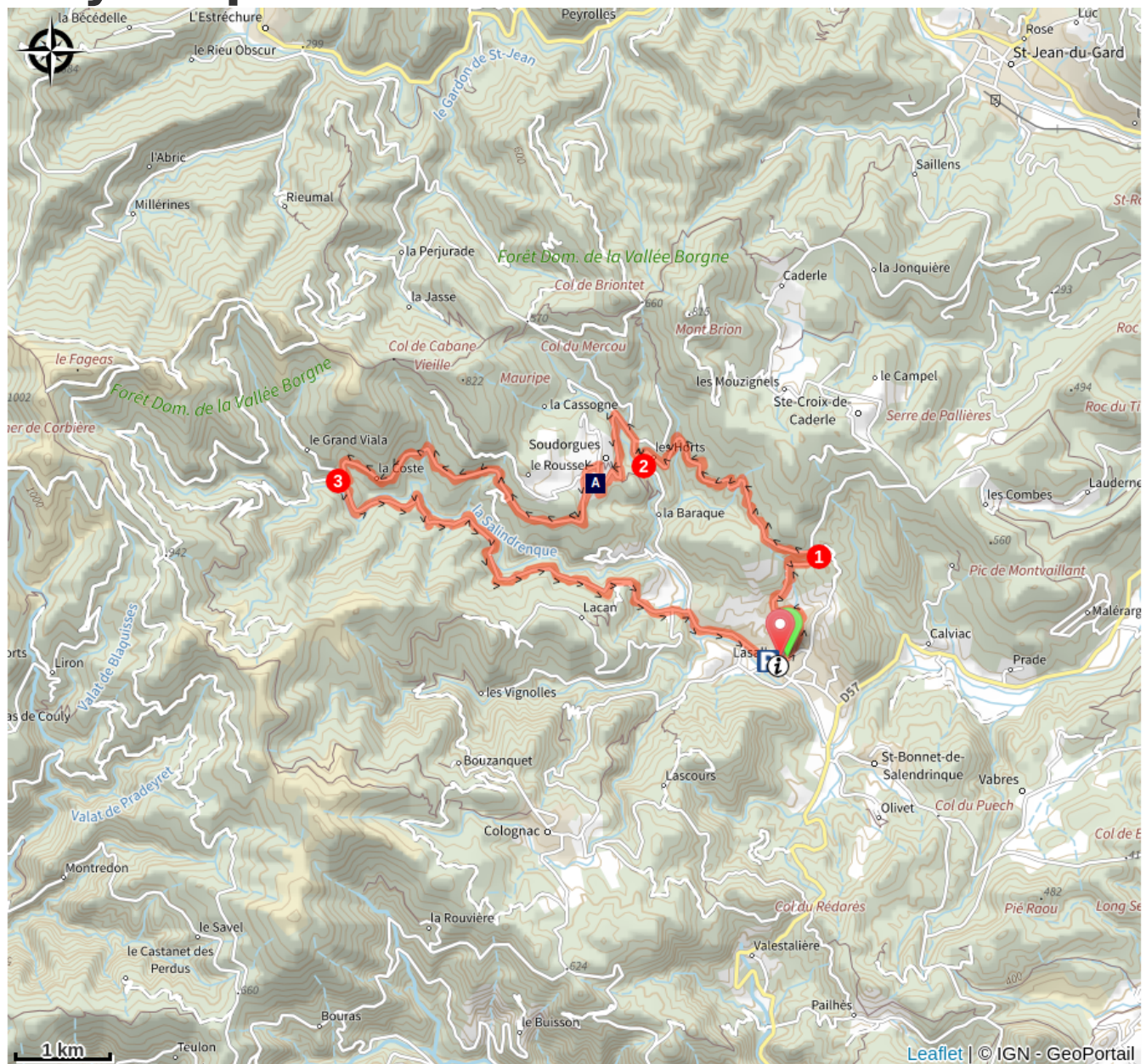
Min elevation 276 m Max elevation 534 m

From Lasalle, take the D153 towards St-Jean du Gard/Ste-Croix de Caderle for about 2 km.

1. Turn left on to the D153d, towards Les Cabrols, Les Horts.
2. At Les Horts, turn right onto the D39, then quickly turn left onto the D271 to Soudorgues, La Coste. Continue to the Pont de la Laine bridge.
3. Return to the village of Lasalle on the D341a and the D39.

Possibility to start from Soudorgues.

On your path...



The stone or umbrella pine (A)

All useful information

Advices

Before committing yourself to a circuit, ensure that it is suitable for your activity level and ability. Respect traffic laws and other road users; stay in control of your speed and trajectory. Make sure to be seen and travel in single file when in a group. Remember that the weather changes quickly in the mountains. Take enough water. Safe trip !

How to come ?

Access

From St-Jean du Gard, take the D907 towards Anduze; at the bridge by the Salindrenque spinning-mill, turn to Lasalle on the D57.

Advised parking

Car park in the village

Information desks

Tourism & national parc'house

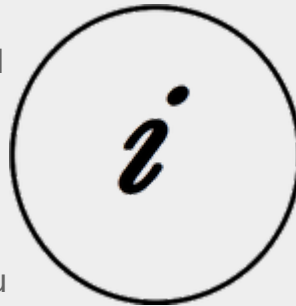
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Accessibility : Accessible aux personnes à mobilité réduite sur les trois niveaux du bâtiment (ascenseur)



Tourism office Mont Aigoual Causses Cévennes, Lassale

Centre Viala, rue de la Place, 30460

Lasalle

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Source

On your path...



The stone or umbrella pine (A)

In the distance in the Lasalle valley there is dense, dark green vegetation. The stone or umbrella pine has a very characteristic opened-out shape, which resembles an umbrella from a distance. This conifer is at home especially in the Mediterranean basin. It prefers dry, deep and cool soils. Its bark is reddish and cracked. Its fruit, the pine nut, is often used in pastry cooking.

Attribution : Béatrice Galzin