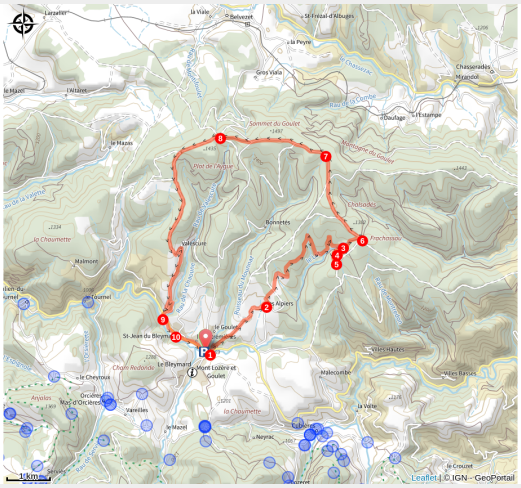
Springs of the Lot and Goulet

Mont Lozère



Sentier des sources du Lot (© OT Mont-Lozère)



Explore a grand and varied landscape ranging from open pastureland to thick forests along this large and little frequented loop, which crosses the Goulet massif and has panoramic views onto Mont Lozère.

Discover the spring of the river Lot, located in a zone of peatbogs at an altitude of around 1 300m. Cross the characterful hamlet of Les Alpiers, where the writer Stevenson and his she-donkey Modestine walked.

Useful information

Practice : Hiking on foot

Duration : 6 h 30

Length : 20.2 km

Trek ascent : 548 m

Difficulty : Difficult

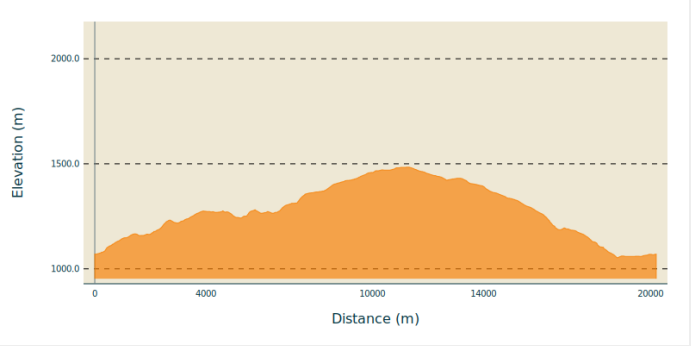
Type : Loop

Themes : Fauna and flora, Forest, Water and geology, Transports en commun

Trek

Departure : Mairie (town hall), Le Bleymard
Arrival : Mairie (town hall), Le Bleymard
Markings : Yellow waymarks
Cities : 1. Mont Lozère et Goulet
2. Cubières

Altimetric profile



Min elevation 1053 m Max elevation 1484 m

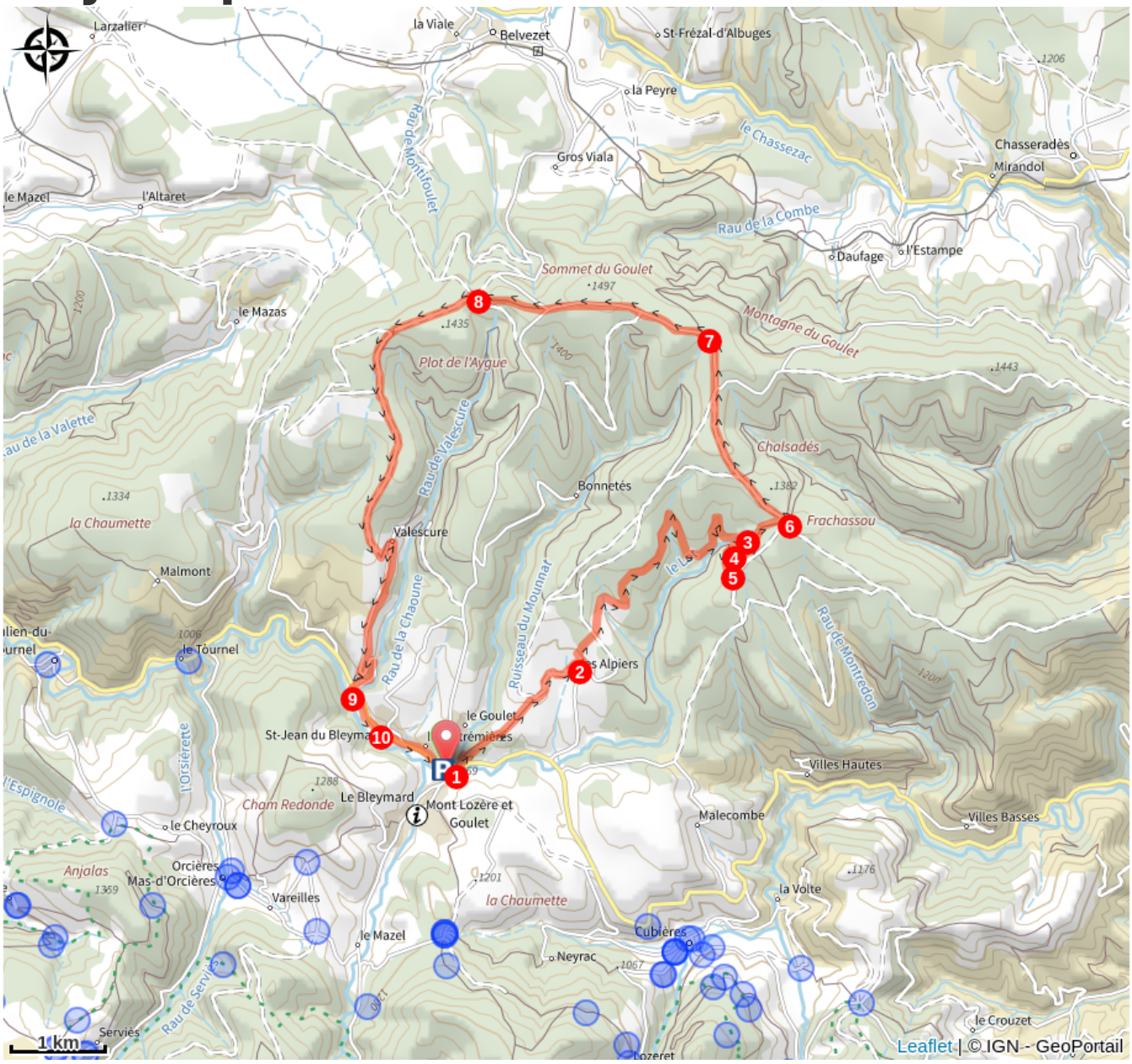
Signposts will guide you all along this route, as well as yellow painted waymarks. In the description below, the signposted place names and/or directions are given in **bold italics** between quotation marks :

Starting at “**Le Bleymard**”, walk to :

1. “**La Remise**”,
2. “**Les Alpiers**”,
3. “**Sources du Lot"**,
4. “**Chap Duolt**”, before continuing to :
5. “**Lou Feyra**”,
6. “**Frachassou**”,
7. “**La Plone 2x**”,
8. “**L’Ayrette**”,
9. “**Prat del Castre**”,
10. “**St Jean du Bleymard**” and “**Le Bleymard**”.

This hike is taken from the guidebook **Mont Lozère – Pays des sources, de la montagne du Goulet aux gorges du Bramont**, published by the Pôle de pleine nature du Mont Lozère.

On your path...


Larzalier
la Viale
Belvezet
St-Frézal-d'Albuges
la Peyre
le Chassezac
Chasseradès
Mirandol
Gros Viala
le Mazel
l'Altaret
Rau de la Combe
Daufage
l'Estampe
Sommet du Goulet
1497
le Mazas
1435
Montagne du Goulet
Plot de l'Aygue
1400
1443
Chalsadès
Rau de la Valette
Rau de Valescure
1334
Bonnetès
1382
la Chaumette
Frachassou
Valescure
Malmont
Rau de la Chaoune
Ruisseau du Mournar
le Tournel
1006
Rau de Montredon
1200
Alpiers
le Goulet
St-Jean du Bleyma
Villes Hautes
l'Orsière
1288
Le Bleymard
Cham Redonde
Mont Lozère et Goulet
Malecombe
Villes Basses
le Cheyroux
Anjalas
1359
Orcières
Mas-d'Orcières
Vareilles
1201
la Chaumette
la Volte
1176
le Mazel
Cubières
Neyrac
1067
Rau de Servière
Servies
le Crouzet
Lozeret
1 km
Leaflet | © IGN - GeoPortail

All useful information

⚠ Advices

Make sure your equipment is appropriate for 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 any gates and barriers behind you.

How to come ?

Transports

This hike is accessible by public transport only in summer.

To consult the updated schedules and plan your trip, use the route calculator below by entering **the arrival stop: MONT LOZÈRE ET GOULET - LE BLEYMARD - Remise**

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, go to the lio Occitanie app or visit : https://www.mestrajets.lio.laregion.fr

Lines 253 and 254 – LiO summer buses July/August

Access

From Mende to Badaroux on the N88, then to Le Bleymard on the D901.

From Villefort to Le Bleymard on the D901.

Advised parking

Along the D901, opposite the Mairie (town hall)

Information desks

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

contact@destination-montlozere.fr
Tel : 04 66 47 61 13
https://www.destination-montlozere.fr/



Tourism office Mont-Lozère, Villefort
43, Place du Bosquet, 48800 Villefort

contact@destination-montlozere.fr
Tel : 04 66 46 87 30
https://www.destination-montlozere.fr/



Office de tourisme Mont Lozère - Le Bleymard
Place de l'église - Le Bleymard, 48190 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