

Cessenades

Mont Lozère



(Gîtes le Frontal Haut)



South of the village, which consists of no less than 18 hamlets on the borders of the Lozère, Gard and Ardèche departments, the walk climbs and descends between serres (ridges) and valats (valleys).

Useful information

Practice : Hiking on foot

Duration : 3 h

Length : 7.8 km

Trek ascent : 383 m

Difficulty : Medium

Type : Loop

Trek

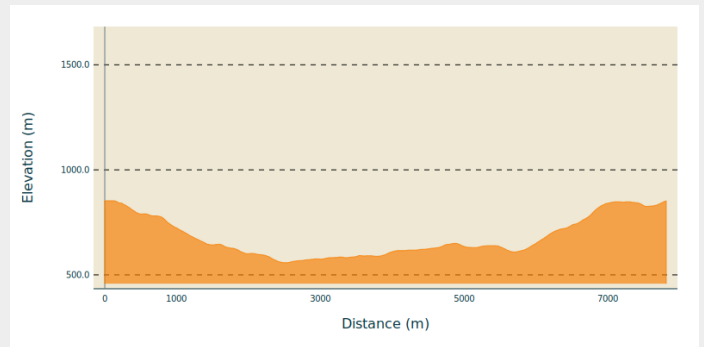
Departure : Malons et Elze

Arrival : Malons et Elze

Markings :  Yellow waymarks

Cities : 1. Malons-et-Elze

Altimetric profile



Min elevation 558 m Max elevation 853 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 “**CESSENADES**”, walk towards “**Le Four**”, then “**Hameau de Cessenades**”. At “**Hameau de Cessenades**”, turn left to “**LE FRONTAL**” via “**Pialouzet**”. At “**LE FRONTAL**”, turn left to return to “**CESSENADES**” via “**Valouse**”.

This hike is taken from the guidebook **Mont Lozère - Pays des sources, Sommet des Cévennes**, published by the Pôle de pleine nature du Mont Lozère.

On your path...



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.

How to come ?

Access

From Villefort on the D901 and the D155 (24 mins)
From Les Vans on the D901 and the D155 (30 mins)
From Génolhac on the D906, D901 and D155 (32 mins)

Advised parking

Car park as you enter the hamlet

Information desks

Tourism'house and national parc, Génolhac

Place du Colombier, 30450 Génolhac
contact@cevennes-tourisme.fr
Tel : 04 66 61 09 48
<http://www.cevennes-tourisme.fr/>



Tourism office Cévennes d'Ardèche, Les Vans

Place Ollier, 07140 Les Vans
contact@cevennes-ardeche.com
Tel : 04 75 37 24 48
<https://www.cevennes-ardeche.com>



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/>



Source



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Parc national des Cévennes

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



Pôle pleine nature Mont Lozère