

# Le Martinet / Yzeron

## Grande Traversée du Rhône by mountain bike



Certainly one of the most beautiful sections of the Grande Traversée du Rhône VTT, but not the easiest! After a long ascent to Saint-Bonnet-le-Froid and a triumphant passage through the undergrowth, you reach the Crêt du Châtelard after a final effort. After this, the difficulties are behind you, and all you have to do is enjoy the panoramic views over Lyon, Pilat and the Alps, and the balcony path with its beautiful boulders to reach the charming town of Yzeron.

### The cycle route

A demanding route that begins with a long ascent to Saint-Bonnet-le-Froid (9km, 650 m D+), followed by a technical section around the Col de Malval. Once you've reached the highest point at 840 m, the rest of the stage is fairly easy all the way to Yzeron.

### Points to watch :

- There is a tricky section before you reach the D50.

### Don't miss

- Mine and Mineralogy Museum (Saint-Pierre-la-Palud)
- Chevinay Romanesque church
- Courzieu wildlife park
- Châteaueux chapel (Yzeron) and view of the Yzeron valley and Lyon conurbation

### See & know

- Saint-Bonnet-le-Froid castle
- Picturesque village of Yzeron
- L'Araire (exhibition center in Yzeron)

**Départ**  
Le Martinet

**Arrivée**  
Yzeron

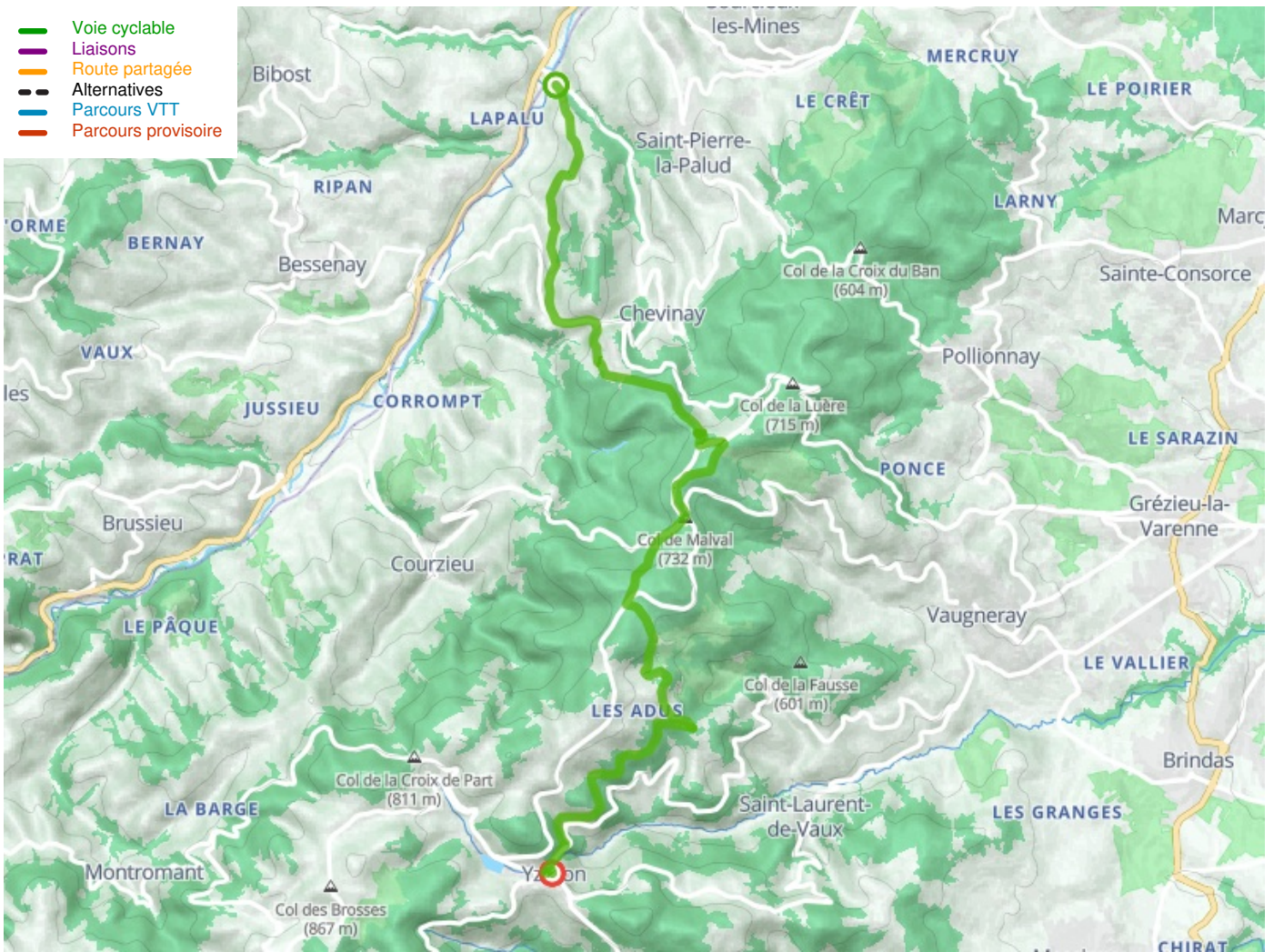
**Durée**  
1 h 00 min

**Distance**  
15,28 Km

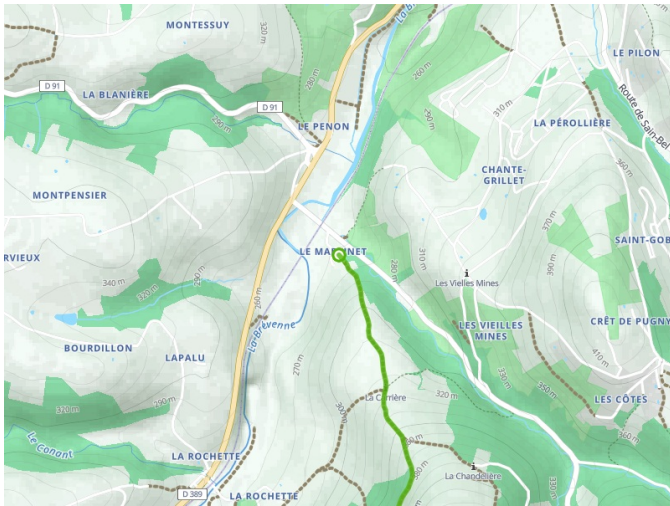
**Niveau**  
I cycle a lot

**Thématique**  
In forest

- Voie cyclable
- Liaisons
- Route partagée
- Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
**Le Martinet**



**Arrivée**  
**Yzeron**

