

# Moustiers-Sainte-Marie / Quinson

## Grande Traversée TransVerdon by mountain bike



**Départ**  
Moustiers-Sainte-Marie

**Arrivée**  
Quinson

**Durée**  
2 h 22 min

**Distance**  
35,55 Km

**Niveau**  
I cycle a lot

**Thématique**  
Mountains

The Grande Traversée VTT TransVerdon takes on a distinctly more Provençal look on this stage, with its bright colours and heady scents. After a brief pause at the Lac de Ste-Croix beach, maybe enjoying a quick dip, climb to the Plateau de Valensole, from where you get great views across the whole lake. A series of fields full of lavender, cereals, sunflowers and rapeseed, plus truffle oaks, line the way up to the village of Sainte-Croix. This bucolic stage then takes you down via smaller lakes (their waters colder) separated by a series of gorges to Quinson.

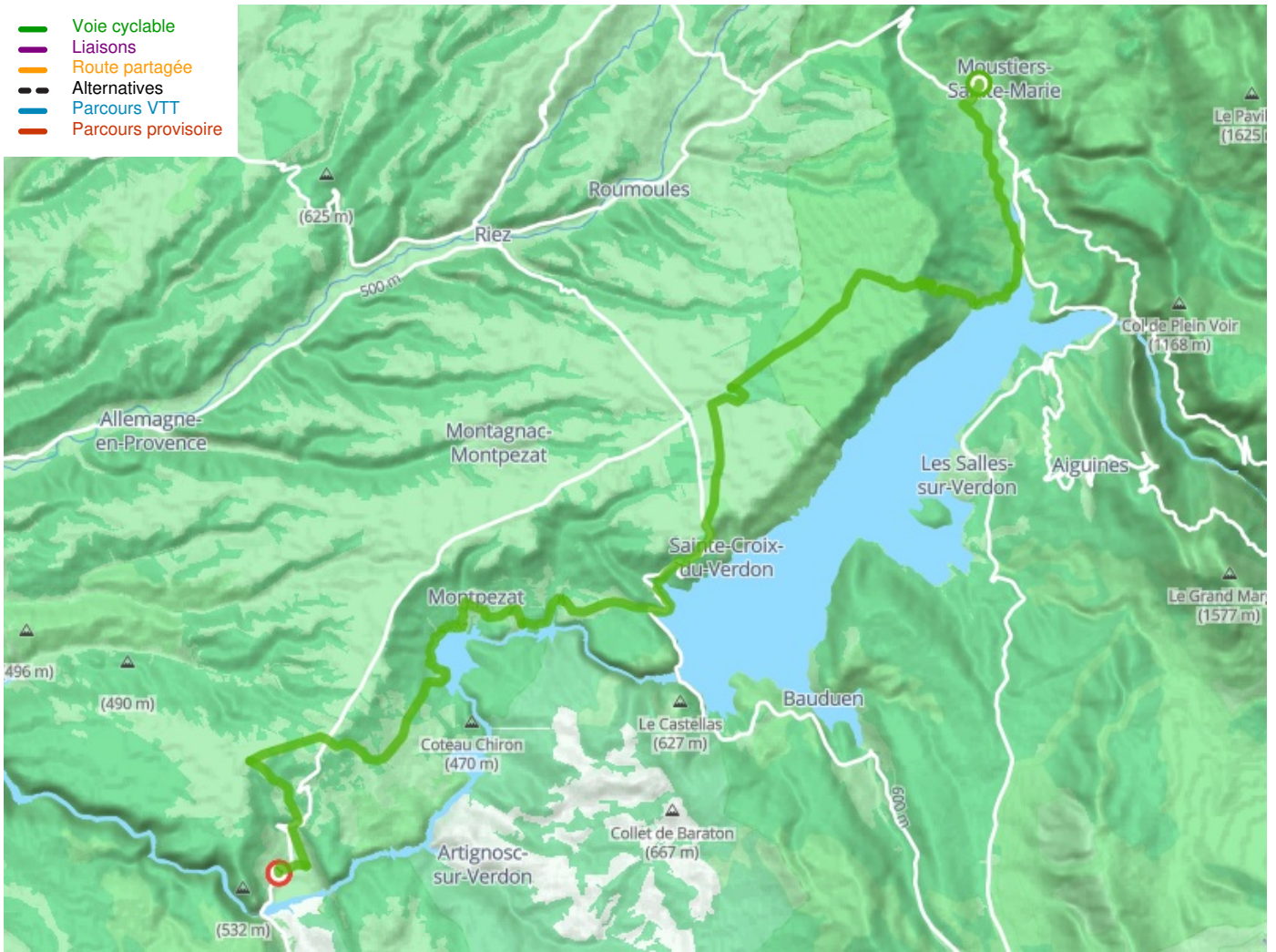
### The route from Moustiers-Sainte-Marie to Quinson by mountain bike

The route leads via a minor road, then a track beside the Petit Lac and via La Maïre, to the beach at Sainte-Croix Lake. The climb to the Valensole Plateau is steep and pebbly, but the rest of the way to Sainte-Croix makes for easy riding. Then rejoin the GR4 hiking trail, descending to the little Baie de Repentance. Next, head due west into woods, towards Montpezat and its lakes. A tarmacked road leads to St-Laurent-du-Verdon, then a track takes you up the Ravin des Caillades, up to the D11 road, or opt to go via the minor Route de la Vudèle and the Source de Vaudoudurde.

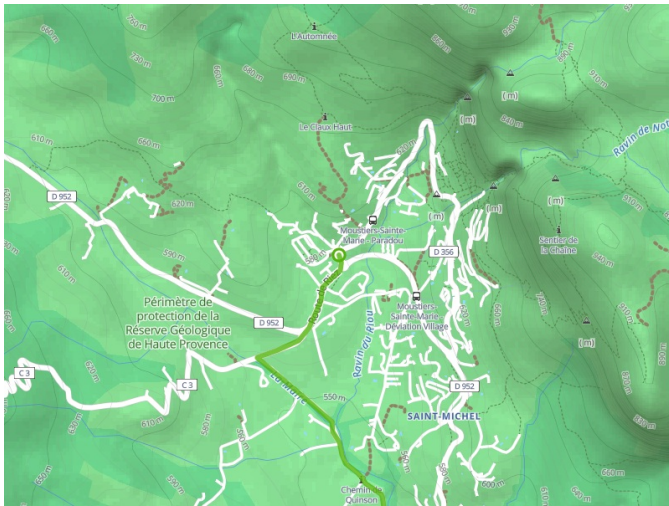
#### Don't miss

- The lavender fields
- Sainte-Croix Table d'orientation (a spot with great views marked out)
- The villages of Sainte-Croix, Montpezat and Saint-Laurent-du-Verdon
- **Quinson:** the [Musée de la Préhistoire](#)

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



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**Arrivée**  
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