

Quinson / Gréoux-les-Bains

Grande Traversée TransVerdon by mountain bike



Départ Quinson	Arrivée Gréoux-les-Bains
Durée 1 h 54 min	Distance 28,64 Km
Niveau I cycle a lot	Thématique Mountains

The final stage of the Grande Traversée VTT TransVerdon isn't too challenging and sticks with the theme of lake and plateau. After a refreshing stop at Esparron-de-Verdon, perhaps taking a dip, continue towards St Martin-de Brômes and Gréoux-les-Bains. The latter is a reputed natural thermal spa town; here, it's fun negotiating the steep cobbled lanes, or calades, on your mountain bike as a way of getting used to civilization again!

The route from Quinson to Gréoux-les-Bains

Sticking with the GR4 hiking trail, the route leaves Quinson beside the cemetery, then leads up to the plateau above via a trail through holm oaks where you may have to carry your bike on occasion. A short stretch of track leads on to the Esparron road, leading to this village with its château 6km away. The mountain-biking route continues on to Gréoux-les-Bains alternating between tarmacked road and tracks.

Link

The link to Manosque gives access to an SNCF train station, and encourages you to discover this town's historic centre, with its centuries-old gates, plus the Maison de Jean Giono, devoted to a reputed local author. The way sticks to the GR4 hiking trail, with parts along country roads and parts on tracks, at times in woods, at other times open to the skies, descending to the Durance Valley. Nearing the end, the outskirts of town are more urban, the roads busier. The train station lies 1km after the bridge, below the town centre.

SNCF train station nearby

- Manosque

Don't miss

- Esparron lake
- Esparron-de-Verdon, the village
- St Martin-de-Brôme, the village
- **Gréoux-les-Bains:** [the thermal spa town](#)

