

# Mouthe / Frasne

## P'tite GTJ by bike

□

**Départ**  
Mouthe

**Arrivée**  
Frasne

**Durée**  
2 h 43 min

**Distance**  
40,95 Km

**Niveau**  
I cycle often

**Thématique**  
Mountains

Your cycling trip along La P'tite GTJ continues along quiet roads leading to Remoray Lake, followed by Lac Saint-Point, the largest natural lake in the département of Jura, and France's fourth-largest. Over 7km long, Saint-Point Lake boasts several beaches and is particularly appreciated by summer visitors when temperatures rise. After passing via Vaux-et-Chantegrue, you cross a stretch of forest at Bonnevaux to reach the peat bogs of Frasne Bouverans, classified as a regional nature reserve. These peat bogs present a wide variety of humid zones, from low marshes to living marshes to wooded marshes. They also play a significant role in capturing greenhouse gases, their conservation important in limiting the impact of climate change. So, while exploring this ecosystem, make sure you leave it untouched!

## The Route

There are some steep slopes between Vaux-et-Chantegrue and Bonnevaux. Do take care on the descents, remembering that there are cattle grids to cross!

Starting out along a quiet road shared with just light motorized traffic up to Saint-Point Lake, then on a stretch with even lighter traffic up to Bonnevaux, the stage finishes along a cycle track leading from Bonnevaux to Frasne.

## Practical information

Services available: tourist offices at Mouthe and Frasne; shops; fruitière à comté for Comté cheese ageing; cafés/restaurants; pharmacy

## SNCF train services

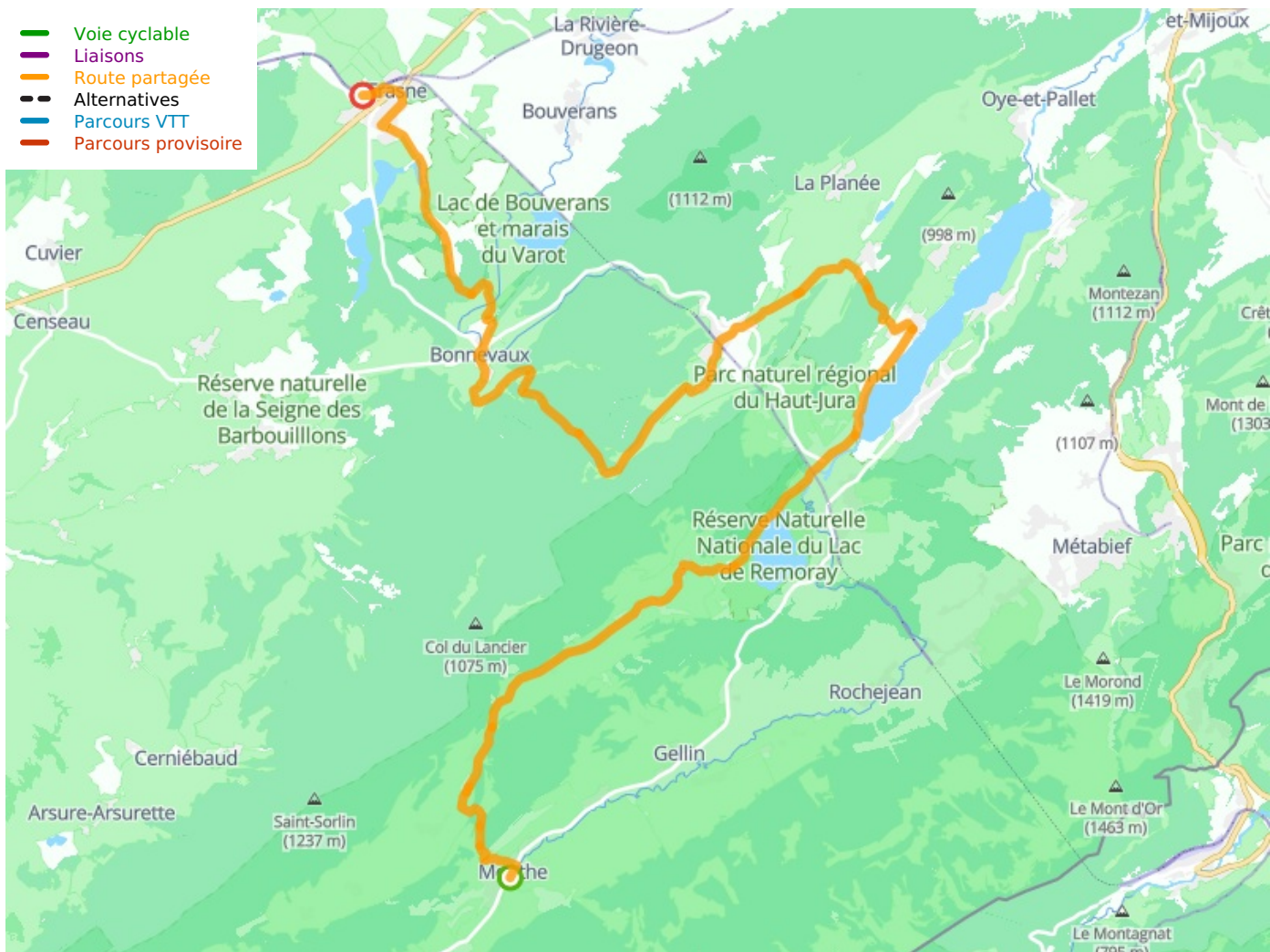
- gare de Pontarlier
- gare TGV de Frasne (for high-speed train connections)

## Don't miss

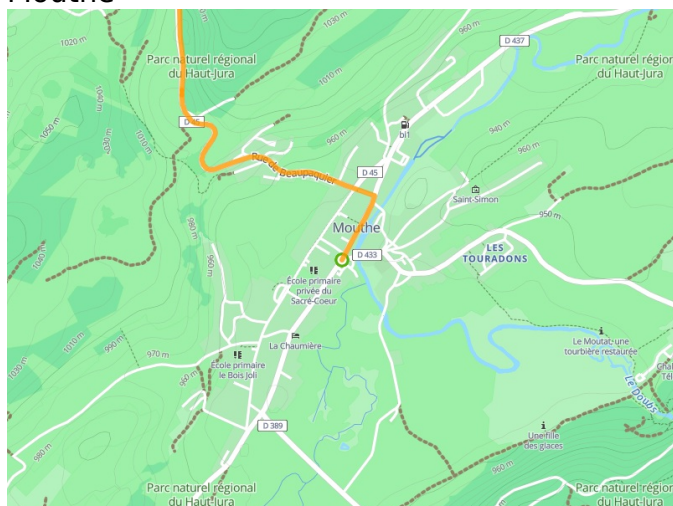
- **Mouthe**: the source of the Doubs River
- **Labergement Sainte-Marie**: Lac de Remoray
- **Malbuisson**: Lac Saint Point
- **Frasne**: tourbières (peat bogs)

## Nearby:

- **Pontarlier** : Château de Joux and Fort Mahler; Route des Abolitions de l'Esclavage (a tourist route recalling the strong historic connections here with the campaign to abolish slavery in France); museum



## Départ Mouthé



## Arrivée Frasné

