

# Alternative: Chalinargues / Coltines (via Le Lioran)

The Grande Traversée du Massif Central by mountain bike



From Chalinargues, this alternative stage of the GTMC takes you down to Murat via Chavagnac Wood and the Chastel Plateau, dotted with peat-bogs. From Murat, mountain bikers can climb gradually up the Alagnon Valley to reach the ski resort of Le Lioran. Then follows the vertiginous ascent to Le Pas des Alpains. At this pass, at 1,750m above sea level, you leave behind you the impressive Plomb du Cantal volcanic top (perched at 1,855m) to descend to Prat de Bouc and enter the state forest of Murat. Smooth paths lead you through the Planèze area, going via Le Ché, Ussel and Coltines.

## L'itinéraire

From Chalinargues, this alternative stage follows the old Via Arverna Way to the summit of Chavagnac Wood – there's a 200m stretch where you'll need to push your bike over roots and rocks. Descend via Lapsou, Chastel and L'Héritier, taking care crossing the D3 road, then you arrive at Murat. Next, a track along a valley bottom leads to Laveissière. The route then runs beside a railway line, up to the resort of Le Lioran. To reach the pass of Le Pas des Alpains (1,750m above sea level) requires a great effort. Then descend to Prat-de-Bouc, but take care, as the track is not well-maintained here and you may encounter herds of cows. Carry on to Le Ché via a pleasant forest path, then Ussel, taking care crossing the D926 road, followed by Coltines, the way very easy on this final stretch.

**Départ**  
Chalinargues

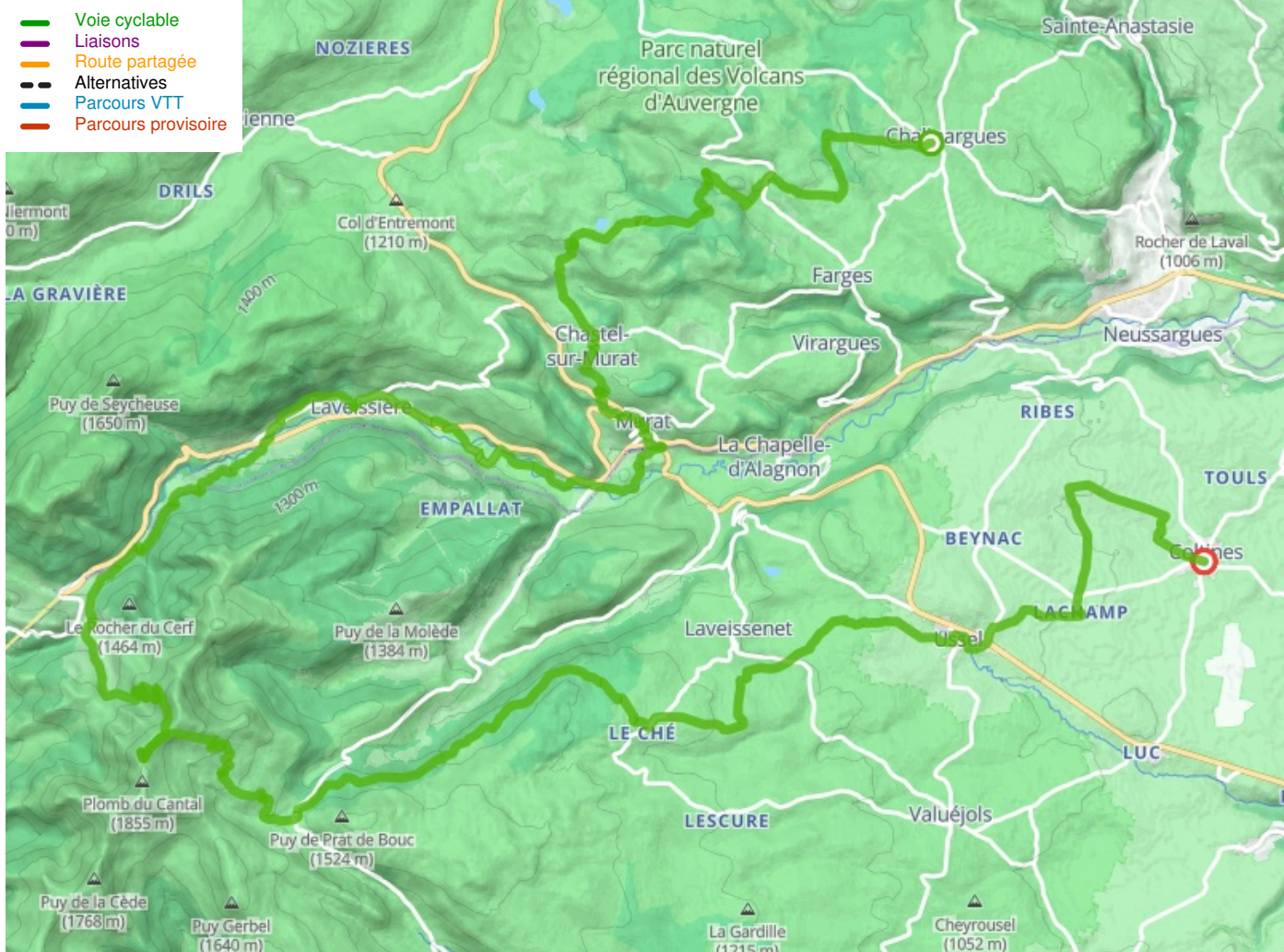
**Arrivée**  
Coltines

**Durée**  
4 h 04 min

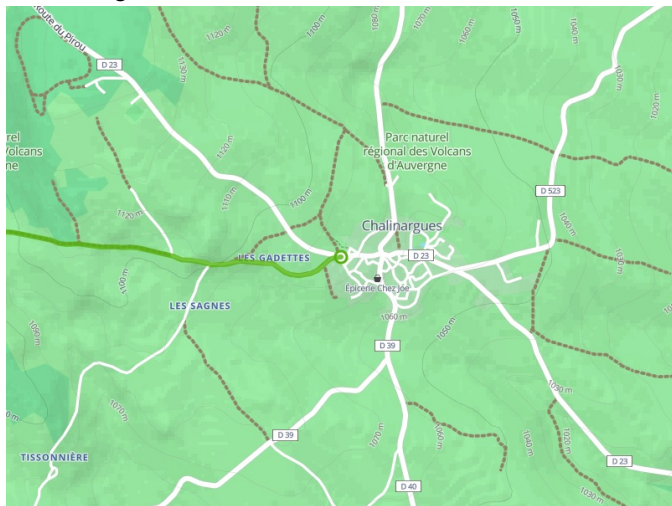
**Distance**  
61,09 Km

**Niveau**  
I cycle a lot

**Thématique**  
Nature & small heritage



**Départ**  
**Chalargues**



**Arrivée**  
**Coltines**

