

# Chalinargues / Ruynes-en-Margeride

## The Grande Traversée du Massif Central by mountain bike



From Chalinargues, the GTMC route heads down to Neussargues, for a short stretch taking you along a singletrack that is quite technically demanding. Except for the Combe Robert and Le Sailhant slopes, crossing the Planèze area then proves fairly peaceful and comfortable, leading you up to the historic centre of Saint-Flour (awarded Ville et Pays d'Art et d'Histoire status, in recognition of its rich history). You come down from this Windy City, perched on its rocky promontory, to reach the lower town, cycling beside the Ander River for a time. Then continue through typical hedge-divided fields, past woods and meadows, to reach Ruynes-en-Margeride.

### The route

After Chalinargues, it's easy to cycle on to Freissinet via the wide tracks provided. There then follows a quite technically challenging singletrack, before a peaceful descent to Neussargues – but take care crossing the N122 main road. The slope at Combe Robert negotiated, the way through the Planèze area is easy, going via Coltines to Le Sailhant. Following a steep ascent through woods, it's on to Andelat and Roueyre, before reaching the historic city of Saint-Flour. After tackling the ascent to Saint-Georges and negotiating the motorway interchange at Varillette with great care, you gradually ascend, taking well-maintained paths, via Rayrolles, Le Pirou and Combechalde, to Ruynes en Margeride.

**Départ**  
Chalinargues

**Arrivée**  
Ruynes-en-Margeride

**Durée**  
3 h 22 min

**Distance**  
50,71 Km

**Niveau**  
I cycle a lot

**Thématique**  
Nature & small heritage

