

Link Millau / La Couvertoirade

The Grande Traversée du Massif Central by mountain bike



Départ
Millau

Arrivée
La Couvertoirade

Durée
3 h 13 min

Distance
48,48 Km

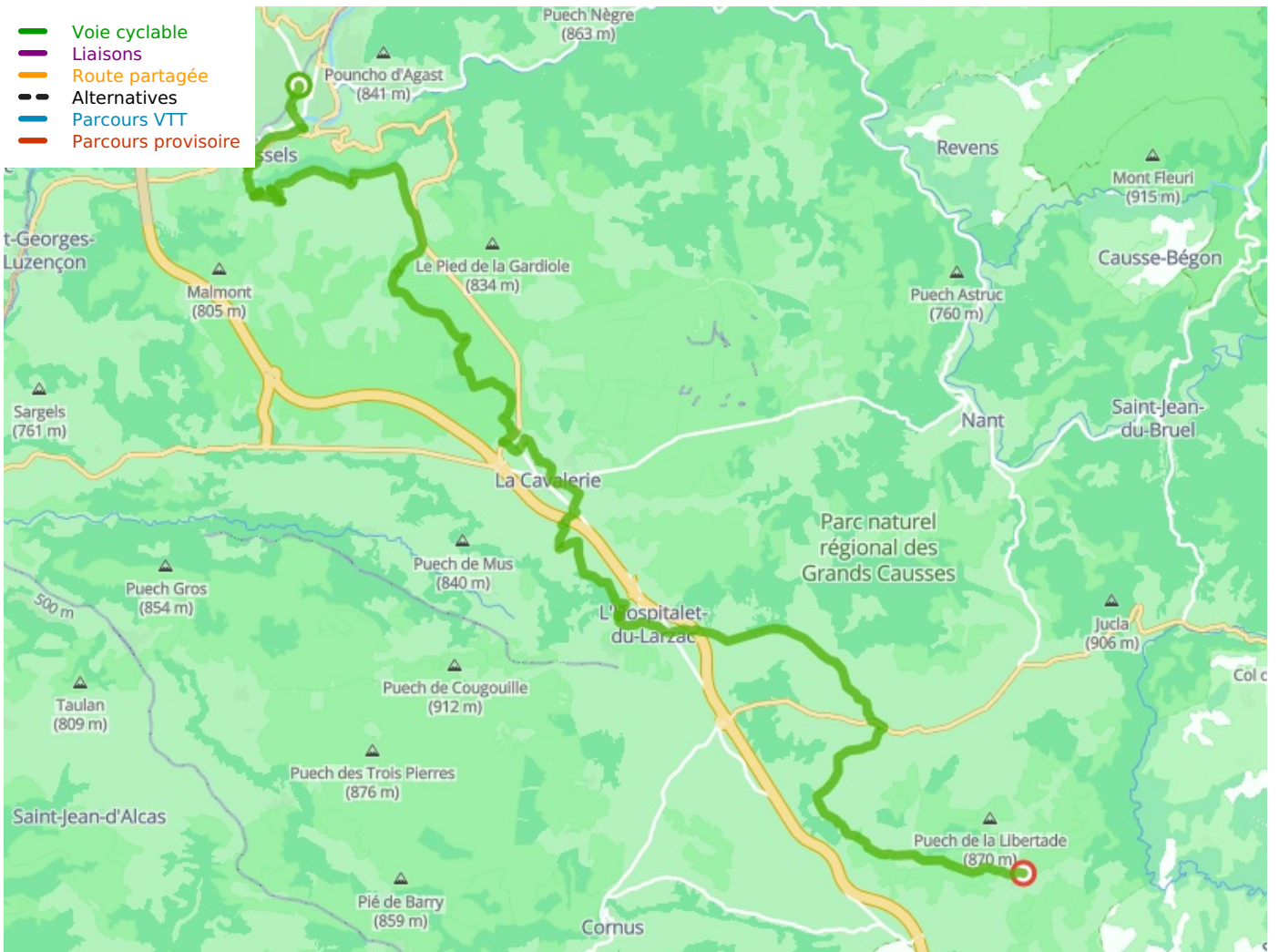
Niveau
I cycle a lot

The historic town of Millau, at the heart of the Parc Naturel Régional des Grands Causses, serves as the departure point for this linking stage along the GTMC. After a climb offering you views of the famous contemporary Millau Viaduct, you reach the Larzac Plateau.

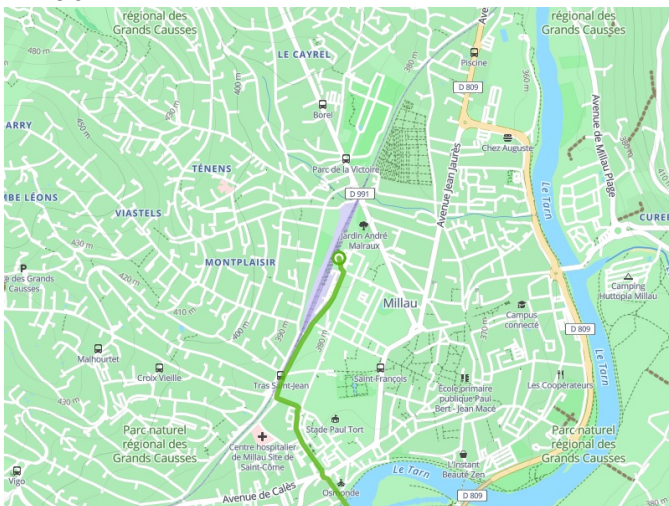
Crossing the northern part of this plateau with its steppe-like zones, make for the Templar village of La Cavalerie, then that of L'Hospitalet-du-Larzac. Next, continue on small singletracks, taking you through old grazing and farmland that's unique in Europe, up to the village of La Couvertoirade. A major feature in the territories of the Causses and Cévennes, Le Larzac has, since 2011, formed part of these regions' UNESCO World Heritage Site.

The route

As a good warm-up, leave Millau for Creissels, cycling beside the Tarn River, then prepare for the physically challenging climb to Le Larzac and its corniches - long live electric-assisted mountain bikes, some might say here! Once on the plateau, enjoy the wide tracks across it and pass through the villages of La Cavalerie and L'Hospitalet-du-Larzac, reaching a portion of former railway line. A few stretches along more technically challenging singletracks lead to the village of La Couvertoirade.



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