

# Link Saint-Chély-d'Apcher / Baraque des Bouviers

## The Grande Traversée du Massif Central by mountain bike

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<b>Départ</b> Saint-Chély-d'Apcher	<b>Arrivée</b> Baraque des Bouviers
<b>Durée</b> 2 h 09 min	<b>Distance</b> 26,86 Km
<b>Niveau</b> 1 cycle a lot	<b>Thématique</b> Nature & small heritage

Two highlights to signal on this GTMC link, offering good cycling and a succession of elevations to tackle. The first highlight is at the spot called Les Cayres, by the river at St-Alban-sur-Limagnole, with a charming bridge over the water – this makes for a wonderful picnic spot!

After that, you gradually climb up to the Margeride Plateau, where you may encounter not just distinctive Aubrac cows, but even a bison or two, making for quite a surprise! You also cross lovely pine forests. You rejoin the main GTMC route at an impressive altitude of almost 1,400m above sea level.

### The route

There are trains to St-Chély-d'Apcher. Note too that beside the station there's an inn (with pub) well used to receiving mountain bikers. Plus, close to the exit off the A75 motorway, coming from the north, there's a campsite with static bungalows. Or then there's a hotel. It's just a short distance from the station to the starting point of this GTMC link, on high in the centre of St-Chély, at Place du Foirail. Head east to cross the A75 motorway and climb to the hamlet of Les Lauzes, on the heights above St-Chély. Then, before arriving at St Alban sur Limagnole, near the spot called Les Cayres, enjoy a rewarding, long descent (ideal for Enduro bikes, while wilder mountain bikers might attempt some jumps here!), finishing beside the river. Next, it's on to the Margeride area, with a steep portion, albeit along comfortable tracks, leading to the junction with the main GTMC route, at almost 1,400m. All that's left is a lovely stretch, mostly on the flat, plus a small descent along a sandy track through a pine forest leading to the Baraque des Bouviers, a stopping point along the route. Make sure to reach here by nightfall, as it quickly gets very dark cycling through the pine forest.

