

# Anost / La Grande-Verrière

## Grande Traversée du Massif Central Gravel



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| <b>Départ</b><br>Anost     | <b>Arrivée</b><br>La Grande-Verrière      |
| <b>Durée</b><br>5 h 00 min | <b>Distance</b><br>51,38 Km               |
| <b>Niveau</b><br>Hard      | <b>Thématique</b><br>Forest, Natural parc |

On this stage, cyclists follow in the footsteps of 'galvachers' – in the 19th century, these small-scale transport specialists crossed the Morvan Range and plains beyond on ox-drawn carts. In these parts, beautiful paths neatly crisscross the forests, where you'll be struck by the extraordinary shapes of some of the trees. Cycle up the Haut Folin Massif, Burgundy's crowning point, then the track to Glux-en-Glenne plunges you back down into lovely, atmospheric stretches. On the final portion, the descent via La Grande-Verrière is a delight, offering lovely views westwards in clear weather.

This stage of the GTMC clearly demands more technical skills than the previous one, mainly because of the significant shifts in altitude and the presence of obstacles (such as roots, rocks and ruts) that slow your progress on a gravel bike.

The route gets around almost all the major difficulties, however, by leading you along roads, particularly at the level of the Bois du Roi, involving crossing the Haut Folin (the highest summit of the Morvan Range and the old Burgundy Region), and then leaving Glux en Glenne.

Nevertheless, a few stretches may prove tricky for someone starting out on a gravel bike, leading you to dismount, pushing your bike for a few dozen metres. Along the way, the Maison des Galvachers d'Anost explains all about the seasonal migrations many people from the Morvan Region had to go on in times past, heading off to find seasonal work.

### Alternative by "Luzy" (see GPX below)

This alternative stage then leads you to Issy-L'Évêque, with its listed château and church, before you continue on by following the main path of the GTMC Gravel cycle route.

The climb to the top of Mont Beuvray may be via broad paths, but the way proves steep and winding in parts; in addition, you may find hikers sharing the way. In order to avoid a relatively steep, pebbly descent requiring concentration and extremely good control of your bike, the Gravel route guides you along a minor road, followed by paths, up to Larochemillay.

Voie cyclable  
Liaisons  
Départ  
Anost  
Sur route  
Alternatives  
Parcours VTT  
Parcours provisoire

Arrivée  
La Grande-Verrière