

Clermont-l'Hérault / Montagnac

The Grande Traversée du Massif Central by mountain bike



On this last really sporty stage of the GTMC, you go slaloming along alternating tracks and paths taking you down the final southern slopes of the Massif Central. You then plunge into an ocean of vines as you ride to the lovely little town of Pézenas, closely linked to the great 17th-century French dramatist Molière. There are lovely views over to the Pic de Vissou, guardian hill at the centre of the French county of Hérault, plus panoramas across vine-covered plains to the Med, and even to the Pyrenees on clear days. What with the vines and olive trees, the lovely stone villages and the wineries, you really feel you've reached the South of France!

The route

On the first part of this stage, up to Caux, it's a series of climbs and descents. Overall, the route flows well, although a few spots require technical know-how and care. After enjoying the well-maintained tracks around Mont Caylus (after Clermont), the descent to Mas Roujou is steep and technically demanding – best use the singletracks to the side of the main route on this stretch. Riding down to Cabrières, in contrast, incites you to really let go, but note that the way can be slippery. The descent to Neffiès is a pure pleasure, along a lovely, technically challenging singletrack. Just after Neffiès, you can enjoy a nice walk when the riverbed here is dry. After Caux, the route switches between paths and tracks, taking you through vines, plus there are a few stretches on roads, notably between Pézenas and Montagnac.

Départ
Clermont-l'Hérault

Arrivée
Montagnac

Durée
5 h 30 min

Distance
58,43 Km

Niveau
Hard

Thématique
Wine, Panoramic view,
Cultural heritage

