

# L'Hom / L'Esprou

## The Grande Traversée du Massif Central by mountain bike



The GTMC leaves behind the Causse as you enter the Aigoual Range. At the Col de Perjuret, take in the breath-taking views of the Jonte Gorges. The route then makes you climb through the national Forest of L'Aigoual, following the path of a draille, a route taken by herds to get up to and down from the high summer pastures. Now you reach the highest point along the whole GTMC route, the summit of L'Aigoual, 1,567m above sea level, with a major meteorological observatory on the top. This is the high point of the whole route in all senses! The views from here are truly exceptional on clear days, allowing you to take in virtually a quarter of France, from the mighty Mont Blanc in the Alps to the Mont Canigou in the Pyrenees, with the Cantal Volcano somewhere inbetween! On really clear days, you can even spot the Mediterranean from up here, for the first time on the GTMC route.

### The route

The ascent of L'Aigoual (1,565m above sea level) presents a major challenge, but the views become more and more spectacular the higher you get. At the summit, you enter the French county of Gard. Stop to visit the unmissable Météosite on the top, explaining how the climate ceaselessly changes. The descent to L'Esprou alternates between winding singletracks and wider tracks. After a short ascent to the Col de la Serreyrède, you can descend to L'Esprou via a choice of cycle paths regularly used for the Bouticycle Aigoual – the second-oldest mountain-biking event in France, which has taken place every year since 1989!

**Départ**  
L'Hom

**Arrivée**  
L'Esprou

**Durée**  
3 h 30 min

**Distance**  
27,23 Km

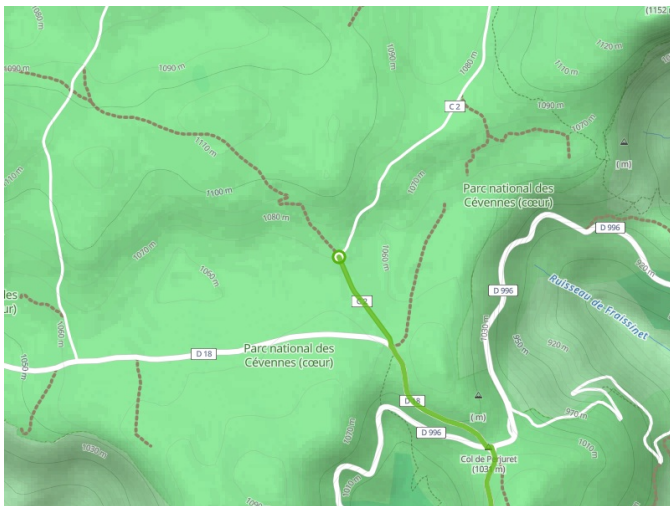
**Niveau**  
Very hard

**Thématique**  
Forest, Panoramic view,  
Natural parc

- Voie cyclable
- Liaisons
- Sur route
- Alternatives
- Parcours VTT
- Parcours provisoire



Départ  
L'Hom



Arrivée  
L'Esperou

