

# La Couvertoirade / Lunas

## The Grande Traversée du Massif Central by mountain bike



Leaving the Larzac behind, the GTMC takes you into the Parc Naturel Régional du Haut Languedoc. The village of Le Caylar en Larzac is full of surprises, surrounded by box bushes and ancient stone statues, with a remarkable sculpted tree too. The place serves as a good stopping point.

Consider visiting Label Cave before entering the mysterious L'Escandorgue Forest. A Buddhist temple and lovely views of the Haut Languedoc's mountains mark the way before you plunge down into the Gravezon Valley, where you'll discover Joncels Abbey. Lunas makes a refreshing stop, with its fine river and an outdoor leisure centre based around a pretty lake.

### The route

This GTMC stage is smooth-rolling, all told, without any particular difficulties. You cross the final stretch through the Larzac around Caylar using well-maintained tracks and quiet country roads. Lovely cycle paths take you through L'Escandorgue Forest, followed by a pretty country road after Roqueredonde. The route continues along easy stretches with lovely views onto the Gravezon Valley. There's just a short technically challenging ascent to reach Joncels up a slippery cobbled street. Then you climb a bit via pretty forest tracks, before a final lovely descent to reach Lunas.

**Départ**  
La Couvertoirade

**Arrivée**  
Lunas

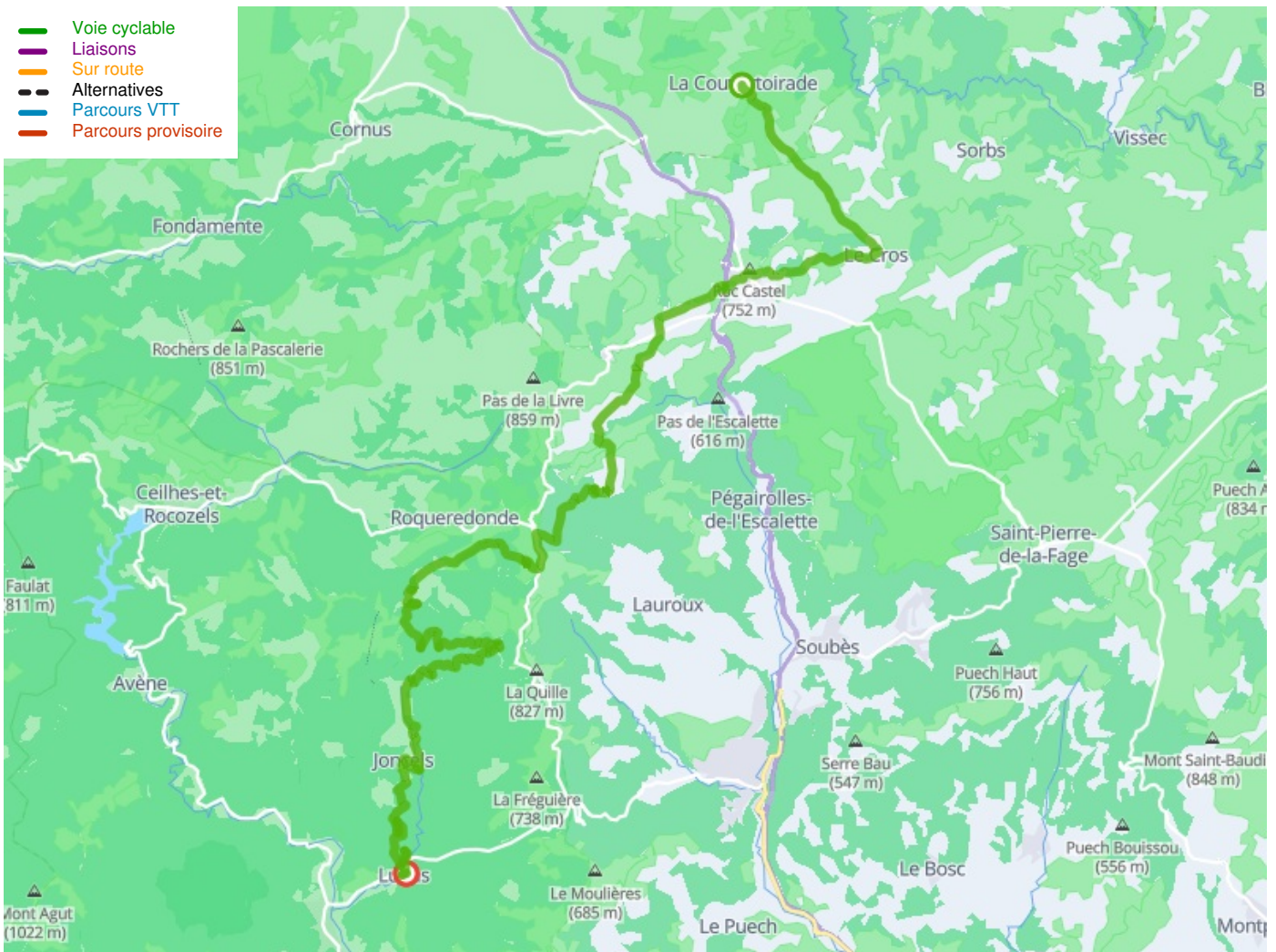
**Durée**  
4 h 30 min

**Distance**  
50,62 Km

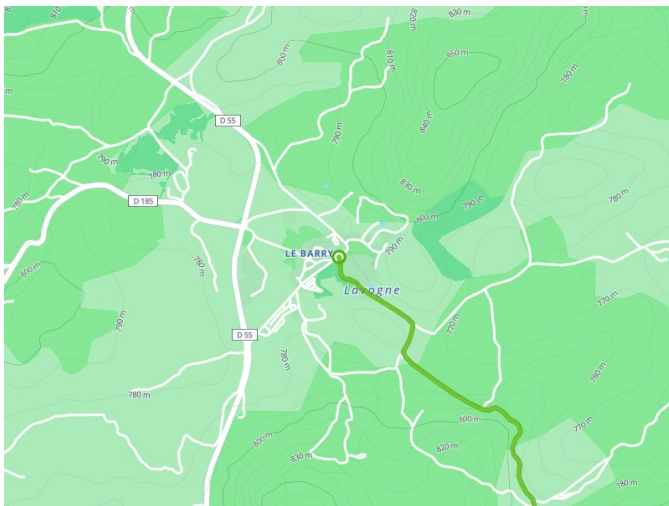
**Niveau**  
Hard

**Thématique**  
Forest, Natural parc,  
Cultural heritage

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



**Départ**  
**La Couvertoirade**



**Arrivée**  
**Lunas**

