

# Le Pont-de-Montvert / Sainte-Enimie

## The Grande Traversée du Massif Central by mountain bike

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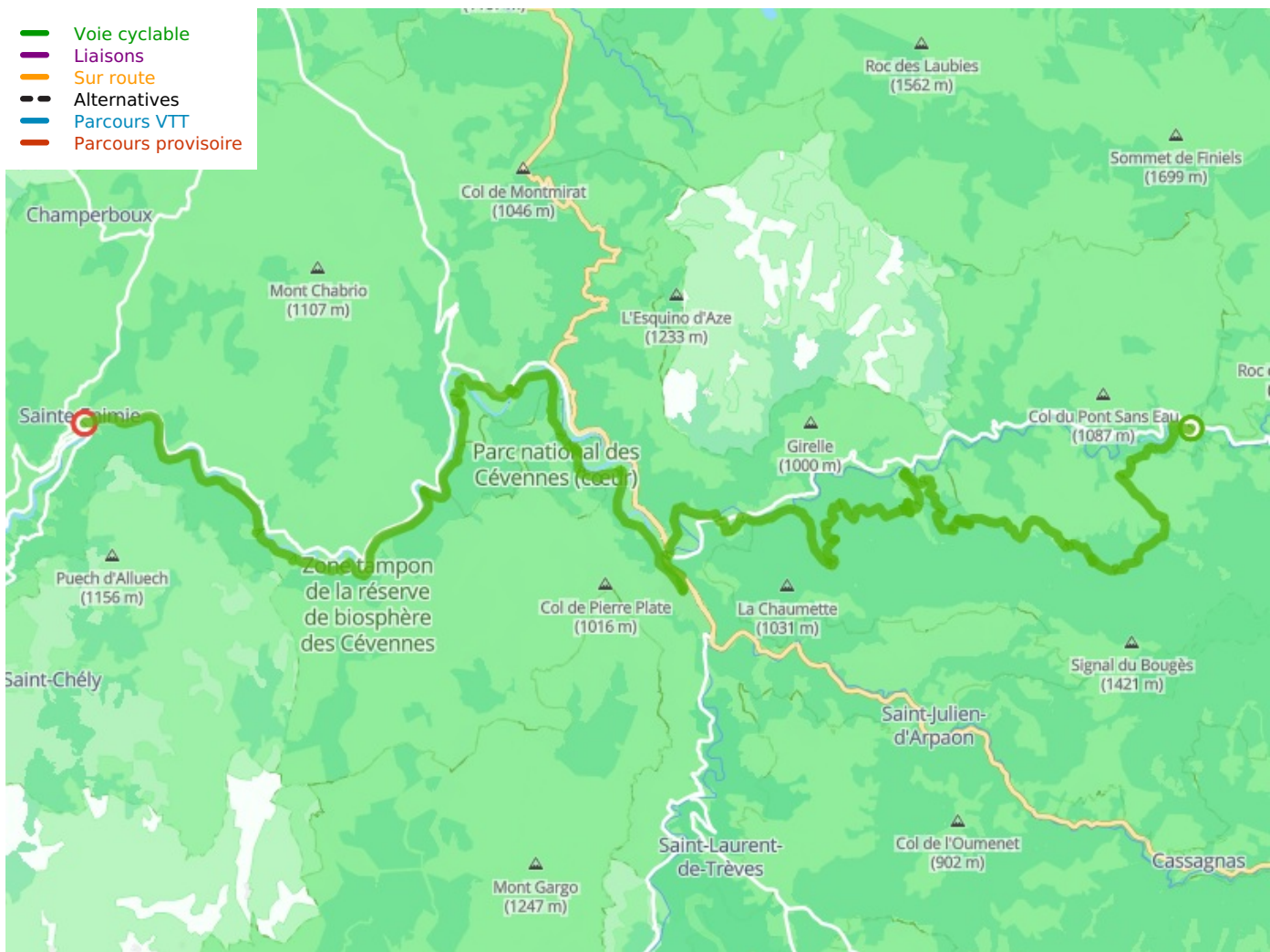
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<b>Départ</b> Le Pont-de-Montvert	<b>Arrivée</b> Sainte-Enimie
<b>Durée</b> 6 h 15 min	<b>Distance</b> 57,23 Km
<b>Niveau</b> Very hard	<b>Thématique</b> Lakes and rivers, Natural parc, Cultural heritage

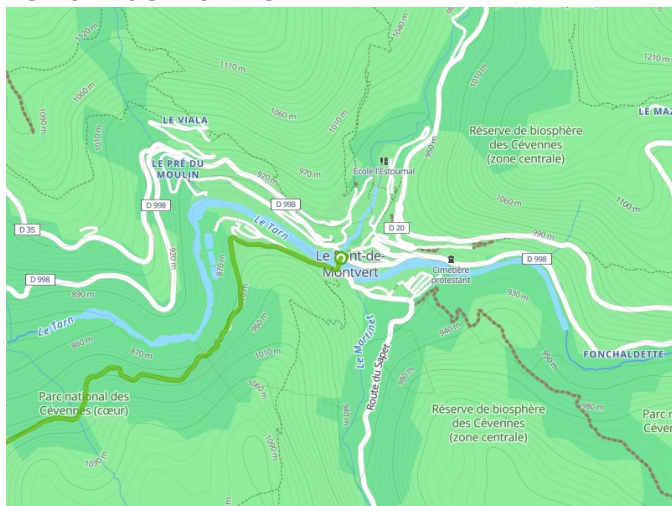
This GTMC by mountain bike stage starts with a narrow ascent, accompanied by views down on the dramatic Gorges du Tarn. You're heading up to one of the high Causses. Next, you descend to the bottom of a valley, the route taking you past the magnificent collegiate church of Bédouès, to reach Florac, little capital of the wild Cévennes Region. After that, the GTMC meanders along the banks of the Upper Tarn, crossing the river on several occasions to reach the very pretty villages of Ispagnac, Quézac and, finally, Sainte-Enimie, the last at the end of this stage. Please note: both the start and end of this stage can be tricky to negotiate (see details below).

### The route

The first ascent is along a very picturesque road, with views down on the Tarn Gorges. Once you've reached the Causse on high, you cross the state Forest of Ronponneche, travelling via a granite path. This can prove tricky to cycle along between the hamlets of L'Hermet and Grizac – you may prefer to reach Grizac by taking the quiet tarmacked road that leads off to the right at a junction with the D20 road. After a long stretch mainly consisting of descents, you drop down to the Tarn River again, before ascending once more and then dropping down to the level of Bédouès. To reach Florac, you follow stretches of road beside the Tarn, but they can be a bit tricky, so take care.



**Départ**  
Le Pont-de-Montvert



**Arrivée**  
Sainte-Enimie

