

# Link Millau / La Couvertoirade

## The Grande Traversée du Massif Central by mountain bike



The historic town of Millau, at the heart of the Parc Naturel Régional des Grands Causses, serves as the departure point for this linking stage along the GTMC. After a climb offering you views of the famous contemporary Millau Viaduct, you reach the Larzac Plateau.

Crossing the northern part of this plateau with its steppe-like zones, make for the Templar village of La Cavalerie, then that of L'Hospitalet-du-Larzac. Next, continue on small singletracks, taking you through old grazing and farmland that's unique in Europe, up to the village of La Couvertoirade. A major feature in the territories of the Causses and Cévennes, Le Larzac has, since 2011, formed part of these regions' UNESCO World Heritage Site.

### The route

As a good warm-up, leave Millau for Creissels, cycling beside the Tarn River, then prepare for the physically challenging climb to Le Larzac and its corniches - long live electric-assisted mountain bikes, some might say here! Once on the plateau, enjoy the wide tracks across it and pass through the villages of La Cavalerie and L'Hospitalet-du-Larzac, reaching a portion of former railway line. A few stretches along more technically challenging singletracks lead to the village of La Couvertoirade.

**Départ**  
Millau

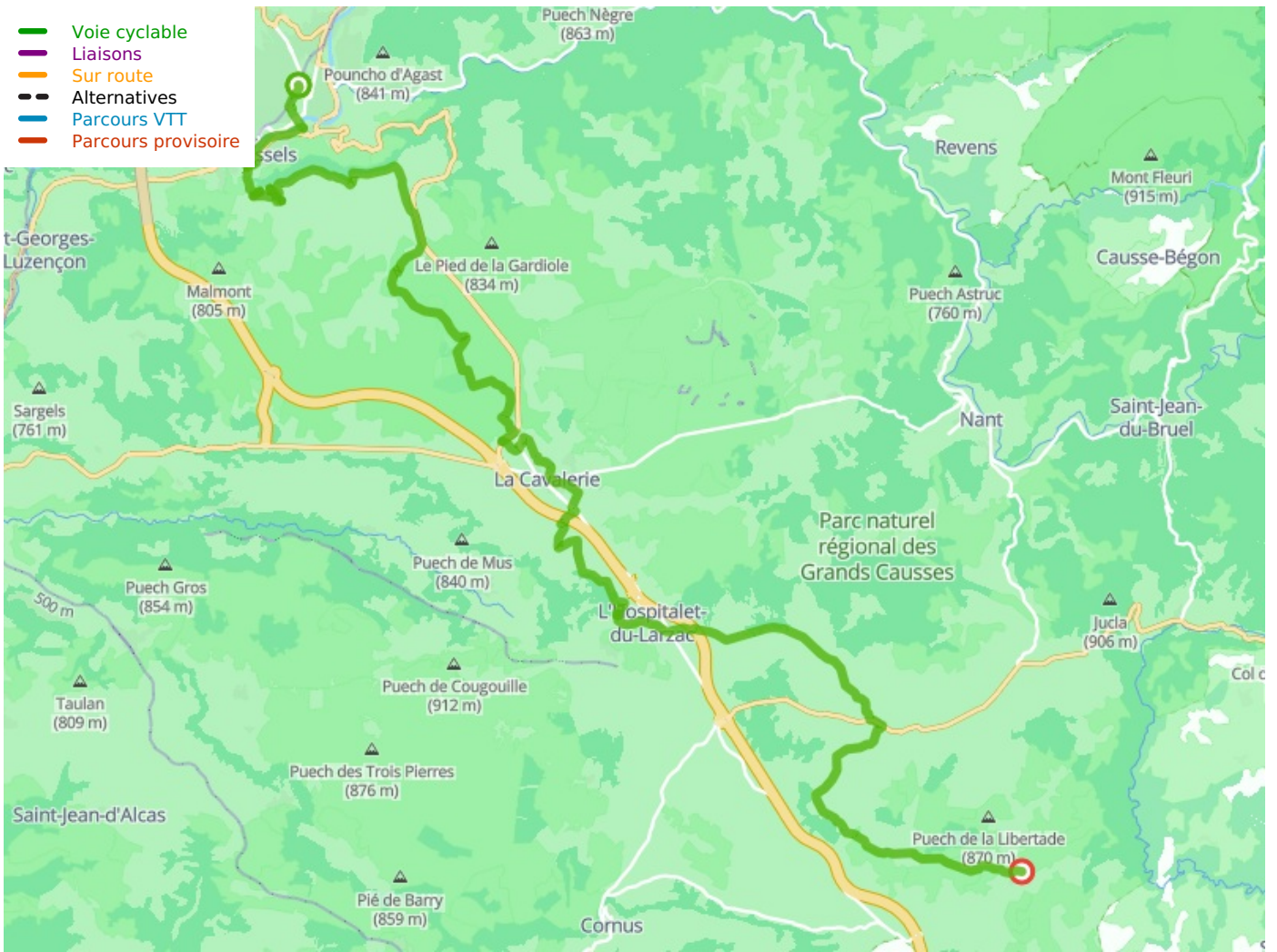
**Arrivée**  
La Couvertoirade

**Durée**  
5 h 15 min

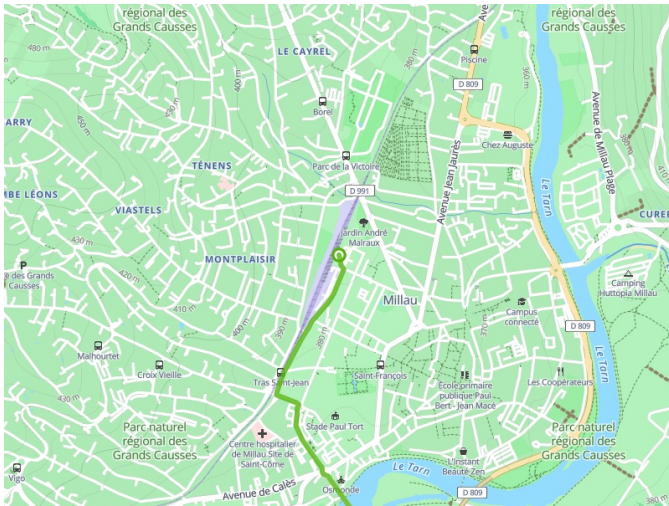
**Distance**  
48,48 Km

**Niveau**  
Hard

**Thématique**  
Panoramic view,  
Natural parc, Cultural  
heritage



## Départ Millau



## Arrivée La Couvertoirade

