

# Montagnac / Agde

## The Grande Traversée du Massif Central by mountain bike



The final stage on the GTMC à VTT route offers some nice surprises. The first part of this stage is enjoyable as well as beautiful, taking you from Montagnac to Castelnau-de-Guers. You'll ride along lovely paths, between pine woods and vines, with views to the Etang de Thau lagoon on one side and the Mediterranean on the other. The GTMC adopts part of a local route entitled "Terroir d'Art et de Nature de Montagnac", dotted with sculptures and statues. It's then a very gentle ride along vineyard paths, quiet country roads, and cycle tracks. You can take your time now, taking in the vine-covered terrain and the ancient city of Agde, crossed by the Canal du Midi, before you join the Med along the only stretch of volcanic shoreline in the Languedoc.

### The route

Between Montagnac and Castelnau-de-Guers, the route alternates between smooth-rolling tracks and enjoyable, sometimes technically demanding paths. Dismount to cross the Trou du Renard (3.5km after Bessilles) as there's a very steep slope here for a few metres and you have to cross a stream, going under the main road. The final stretch of the route is easy. The paths through the vines are suitable for bunny hops. There are some parts along roads, but others, nearer Agde, beside the Canal du Midi and the Hérault River. Good tracks allow you to cycle rapidly through the resort of Cap d'Agde to reach the end of the route at the true cape, looking down on the beaches of Grande Conque and La Plagette.

**Départ**  
Montagnac

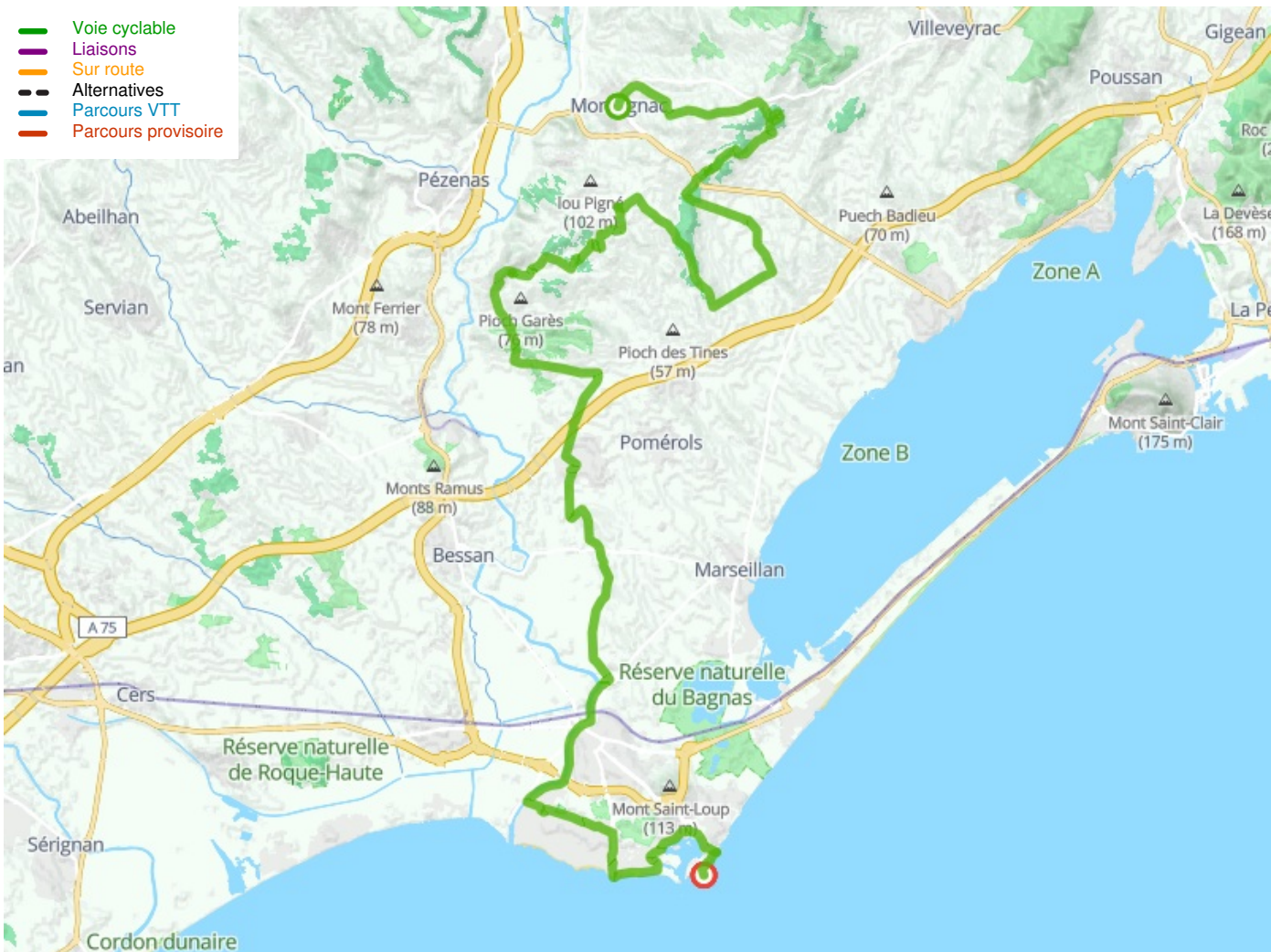
**Arrivée**  
Agde

**Durée**  
5 h 00 min

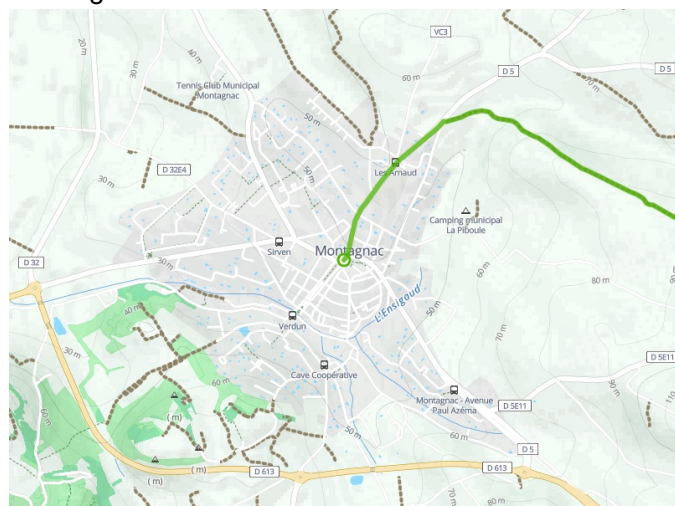
**Distance**  
58,98 Km

**Niveau**  
Average

**Thématique**  
Wine, Cultural heritage



**Départ**  
**Montagnac**



**Arrivée**  
**Agde**

