# Bikes ride en Lozère, votrellement!



lozere-tourisme.com lozere-velo.com





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### BIKING,

whether on the road or off-road, is THE ideal way to discover all the treasures of the great. Lozère's wide open spaces! With its little its low traffic, its marked forest paths and its gorgeous panoramic views, Lozère is the ideal medium-altitude mountain terrain.

From the grandiose landscapes of the Aubrac to the steep Cévennes, from the sinuous Gorges to the immensity of the Causses, from the heights of Mont-Lozère to the Margeride, there is something for all tastes and all levels. With your head in the handlebars or your eyes turned on the horizon, the main thing is to keep your pace and enjoy yourself. In your hands you have a glimpse of this diversity accessible with your bike. Adventurers in search of sensations, lovers of holiday rides or sports enthusiasts looking to improve their skills, this brochure is made for you!

See you soon on our roads and paths, in Lozère naturally!

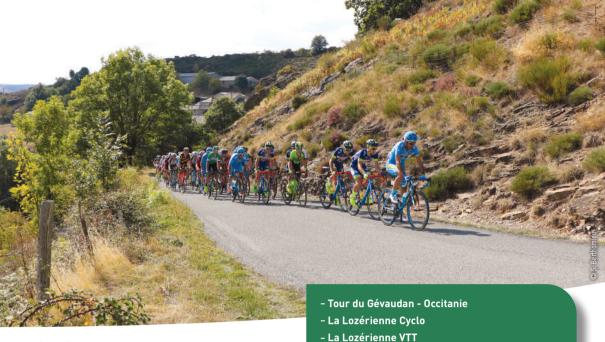


### **ARE YOU INTERESTED IN A TOUR?**

Would you like to know more about it?

You can find all the information on the website **www.lozere-tourisme.com**Go to the pages dedicated to "SPORT NATURE - VELO ou VTT " to find the complete itineraries (distance, altitude difference, stages of the route and GPX). All you have to do is get in the saddle!

This brochure was produced in partnership with the organizations and associations of the department involved alongside Lozère Tourisme on the cycling theme. Thanks to them.



# Major events

Amateur or professional, licensed or not, Lozère will be able to welcome you on one of trial presents on its roads and paths. From spring to autumn, the events follow one after another but are never the same! Without forgetting the local organisers and volunteers who are involved in the events of our territory.

By pressing the pedal or cheering on the champions, these meetings are a great way to get together around sport. Are you ready to pin a number sign on your back or wave the banners?

Every year, national and international professional cycling teams, in the Tour du Gévaudan and the Tour International Féminin de l'Ardèche, travel through the landscapes of the department. Regularly, the Tour de France also invites itself on our roads to offer a dream finish at the Montée Jalabert.





-Tour Cycliste International Féminin de l'Ardèche

- La Granite Mont-Lozère - Les 100 Miles VTT

It's your turn to cross the line! Do you have the competitive spirit or you simply want to have a good time on our roads and paths? Lozère hosts from spring to autumn several events with only one common denominator: giving the best of oneself in a magnificent landscapes!



# Climb over the Lozeriens passes

### PREPARE YOUR BIKE TRIP TO HAVE THE RIGHT GEAR RATIO!

Since 2019, the Lozère Department has 15 remarkable climbs marked out and equipped with information panels on their climbs. Declivity, difficulty, history, quality and safety of the routes... everything is available to climb the Lozère summits in the best conditions. It's up to you to ride!

Name	Altitude	Distance	Elevation	Mean Slope	Maximum Slope
Col de Bonnecombe	1338 m	17 km	D+ 798 m	4,66 %	6,20 %
Col du Trébatut	1062 m	8,5 km	D+ 447 m	4,98 %	7,50 %
Col de Goudard	1022 m	4,3 km	D+ 318 m	7,4 %	8,70 %
Col de Perjuret	1024 m	10,2 km	D+ 304 m	2,85 %	8,70 %
Montée de Sauveterre	1014 m	9,1 km	D+ 527 m	5,27 %	11,60 %
Montée de la Baraque des Bouviers	1418 m	4,4 km	D+ 253 m	5,75 %	7,80 %
Col du Cheval Mort	1453 m	4,8 km	D+ 260 m	5,54 %	7,50 %
Montée du Mas de la Barque (col du Pré de la Dame)	1450 m	14,10 km	D+ 844 m	6,15 %	8,20 %
Col du Sapet	1080 m	7,8 km	D+ 418 m	5,85 %	8,10 %
Col de Finiels (par le Pont-de-Montvert)	1543 m	10,8 km	D+ 646 m	5,98 %	7,60 %
Col de Finiels (par le Bleymard)	1543 m	10,95 km	D+ 466 m	4,36 %	7,90 %
Col de la Croix de Berthel	1087 m	9 km	D+ 464 m	5,21 %	6,70 %
Col du Goulet	1452 m	5,8 km	D+ 375 m	6,47 %	8,30 %
Col de la Loubière (par Lanuéjols)	1181 m	6,35 km	D+ 343 m	5,40 %	6,20 %
Montée Jalabert	1040 m	3,1 km	D+ 298 m	10,8 %	13,4 %
Col de Saint Rome de Dolan	909 m	7,1 km	D+ 491 m	6,93 %	10,64 %



Lozère is a cyclist's paradise. The cyclists say it themselves! All tours are possible according to your desires, your physical condition, your physical condition and your objectives. In order to take advantage of the diversity of landscapes, anticipate the relief to prepare your outing. The seasons are marked and the temperatures from one area to another. Adapt your clothing and think about your hydration, your legs will do the rest.



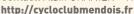
When you register you will receive a complete kit (maps, profile, road book...) in order to set off from Mende for this tour crossing all the reliefs of the department. Spring is the ideal season to discover its natural landscapes.

### Permanent Bike ride - national label - label fédéral n°196

Organizer: Cyclo Club Mendois (48)

No obligatory time limits (formula "cyclotourist") and 6 days **Registration fees:** 7€ (registered FFCT) 10€ (other cyclists)

Contact: Alain GRANIER - 19, rue Wunsiedel - 48000 Mende - Phone : +(33)4 66 65 09 49 - +(33)6 83 58 92 89







### DE LA TERRE DE PEYRE À NASBINALS

**9** 63 km / **№** 834 m de dénivelé

From the foothills of the Aubrac to Nasbinals, this tour offers an exceptional panorama of this famous plateau at an altitude of over 1,000 m. You will continue this adventure downhill towards down to the Terre de Pevre, a former barony of the Gévaudan located between Aubrac and Margeride. The reward for these efforts will be the idyllic setting of the Lac du Moulinet.





### TOUR DE L'AUBRAC LOZÉRIEN

\_\_♥ 168 km / 📤 2 818 m de dénivelé

In the spring, this sporting route winds its way between granite boulders and meandering streams of the immense plateau of character. Walking this loop with the good weather will give you many sensations, both sensations, both in the legs and for the view. The daffodils and narcissus bloom in the landscape while the cows with made-up eyes find the pastures.



High altitude plateau culminating at the Signal de Mailhebiau at 1469 m, be careful to the weather to prepare your bike ride. Take a jacket to protect you from to protect you from the wind that tempers the Aubrac. As a refreshment, take a break a break in one of the many Burons where you can taste aligot and good products.

### MUST SEE / MUST DISCOVER

か Cascade du Déroc Station thermale de la Chaldette

🈰 Château de la Baume

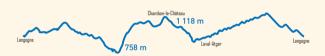
Parc à Loups du Gévaudan tac du Moulinet

🌃 Gorges du Bès

ז Thé d'Aubrac 😰 Signal de Mailhebiau

🈰 Ville Royale de Marvejols





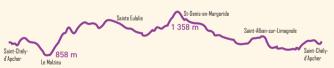
veau Monde in a rhythmic profile giving a glimpse of the Haute-Loire on the horizon.

### DÉCOUVERTE DU NORD DE LA MARGERIDE

**9**<sub>---</sub> 83 km / ▲ 1 422 m de dénivelé

Following in the footsteps of the Barons of Apcher, you will travel through the castles and fortified villages, the medieval festivals of Le Malzieu. Land of legends, the Beast of Gévaudan is never far away in the minds and the forests, so be careful!





## AVENTURE VÉLO EN MARGERIDE



With this loop in the heart of the granite chaos, the view towards the Cévennes and the Mont Aigoual will become clearer as you climb. Cross the forest massifs of beech and spruce trees during the Baraque des Bouviers marked ascent to finish on a rolling section to Grandrieu.





### MUST SEE / MUST DISCOVER

Réserve des Bisons d'Europe

Site archéologique de Javols

Scénovision de Saint-Alban

Lac de Naussac

Filature des Calquières

↑ Tour d'Apcher ↑ Village fortifié du Malzieu

Mont-Mouchet
Truc de Fortunio

In spring, nature awakens in Margeride! Yellow broom and heather, pastures and coniferous forests offer countless scenes along your route. Take a little height to the top of the Fortunio relay, you will not be disappointed by the 360 ° degree view (info: this is a dead end)!



### DU CAUSSE DE SAUVETERRE AU SPECTACLE DES GORGES DU TARN

**Q**\_\_\_**9** 46 km / ▲ 686 m de dénivelé

At the gateway to the UNESCO World Heritage Site, you explore the "Land of the Sheep" on the limestone plateau of the Causse de Sauveterre. Keep your eyes open, the golden eagle is surely hovering over your helmet!

A few more pedal strokes and you can enjoy the breathtaking view at the Point Sublime!





### GORGES DU TARN ET DE LA JONTE

Q\_\_\_ v 106 km / ▲ 2 185 m de dénivelé

From Sainte-Enimie, a great challenge awaits you: climb two Causses and follow the winding Gorges of the Tarn and the Jonte. The aridity of the Causses contrasts with the waters of these rivers. It is sure that the calves will heat up but the pleasure of riding in this majestic setting is worth it.





### CAUSSE DE MENDE

**Ŷ**...**Ŷ** 51 km / **△** 492 m de dénivelé

A rolling route around the Causse de Mende, crossing the Valdonnez before reaching the Roman baths of Bagnols-les-Bains via the Col de la Loubière.

Looking for a challenge? We recommend a variant by the Montée Jalabert, which has become famous since the cyclist victory on 14 July 1995!





### MUST SEE / MUST DISCOVER

↑ Sainte Enimie (Plus beau village de France) ↑ Point Sublime (panorama) ↑ Mausolée romain de Lanuéjols

> La maison des vautours Chevaux de Przewalski

Tour de Chanac

Aven Armand
Grotte de Dargilan

Two atmospheres a few kilometers apart! The landscapes at the top of the Causses to the winding gorges below, the routes in this sector are magical and very diverse. In summer, prefer the coolness of the morning, which will make your ride more pleasant. You can easily combine sport and discovery by exploring the charming surrounding villages.



Bicycle in Cévennes and Mont-Lozère

### DU PIED DU MONT-LOZÈRE AUX BONDONS

**9.\_\_**9 47 km / ▲ 1 084 m de dénivelé

Starting from the emblematic village of Pont-de-Montvert, this route offers splendid views of the imposing Mont-Lo-zère, culminating at 1699 m. The climb to the Cham des Bondons will be rewarded by beautiful panoramas on the

Bondons will be rewarded by beautiful panoramas on the meadows, menhirs and the Tarn.

Le Pont-de-Montvert 579 m

Circuit disponible ici

Le Pont-de-Montvert

### CORNICHE DES CÉVENNES PAR LE COL DU PERJURET

**9\_\_\_** 160 km / ▲ 3 291 m de dénivelé

Riding in the Cévennes valleys is a real thrill! In addition to the pleasure of the eyes, you will also enjoy the demands of this "leg-breaking" profile. The Col de Perjuret has marked the history of the Tour de France! In 1960, Roger Rivière, a 24 year old rider, stopped his career after a fall in the middle of the race.





### TOUR DU MONT LOZÈRE

Q\_\_\_ 9 108 km / ▲ 2 534 m de dénivelé

A sporting route with more than 61km of climbing, three marked passes for a thousand views of Mont-Lozère... You will not escape the Col du Pré de la Dame, classified as 1st category. After climbing the Finiels pass - the highest of the department -, you will head towards Villefort and its lake.





### MUST SEE / MUST DISCOVER

tham des Bondons

thâteau du Tournel

Collégiale de Bédouès

Cascade de Rûnes
Gorges du Chassezac

Chaos-de-Nîmes-le-Vieux

Le panorama du Pompidou

La Garde Guérin (Plus beau village de France)

lus beau village de France)

Château de Castanet

This region is suitable for climbs which are always rewarded with magnificent views. The valleys and passes of Finiels, Goulet, Pré de la Dame... are among the most spectacular. The downhills are fast, do not cut the turns and stay to the right. A refreshing break will be welcome at Lac de Villefort, in the Tarn or the Gardon.



- Today, the length of the route has been multiplied by 2, i.e. 1,380 km!
- No less than 3 regions are crossed
- A total of 5 natural parks and 1 national park to explore (Aubrac, Morvan, Volcans d'Auvergne, Grands Causses, Haut-Languedoc and Cévennes)
- $1/5^{\text{th}}$  of the route is in Lozère
- 6 entry points to join the GTMC along the way
- The positive difference in altitude is impressive: 30 000 D+
- The pedal turn is so impressive that the route is grandiose!

# Brest Avallon Nantes Dijon ClermontFerrand Lyon Bordeaux Marseille Cap d'Agde

### A MYTHICAL CROSSING!

The Grande Traversée du Massif Central is a large-scale playground for all mountain bike lovers! The numerous technical and varied stages have made the reputation of this extraordinary circuit. Today's event, the route is now marked out again and expanded, for the great pleasure of the riders! In Lozère, the change of scenery is guaranteed between the granite lands of Margeride and its vast forests, the crests of Mont-Lozère to the hollows of the valleys of the Cévennes where schist stone is omnipresent! Entirely accessible by mountain bike electrically assisted, everyone can venture out on this circuit, which can be adapted to your family, couple, friends...

To prepare your adventure: www.la-gtmc.com





### A DISCOVERY IN STAGES

The GTMC circuit is marked out by entry points that allow you to vary your itinerary from a few days to several weeks. Here is three ideas for stays in Lozère. An opportunity to enjoy the landscapes, cultual heritage, moments of relaxation and encounters. Let yourself be carried away!

### Trom Saint-Flour to Saint-Chély-d'Apcher

Go on an adventure from the heights of the city of Saint-Flour to the barony of Apcher! An adventure where history is combined through the feudal times until the Second World War. Mont-Mouchet, national resistance site will be a highlight of this journey.

The nature and its vast spaces will give you a sensation of freedom!



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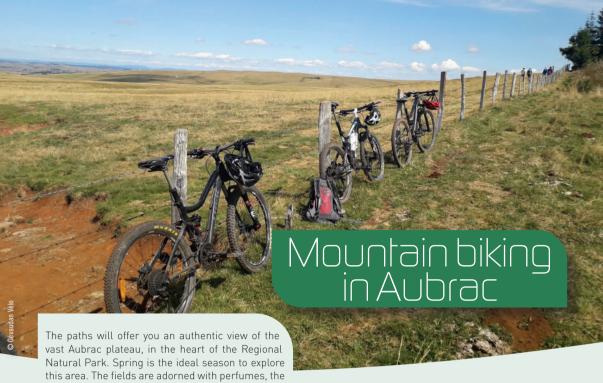
# From the barony of Apcher to the foothills of Mont-Lozère

An ideal setting for a small family in search for a micro-adventure! During one week, fill up your needs for beautiful views through the Margeride. In the middle of large pine forests, you will stop at the Lake of Charpal, an idyllic place before heading towards Bagnols-les-Bains.

### B From Gévaudan to the sources of the Allier

Is mountain biking fun for you? This route is for you! In five days, you will cross from Langeac to Bagnols-les-Bains, all with a changing scenery and many local products to taste. After the effort, the comfort! On arrival, you can enjoy a well-deserved break in the Roman thermal baths.





Natural Park. Spring is the ideal season to explore this area. The fields are adorned with perfumes, the beautiful horned animals find the meadows, the water flows until autumn when the colours change. The winters are harsh and the paths are not very practicable. After having crossed the circuits in preserved ground, there is nothing better than a traditional aligot to be tasted in a stone buron!

Between Aumont-Aubrac and Nasbinals, you will certainly meet some hikers of the path of Saint-Jacques de Compostelle.

Down below, the new twenty kilometers route around the Lac du Moulinet is ideal for spending time with the family between forest and the water's edge.



### PERSONAL IZED ADVICEI

Would you like to download the GPX route of the course and the right address to eat?

Contact the Tourist Offices on the ground who will guide you through this grandiose landscape.

### OT Aubrac Lozérien

FOURNELS - 33 (0)4 66 45 31 42 ot.hautesterres@gmail.com

NASBINALS - 33 [0]4 66 32 55 73

www.otnasbinals.fr

PEYRE-EN-AUBRAC

(Aumont-Aubrac)

33 (0)4 66 42 88 70

www.ot-aumont-aubrac.fr

### OT Gévaudan Destination

MARVEJOLS - 33 (0)4 66 32 02 14 www.gevaudan-authentique.com

### ONE REGION, MANY POSSIBILITIES!

- Approximately 450 KM of bike rides
- 1 new VTT-FFC area
- 17 marked routes
- 8 route cards available
- 9 Vtopo\* circuits available in bookshops and

\* 70 bike rides in Lozère with a guide or GPS Track



About twenty labelled circuits will allow you to discover this land of legends you to discover where the Beast of Gévaudan made history nearly three centuries ago. Several information sheets are available at the Tourist Offices, which will advise you on the visits the Tour d'Apcher, the Lake of Charpal, the Truc de Fortunio among other wonders.

pine forests to open landscapes punctuated by gra-

nite chaos and heather-covered soils

Would you like to combine swimming and cycling? The thirty kilometers loop around the Lake of Naussac is made for you! On your arrival, a washing station for your equipment is available free of charge at the nautical centre, take advantage of it (tokens provided).

# O S. Mont.

Would you like to know more about the history of this region or simply discover the practice spots?

Contact the local tourist offices, who will be delighted to answer your questions!

OT Cœur Margeride

www.oti-coeurmargeride.fr

CHÂTEAUNEUF-DE-RANDON - 33 (0)4 66 47 99 52

GRANDRIEU - 33 [0]4 66 46 34 51

RIEUTORT-DE-RANDON - 33 (0)4 66 32 71 84

OT Langogne - Haut-Allier

**LANGOGNE -** 33 (0)4 66 69 01 38

www.ot-langogne.com

OT Margeride en Gévaudan

**LE MALZIEU-VILLE -** 33 (0)4 66 31 82 73

www.gevaudan.com

**SAINT ALBAN SUR LIMAGNOLE -** 33 (0)4 66 31 57 01

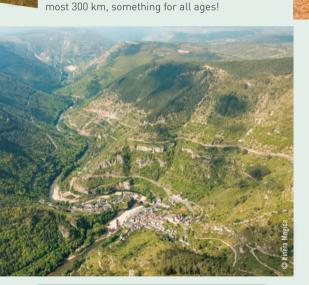
www.ot-saint-alban-sur-limagnole.fr

### ONE REGION. MANY POSSIBILITIES!

- Approximately 550 KM of bike rides
- 20 mountain bike and FC routes
- 11 circuit cards available
- 1 washing and maintenance station
- 19 Vtopo\* routes available in bookshops and TO
- 21 signposted routes

\* 70 bike rides in Lozère with a guide or GPS Track

# The Grands Causses and the Gorges du Tarn et and Jonte are bounded by the Lot valley to the north. This diversity of landscapes and profiles will delight all mountain bikers land electrically-assisted cyclists around a wide range of multiple circuits allowing you to discover remarkable villages, observe vultures and enjoy unique panoramas! The Causse de Mende is ideal for a family bike rides in the shade of the pine trees! A nature-friendly VTT Park is reserved for children with several modules



and obstacles. For the older the VTT-FFC Mende Coeur de Lozère site offers 15 circuits covering al-

### ONE REGION, MANY POSSIBILITIES!

- Approximately  $700\,KM$  of bike rides
- 15 mountain bike and FC circuits
- 4 marked trails
- 30 route sheets available
- 22 circuits available in bookshops

\* 70 bike rides in Lozère with a quide or GPS Track

### PERSONALISED ADVICE!

Do you need to know more about a route, get a map? of a circuit, to get a map? Get in touch with the Tourist Offices on the ground who will be able to guide you along our paths.

OT Aubrac aux Gorges du Tarn www.aubrac-gorgesdutarn.com

### CHANAC

33 (0)4 66 48 29 28

### LA CANOURGUE

33 (0)4 66 32 83 67

### LE MASSEGROS

33 (0)4 66 48 88 08

OT Gorges du Tarn, Causses, Cévennes www.cevennes-gorges-du-tarn.com

### **ISPAGNAC**

33 (0)4 66 45 01 14

### LA MALÈNE

33 (0)4 66 45 01 14

### SAINTE-ENIMIE

33 (0)4 66 45 01 14

### *OT Mende-Cœur de Lozère* **MENDE**

33 [0]4 66 94 00 23

www.mende-coeur-lozere.fr



In Lozère, sporting activities are always combined with the contemplation of the landscapes, from the Puechs des Bondons to the Corniche via the historic village of Pont-de-Montvert.

This territory of character will be among your most beautiful memories!

# UNE RÉGION, DES POSSIBLES! - Approximately 450 KM of bike rides - 4 marked routes - 13 route cards available - 12 Vtopo\* circuits available in bookshops

### \* 70 bike rides in Lozère with a quide or GPS Track

### PERSONALIZED ADVICE!

These mountains and rivers are ideal for a wide range of sports activities: don't hesitate to ask the Tourist Offices to give you ideas for cycling, canoeing but also canoeing, caving, via ferrata... Everything is possible!

OT Gorges du Tarn, Causses, Cévennes www.cevennes-gorges-du-tarn.com FLORAC-TROIS-RIVIÈRES - 33 (0)4 66 45 01 14 MEYRUEIS - 33 (0)4 66 45 01 14

OT Cévennes au Mont-Lozère www.cevennes-montlozere.com

**LE COLLET-DE-DÈZE** 33 (0)4 66 45 81 94

**LE PONT-DE-MONTVERT - SUD-MONT-LOZÈRE** 33 (0)4 66 45 81 94

SAINTE-CROIX-VALLÉE-FRANÇAISE 33 [0]4 66 45 81 94

**SAINT-ÉTIENNE-VALLÉE-FRANÇAISE** 33 (0)4 66 45 81 94

**SAINT GERMAIN DE CALBERTE** 33 [0]4 66 45 81 94

OT Mont-Lozère

www.destination-montlozere.fr

**BAGNOLS-LES-BAINS -** 33 (0)4 66 47 61 13

VILLEFORT - 33 (0)4 66 46 87 30



# 2-WHEELED ACTIVITIES FOR THE

### **BMX TRACK**

An Olympic sport since 2008, this discipline is as technical as it is spectacular adrenaline-pumping.

The riders link bumps and turns with speed and fluidity to arrive first on the line! In Mende, the 263 m track managed by the departemental committee FFC is open to all on Sundays.

Jean-Jacques-Delmas sports complex

ffc.lozere@gmail.com

### **BIKE PARK**

These areas allow mountain bikers of all levels to improve their techniques and to learn about the sensations of sliding on the various modules: turns, swings, jumps and other obstacles!

VTT Park du Causse de Mende, 04 66 94 00 23

www.ot-mende.fr

BIKE Park Enigme

Base de Loisirs du Lac de Naussac, 04 66 69 50 56

www.camping-rondin.com

BIKE Park Chanac, 04 66 48 29 28

www.chanac.fr



### **PUMPTRACK**

A short loop of bumps and turns, the Pumptrack is suitable for all ages! The department has several tracks, notably the one at Le Bleymard at the foot of Mont-Lozère designed by Romain Paulhan, champion and ambassador of downhill biking (DH/Downhill).

www.destination-montlozere.fr/loisirs/pumptrack/





### **SCOOTER**

Original, sporty and fun, the all-terrain and/or electric scooter can easily transport those who love

new things around the countryside... The landscapes become a real playground for sensations. Supervised by an instructor, the vehicle is easy to learn.

Various courses are offered for young and old throughout the whole department, from Mont-Aigoual to the Margeride!

### PÔLES DE PLEINE NATURE

The three nature centres of Aubrac, Mont-Lozère and Mont Aigoual are structured to offer a multi-sport offer [pedestrian, equestrian, cycling...], and thus meet the expectations of visitors to make the most of these large areas in all seasons.

Numerous signposting of mountain bike routes and the development of cycle routes are underway. The offer is expanding and being organised for everyone's enjoyment. From the sportsman looking for a change in altitude to the amateur who wants to Mont-Lozère and the Aigoual as well as the Aubrac will no longer hold any secrets for will no longer hold any secrets for cycling enthusiasts!

http://lozere.fr/les-poles-de-pleine-nature.html

### LA LIGNE VERTE DES CÉVENNES

Soon, set off to discover the Cévennes along the 49 km of greenway between Florac and Sainte Cécile d'Andorge in the Gard. Fifty years after the last passengers of the CFD railway line, the rails and sleepers have disappeared and the work will soon make way for walkers, horse riders and cyclists on the first two sections of the line around Florac and Le Collet de Dèze! Everyone will find something to suit them on these landscapes between the valleys of the Mimente and the Longue. Accessible to all, this safe path with its gentle and regular slopes will be ideal for families.

Association of the CFD with the Ligne Verte





# Des prestataires vélos à votre service

- Moutain bike Guides
- Bicycle Guides
- MTB Rental
  - Bicycle Rental
- Scooter Rental
- Electric Assistance Bike Rental
- Repair shop
- Bike vacation offers
- LEGRAND PLEIN AIR (Naussac-Fontanes) 04.66.69.14.04 **www.rafting-canyon.com**
- LOZERE ÉVASION (Le Malzieu)
   04.66.31.80.69 www.lozere-evasion.com
- RONDIN PARC (Lac de Naussac)04.66.69.50.46 www.rondinparc-lozere.com
- ● STATION DE PLEINE NATURE DES BOUVIERS (Saint-Paul-Le-Froid) 04.66.47.41.54 www.lesbouviers.com
- LES TERRASSES DU LAC (Langogne) 04.66.69.29.62 www.naussac.com

### VALLÉE DU LOT

- ALTA DRALHA (Esclanèdes) 04.66.44.25.49
   www.altadralha.wixsite.com/aubrac
- CENTRE NATURE OSCA (La Canourgue)04.66.32.84.46 www.centre-nature-osca.com
- DIDRICK VACANCES, groupes, colonies (La Canourgue)

04.66.32.97.10 www.didrick-vacances.com

- ● LOZÈRE DECOUVERTE, (Mende) 06.22.65.00.93 www.lozere-decouverte.com
- MIMAT'AVENTURES (Mende) 04.66.45.00.24
   www.chapitre-vacances.com/mimat-aventures.php
- MONDOVELO MENDE (Mende) 04.66.65.01.81 www.mondovelo.fr
- OT Mende-Cœur de Lozère 04.66.94.00.23 **www.mende-coeur-lozere.fr**
- PLANETE 2 ROUES (Mende) 04.66.49.17.00 www.planete2roues.com
- RANDO PAIN (Saint-Germain-du-Teil)04.66.32.60.08 www.rando-pain-lozere.com
- SPORT ÉTÉ, colonies 8-15 ans, (Marvejols) 04.66.32.28.59 **www.sportete.com**
- INTERSPORT [Mende] 04.66.65.66.20

### AUBRAC

- ● AUBRAC ELECTRO VELO (Nasbinals) 06.08.87.81.44 www.aubrac-electro-velo.com
- DUO MOTOS (Marvejols) 04.66.62.02.18
- ● ● GEVAUDAN VELO (Peyre en Aubrac) 06.75.71.72.77 www.gevaudanvelo.com
- PASSION VELO (Saint-Chély-d'Apcher)
   06.66.31.18.15 www.passion-velo-lozere.fr
- LA HUTTE SPORTS (Marvejols) 04.66.32.15.17

### MARGERIDE

- CYCLES JOURDAN (Langogne) 06.59.95.82.85
   www.reparacteurs-occitanie.fr/fr/entreprise/cycles-jourdan.php
- ● ELECTRIK RANDO (Rieutort-de-Randon) 06.10.14.57.09

www.facebook.com/locationvttelectrique

### **CAUSSES AND GORGES**

- ADN LA CAZELLE (Sainte-Enimie) 04.66.48.46.05
   www.sport-nature-gorgesdutarn.com
- FREMYC PASS'SPORT NATURE (Meyrueis) 06.58.13.48.48 www.nature-cevennes.com
- ● MELLOW VELOS (Sainte-Énimie) 04.66.47.35.03 www.mellowvelos.com
- OT L'AUBRAC AUX GORGES DU TARN (Massegros, Les Vignes, Point Sublime) 04.66.48.88.08
- L'OUSTAL DE CAOUNE (Hures-la-Parade)04.66.45.64.47 xavierory.48@gmail.com

### CÉVENNES AND MONT-LOZÈRE

- BIKING FARM (Les Bondons) 04.66.45.44.60
   07.69.38.93.74 www.facebook.com/bikingfarm
- CENTRE NATIONAL D'ACTIVITES DE PLEINE NATURE DE LA FFSPT (Florac) 04.66.48.53.55 www.monsejournature.com
- ● ● CEVENNES ÉVASION (Florac) 04.66.45.18.31 www.cevennes-evasion.com
- SOCIETÉ FREMYC (Meyrueis)
   06.58.13.48.48 www.sports-nature-cevennes.com
- LES CHEMINS FRANCIS (Bagnols-les-Bains)
   04.66.47.60.04 www.hotel-cheminsfrancis.com
- GRANDEUR NATURE (Villefort)06.08.51.54.07 www.grandeurnature48.com
- LOZ'AIR RANDONNEES (Cubières) 04.66.48.67.02 www.lozair.net
- ● MAS DE LA BARQUE (Villefort) 04.66.46.92.72 **www.lemasdelabarque.com**
- STATION DU MONT-LOZÈRE [Mas-d'Orcières]
   04.66.48.62.83 06.67.41.62.25

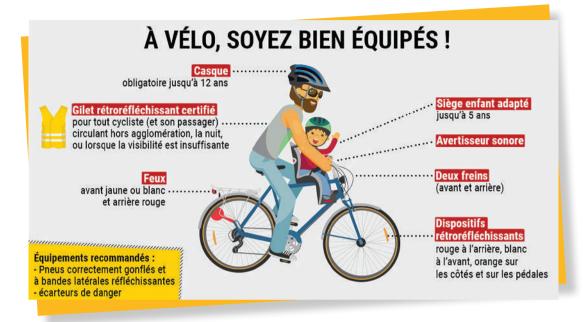
www.vacances-cevennes-lozere.com

TOTAL SODICA (Florac) 04.66.45.59.74

More information on: www.lozere-tourisme.com

## Pratice safe





The cyclist, like the motorist, must apply the rules of the road which quarantee his safety and that of other users.

To ride without endangering themselves, cyclists must have a bicycle in good condition and well equipped, and, above all, know and apply the basic rules of the road, in towns and cities, by day and at night.

### **BASIC SAFETY RULES:**

- Do not drive too close to the roadside, to avoid ruts and gravel.
- On turns, keep to the right as cars will only see you at the last moment.
- Be careful when a truck passes, the air flow may throw you off balance.
- At junctions, do not ride along the side of a truck or bus. Stay within its field of vision.
- When riding in a group, ride in pairs abreast or in single file. At night, if you are overtaken by a vehicle, or when circumstances require it, ride in single file.
- If your group is larger than 10 people, split it up.

### PRACTICAL ADVICE:

- Dress appropriately: helmet, sunglasses and rain gear.
- Remember to take water, food and a first aid kit.
- Take something to repair your bike (patches, tyre levers, pumps, puncture-proof spray).
  - Study your route before you set off.
     Calculate its duration according to difficulty, your physical condition and your age. Remember to take breaks.
    - If you are planning bike ride with children, make sure they have enough control over their to start without zigzagging, ride straight even at slow speeds and brake without putting their feet down.



### Check our website or contact us

### COMITÉ DÉPARTEMENTAL DU TOURISME

Rue du Gévaudan - 48000 Mende 33 (0)4 66 65 60 00

cdt@lozere-tourisme.com - www.lozere-tourisme.com

### Come say Hi at Paris

### MAISON DE LA LOZÈRE À PARIS

Boutique et Restaurant

1 bis et 4, rue Hautefeuille – 75006 Paris 33 (3)1 43 54 26 64 contact@lozere-a-paris.com - www.lozere-a-paris.com

### On the Highway A75

### MAISON DU TOURISME - AIRE DE LA LOZÈRE

A75 - 48200 Albaret-Sainte-Marie 33 (0)4 66 31 94 06

### To reserve your stay in Lozère, contact:

### AGENCE LOZÈRE RESA

Gîtes de France / Hôtels / Village de vacances / Campings...

Centrale de réservations départementale - rue du Gévaudan - 48000 Mende

33 (0)4 66 48 48 48

sla@lozere-resa.com - www.lozere-resa.com

## A bientôt... en Lozère, Votrellement









