

# Avallon / Quarré-les-Tombes

## Grande Traversée du Massif Central Gravel



The Grande Traversée du Massif Central (GTMC) Gravel route begins at Avallon, at the northern end of the Parc du Morvan, in central Burgundy. Explore Avallon's historic centre, then descend on your mountain bike, via steep terraced gardens, to follow the Cousin upstream, cycling along its wild, steep-sided valley. Continuing south through hedge-divided fields, you reach the Lac du Crescent, one of the six 'great lakes' of the Morvan Range. After the dam at L'Huis Raquin, enjoy a detour of under 5km (there and back) to admire the imposing Château de Chastellux, dating back to the 11th century. This stage offers a solid introduction to the granite range of the Morvan Hills!

Departing from Avallon, the GTMC Gravel cycle route first follows the course of the Cousin River, leading you along a lovely minor road. Next, leave the Cousin behind to head into the countryside, going as far as a dam, the Barrage de Crescent, via hedge-divided fields on a plateau. The stage then continues via a delightful path through low woodland that proves a real pleasure to ride along. However, in wet conditions, the surface can become a bit sticky, slowing your progress.

At the level of the village of Chalaux, you reach the Lac du Crescent and can enjoy fine views down on this lake. The stage ends at the village of Quarré les Tombes.

This stage doesn't present any difficulties for gravel bike users. However, you may find that in one or two spots, you may need to put a foot to the ground. The stage is mainly along broad tracks that make for easy cycling, but the way is full of slopes. In short, it's a good stage on which to warm up!

**Départ**  
Avallon

**Arrivée**  
Quarré-les-Tombes

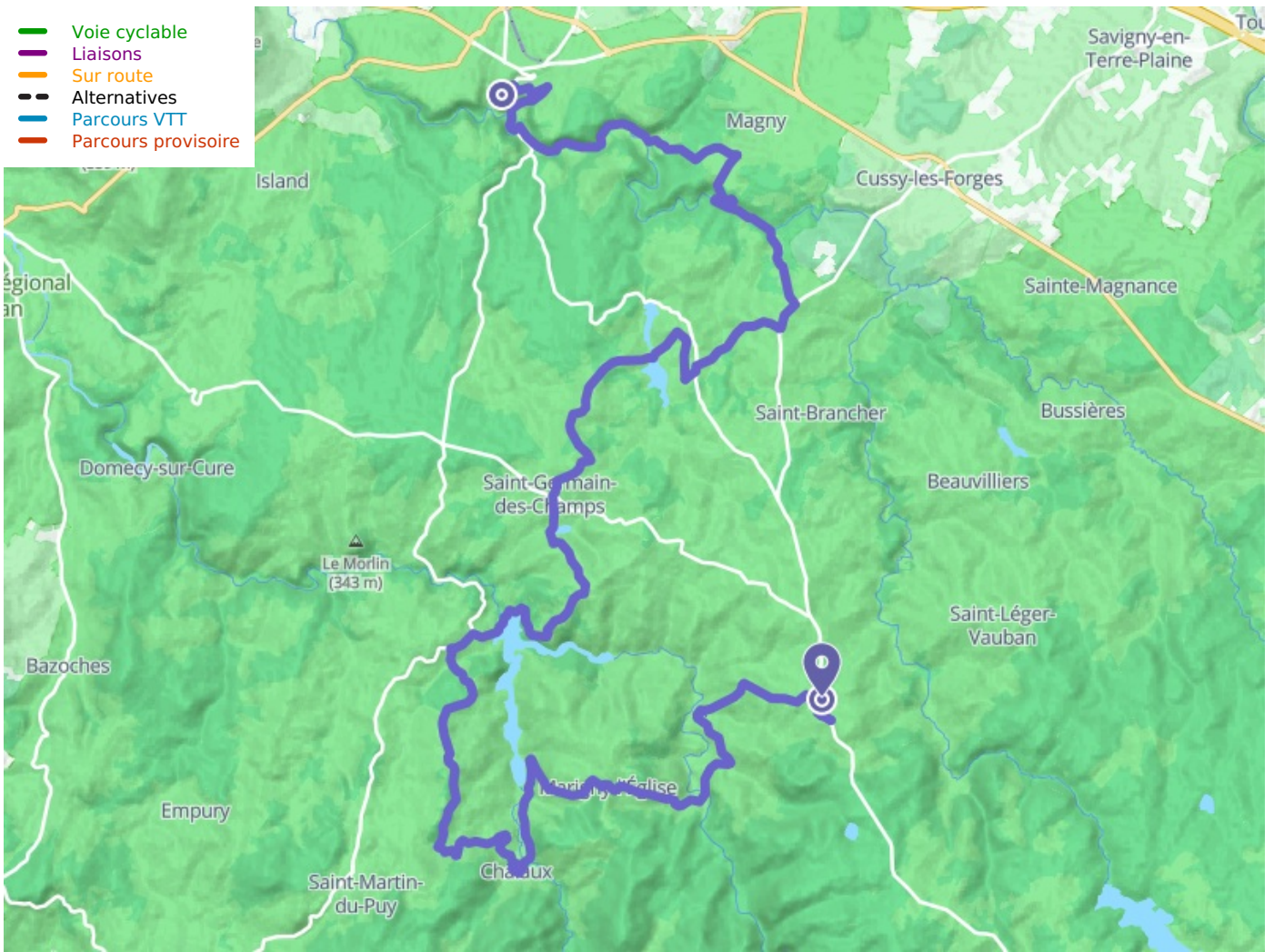
**Durée**  
5 h 00 min

**Distance**  
52,81 Km

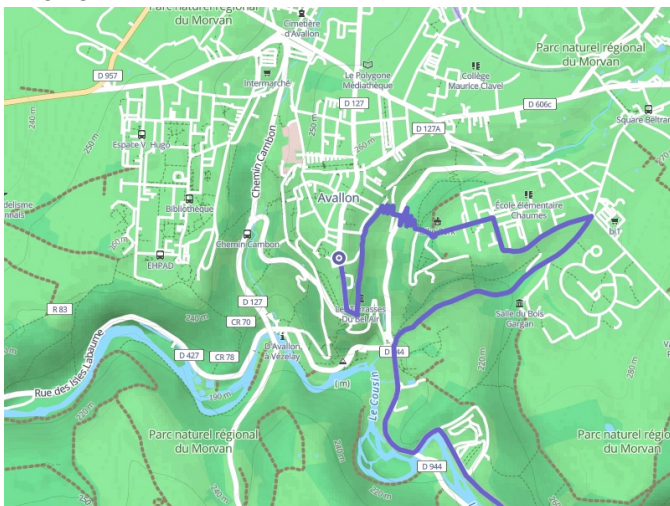
**Niveau**  
Hard

**Thématique**  
Forest, Natural parc

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



**Départ**  
**Avallon**



**Arrivée**  
**Quarré-les-Tombes**

