

# Lunas / Clermont-l'Hérault

## Grande Traversée du Massif Central Gravel

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**Départ**  
Lunas

**Arrivée**  
Clermont-l'Hérault

**Durée**  
4 h 00 min

**Distance**  
42,64 Km

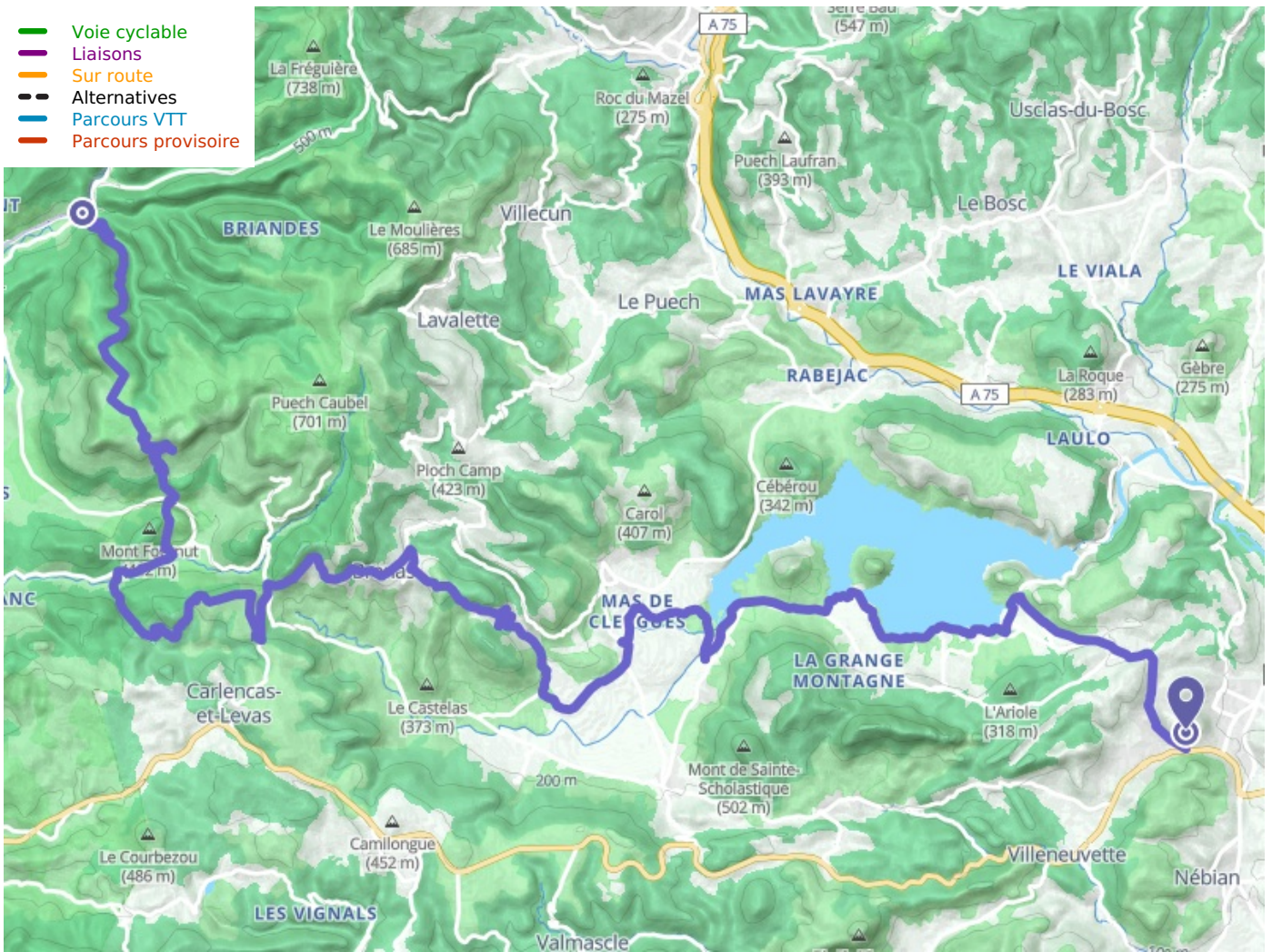
**Niveau**  
Hard

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

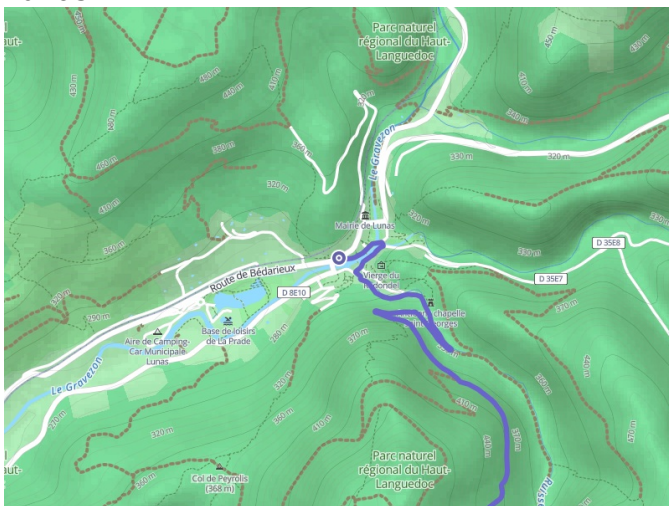
After Lunas, the GTMC route leads you into clearly Mediterranean terrain. The hilly way here allows riders to make the most of some exceptional views, over the great expanses of the Haut Languedoc and then over the curious red earth around Le Salagou Lake. Some of our favourite spots: Dio and its château; Carlenças Plateau; and, above all, Le Salagou Lake. The last is a perfect spot for mountain bikers. The lakeside offers beautiful, enjoyable singletracks plus many possibilities for going for a dip. Vineyards and olive groves complete the landscapes around here. Then you reach the town of Clermont l'Hérault, with its many facilities.

On the first part of this stage, there's a good mix of climbs and descents requiring physical effort, but without being especially technically difficult - the tracks are comfortable and there are small stretches on roads along which to catch your breath. Your efforts are rewarded with glorious views, plus wonderful descents on which you can really let yourself go, drinking in the landscapes. Just take care after Breans, where there's a descent requiring more technical control. Riding onto the naturally red earth slopes around Le Salagou Lake, enjoy the enchanting paths that cut through the little ravines in this extraordinary, iron-rich, rocky landscape. After that, it's mostly downhill along the road leading to the town of Clermont l'Hérault.

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



**Départ  
Lunas**



**Arrivée  
Clermont-l'Hérault**

