

## **INTRODUCTION**

A Long Distance Mountain Bike Trail  
A GTMC for Road Cyclists  
Walking the GTMC  
Climate – When to Go  
Supported or Unsupported  
Travelling to and from the Region  
Accommodation  
Food and Water  
Equipment  
Maps  
Waymarking  
Training  
Health  
Snakes  
Emergencies  
Language  
Money/Banks/Telephone  
Insurance  
Public Holidays and Time  
Using this Guidebook

## **TRAIL GUIDE**

Stage 1 Clermont-Ferrand to Laschamp  
Stage 2 Laschamp to Murol  
Stage 3 Murol to La Godivelle  
Stage 4 La Godivelle to Allanche  
Stage 5 Allanche to Saint-Flour  
Stage 6 Saint-Flour to Paulhac-en-Margeride  
Stage 7 Paulhac-en-Margeride to Le Giralès  
Stage 8 Le Giralès to Bagnols-les-Bains  
Stage 9 Bagnols-les-Bains to Le Pont-de-Montvert  
Stage 10 Le Pont-de-Montvert to Sainte-Énimie  
Stage 11 Sainte-Énimie to Cabrillac  
Stage 12 Cabrillac to Dourbies  
Stage 13 Dourbies to La Couvertoirade  
Stage 14 La Couvertoirade to La Vacquerie et St-Martin-de-Castries  
Stage 15 La Vacquerie et St-Martin-de-Castries to Saint-Jean-de-Fos  
Stage 16 Saint-Jean-de-Fos to Montpellier  
Stage 17 Montpellier to Sète

Appendix A Stage Maps for the Road Bike Alternative  
Appendix B Route Summary Table  
Appendix C Budget Accommodation along the GTMC  
Appendix D Other Long Distance Trails along the GTMC

Appendix E Further Reading  
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