

# THE GRAND TRAVERSE OF THE MASSIF CENTRAL

by mountain bike, road bike or on foot

## INFORMATION

The GTMC is a long-distance mountain biking trail that crosses the entire Massif Central in France, from Clermont-Ferrand in the north to Montpellier and the Mediterranean Coast at Sète. All of the major regions of the Massif Central are visited, including the Auvergne, the Cézallier plateau and the remote Margeride, the high forested hills of the Cévennes National Park and the limestone hills bordering the coastal plain.

Much of the route is off-road and uses many Grandes Randonnées, so it also makes an excellent walking route. Just over 700km in length it offers a challenge to the mountain biker or walker, as well as the pleasure of exploring one of southern France's most beautiful and historic regions.

- route described in 17 stages
- alternative on-road route described for road cyclists
- additional information for walkers
- background information on places of interest, contact details and other useful information

## THE MAP

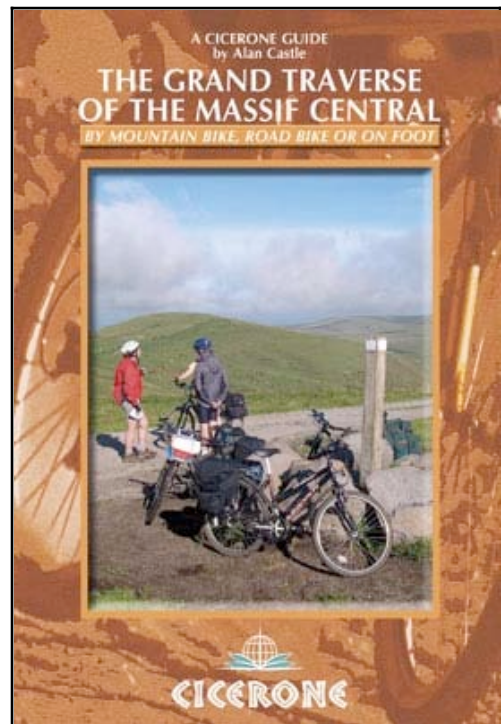


## THE AUTHOR

Alan Castle has trekked and cycled in over thirty countries and five continents and for many years led organised walking holidays in Europe. He has written more than a dozen guidebooks for Cicerone, several on long-distance mountain routes in France, and has been exploring the French Massif Central for over twenty years.

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**PRICE:** £14.00

**ISBN:** 978 1 85284 571 1

**CODE:** 571

**PUBLICATION:** January 2010

**AUTHOR:** Alan Castle

**CONTENTS:** 17.2cm by 11.6cm. 192pp.  
Paperback Gloss Laminated

## KEY MARKETING POINTS

- • Adventurous mountain biking trail
- • Suitable for all abilities
- • two-week itinerary

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