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## The Grand Traverse of the Massif Central: by Mountain Bike, Road Bike or on Foot

By Alan Castle

Cicerone Press. Paperback. Book Condition: new. BRAND NEW, The Grand Traverse of the Massif Central: by Mountain Bike, Road Bike or on Foot, Alan Castle, A guide to mountainbiking, cycling or walking the GTMC, Grande Traversee du Massif Central, in southern France, from Clermont-Ferrand in the Auvergne to Montpellier and Sete on the Mediterranean. The GTMC is a long-distance mountain biking trail that crosses the entire Massif Central in France visiting all of the major regions, including the Auvergne with its chain of volcanic puy in the Monts-Dome and Monts-Dore ranges, the Cezallier plateau and the remote Margeride, home of the French Resistance in the Second World War, the high forested hills of the Cevennes National Park, made famous by the Scottish author Robert Louis Stevenson, and finally the dry limestone hills bordering the coastal Mediterranean plain. Much of the route is off-road and uses many Grandes Randonnees, so it also makes an excellent walking route. Just over 700km in length it offers a challenge and a thorough exploration of one of southern France's most beautiful and historically interesting regions. The route is described in 17 stages, with maps for off-road and on-road routes, making it suitable for both expert...



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