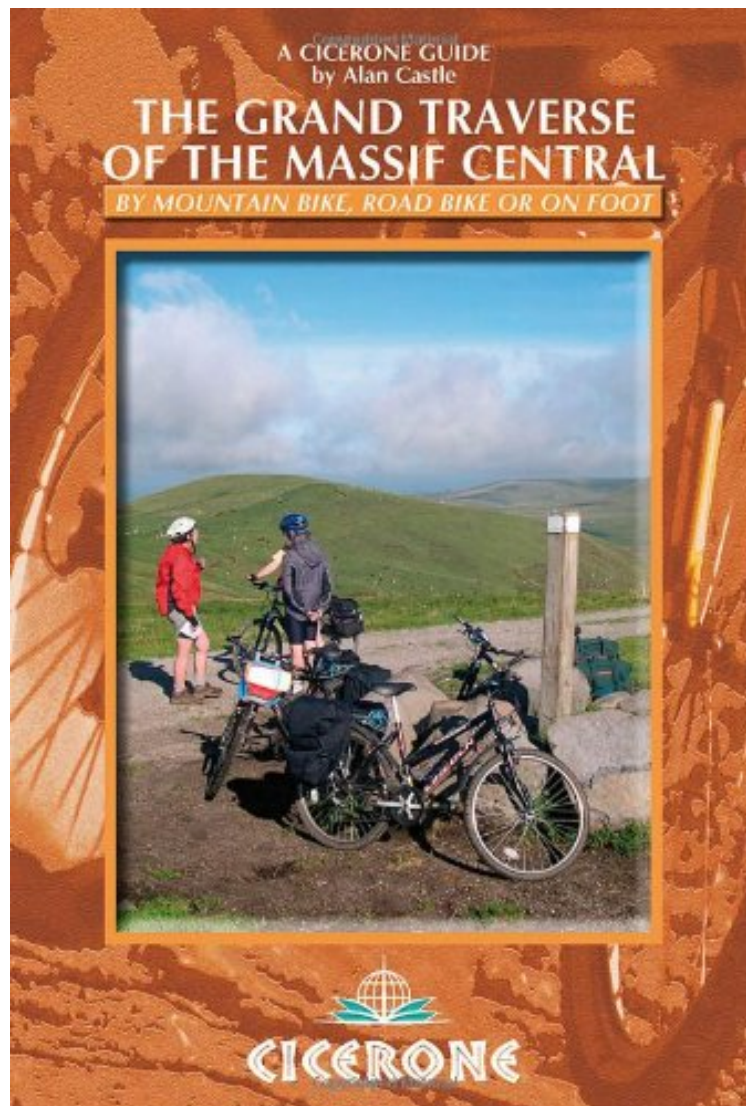


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Alan Castle

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Alan Castle : The Grand Traverse of the Massif Central: By Mountain Bike, Road Bike or On Foot (Cicerone Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Grand Traverse of the Massif Central: By Mountain Bike, Road Bike or On Foot (Cicerone Guides):

1 of 1 people found the following review helpful. GTMC ReviewBy GroundhogGreat english guide for riders wanting

to do this epic ride. Very useful links and accommodation guides in the appendices. The maps included are high level and not detailed enough to ride with, however this book is a useful accompaniment to the French ride maps which are advocated in the guide. English speakers will therefore also need to purchase the French Ride maps recommended.

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 Sete. All of the major regions of the Massif Central are visited, including the Auvergne, the Cezallier plateau and the remote Margeride, the high forested hills of the Cevennes National Park and the limestone hills bordering the coastal plain. Much of the route is off-road and uses many Grandes Randonnees, so it also makes an excellent hiking route. Just over 700km in length, it offers a challenge to the mountain biker or hiker, as well as the pleasure of exploring one of southern France's most beautiful and historic regions. Title includes additional information for walkers and background information on places of interest, contact details and other useful information.