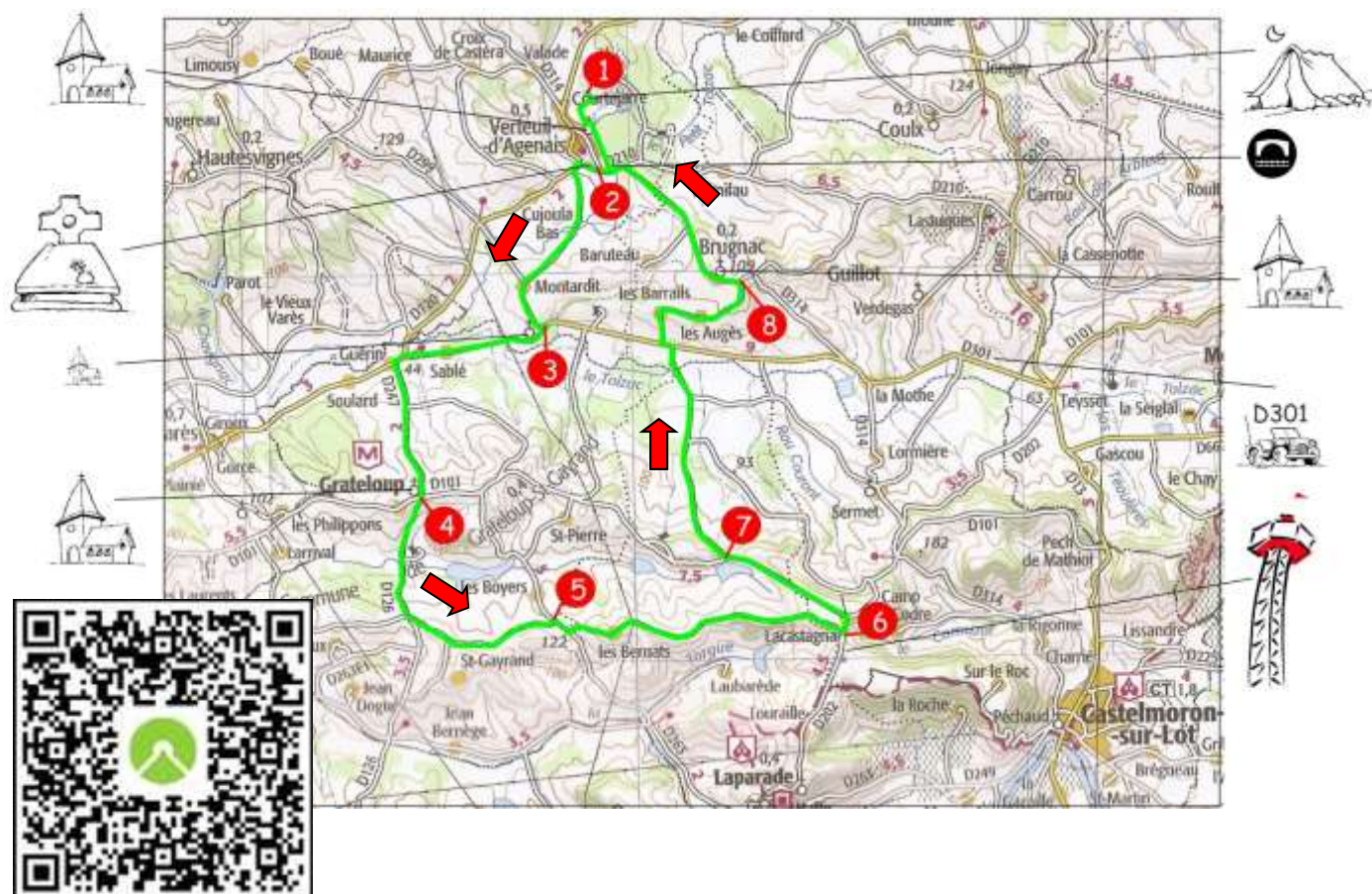
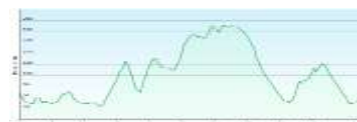




Bike ride - Lacastagnal

distance : 27 km - height difference : 150 m - to climb : 404 m

departure : camping Charmant - gpx : ft-Lacastagnal-27km



1. You leave the campsite via the Lindelaan (behind the swimming pool) - at the asphalt turn right - at the junction left (still asphalt for a while, later you follow a grass path along the Tolzac river) - at the bridge turn right.
2. At the cemetery towards Gontaud de Nogaret - turn left at the D120 - 150 m further on, turn left onto the C4 (direction Montardit) - turn right for the junction - at the T-junction, turn left at the priority sign.
3. At T-junction D301 (stop sign) right - D120 left towards Vares - 1st left D247 to Grateloup.
4. At the crossroads, go straight on to the D126 towards Clairac - at the crossroads (16 t), turn left towards Eglise de st Gayrand - at the fork (3.5 t), turn far left (not Baquerot and not Eglise - ignore Les Maurannes and Lacroze).
5. At the T-junction (16 t) turn right towards Laparade - 1st left towards Earl des Bermats - continue straight ahead.
6. At the T-junction (near the water tower) turn left towards Grateloup - at the T-junction, D101 turn left towards Grateloup.
7. Turn right towards Subrebosc (continue to descend until you reach a T-junction with priority sign) - briefly turn left - immediately right onto a steep climb towards Barrail.
8. T-junction D314 left towards Brugnac church - at T-junction D210 left towards Vertueil - after small bridge Tolzac turn right.