

VIA FERRATA

# LA LOZÈRE SUSPENDUE



lozere.fr



  
lozère  
LE DÉPARTEMENT



## SECURITE

La via ferrata est une activité de montagne. Toutefois, elle reste accessible au plus grand nombre sous réserve du respect des règles de sécurité énoncées ci-après.

### LA CONCEPTION DES SIX VIA FERRATA LOZÈRE

Chaque via ferrata est constituée de deux parcours, facile et difficile, d'ateliers (pont de singe, passerelle, pont népalais), d'une tyrolienne qui reste facultative, et de plusieurs échappatoires.

Sur chacune des via ferrata, vous retrouverez un panneau de départ au niveau du parking vous décrivant le parcours de la via ferrata et les règles de sécurité, un balisage jusqu'au départ de la via ferrata, un panneau sécurité au départ de la via ferrata, une signalétique dans la via ferrata pour vous guider, vous expliquer les différents ateliers et vous rappeler des règles de sécurité, et un balisage jusqu'au parking.

### LES RECOMMANDATIONS POUR LA PRATIQUE

Non encadré, l'utilisateur du parcours est seul responsable de sa sécurité. La collectivité décline toute responsabilité pour toute personne n'ayant pas acquis une parfaite connaissance du matériel et des dangers potentiels du milieu naturel. L'équipement des via ferrata permet la progression en cordée classique, de type escalade ou alpinisme. Ne sortez pas des sentiers balisés.

#### Avant de débiter votre parcours :

- Choisissez votre parcours en fonction de vos capacités physiques et de vos connaissances techniques. Ne présumez pas de vos forces et de vos capacités à résister au vertige.
- Appréciez avec justesse la possible évolution de la météo 08 92 68 02 48 (en cas de doute, renoncez !)
- Évitez de partir seul.
- Vérifiez d'avoir le matériel nécessaire, de son état et qu'il se conforme strictement aux indications des fabricants. Munissez-vous de chaussures de sport ou de marche.
- Emmenez avec vous un ou plusieurs téléphones portables / un vêtement chaud / des boissons / des coupe-faim ou barres énergétiques.

#### Sur le parcours :

- Respectez le sens de progression de la via ferrata.
- Gardez toujours une longe sur le câble (ligne de vie), même sur les parties faciles.
- Respectez les consignes mentionnées sur les panneaux de sécurité que vous rencontrez.
- Demandez de l'aide en cas de vertige ou de fatigue physique.
- Apportez de l'aide à toute personne en difficulté.
- Attention à ne pas faire tomber des pierres.
- Même si les émotions sont fortes, évitez de crier et de faire du bruit.

Les six via ferrata de Lozère sont en accès libre.



## SAFETY

Although the via ferrata is an alpine activity, it remains accessible to many as long as the following safety rules are applied.

### THE SIX VIA FERRATAS OF LOZÈRE

Each via ferrata consists of two routes easy, and difficult, various types of bridges, an optional zip-wire, escape routes and "pigtails" for roped-up progression.

At the parking lot you will find an information panel describing the different routes and safety rules as well as a marked trail leading to the via ferrata. Another panel describing different methods of progression and other safety rules is found at the start. On the via ferrata, other signs indicate the way, techniques for the various bridges and safety reminders. At the end, a marked trail leads back to the car park.

### RECOMMENDATIONS

Unguided, the user alone is responsible for his or her safety. The community declines responsibility for any person who has not acquired a perfect knowledge of the equipment and potential hazards of the natural environment. The equipment of the via ferrata allows for roped progression as in rock climbing or mountaineering. Stay on the marked trails.

#### Before starting the via ferrata :

- Choose your route according to your physical and technical abilities. Do not overestimate your strength or your ability to resist vertigo.
- Get the latest weather forecast (if in doubt, don't go).
- Don't go alone.
- Verify the condition of your equipment and that it adheres strictly to the manufacturer's instructions. Wear appropriate shoes (trainers or walking shoes).
- Prepare yourself for changing weather conditions. Bring warm clothes, beverages, snacks or cereal bars and at least one mobile telephone.

#### On the via ferrata :

- Follow the direction indicated.
- Never find yourself unclipped: always keep one sling clipped to the main cable (lifeline), even on the easier sections.
- Respect the rules and advice of the safety panels encountered on the via ferrata.
- Ask for help from others if you experience vertigo or tiredness.
- Always offer help to others in difficulty.
- Be careful not to dislodge stones.
- Although emotions can run high, avoid making excessive noise.

The six via ferratas of Lozère are free to the public.

**SECOURS : 112 ou 18**

En cas d'urgence, signalez le numéro de secteur noté sur chaque panneau à l'équipe de secours.

**RESCUE: 112 or 18**

In an emergency, refer to the sector number on the nearest safety panel.

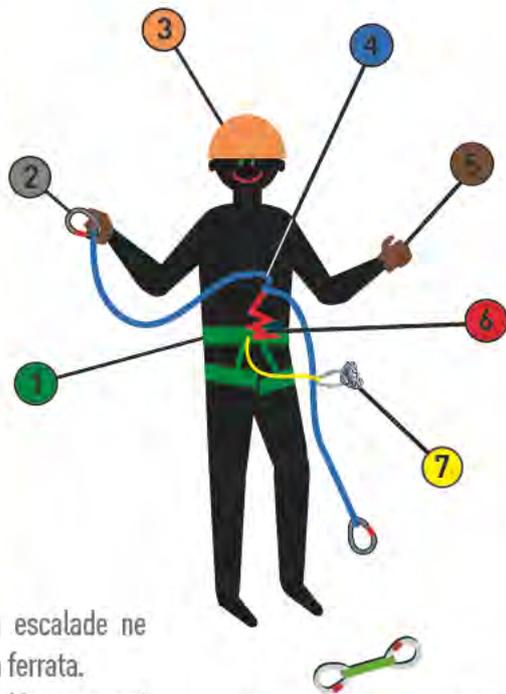


**METEO : 08 92 68 02 48**

**WEATHER: 08 92 68 02 48**



Sangle fermée avec « tête d'alouette »  
maillon rapide N°10 ou Demi-rond  
résistance mini : 2500KN  
*Sewn sling with a girth hitch  
or N°10 or D-ring quick-link  
minimum strength: 2500KN*



Prévoir une longe supplémentaire, assez courte, pour pouvoir se reposer sur les barreaux lors de passages athlétiques.  
*A short sling to rest on the rungs on athletic sections is recommended.*

## Matériel spécifique obligatoire

### Mandatory specialized equipment

- |   |   |
|---|---|
| <b>1 Baudrier</b><br>Cuissard d'escalade ou baudrier complet de type alpinisme                          | <b>Harness</b> 1<br><i>Rock climbing or mountaineering harness</i>                                    |
| <b>2 Mousquetons</b><br>Deux mousquetons de sécurité normés « Via Ferrata »                             | <b>Carabiners</b> 2<br><i>Two locking "Via Ferrata" carabiners</i>                                    |
| <b>3 Casque</b><br>Un casque de type alpinisme  | <b>Helmet</b> 3<br><i>Mountaineering helmet</i>   |
| <b>4 Longes</b><br>Deux longues avec absorbeur normées « Via Ferrata »                                  | <b>Slings</b> 4<br><i>Two slings with a "Via Ferrata" shock absorber</i>                              |
| <b>5 Gants</b><br>Gants classiques de type « chantier »   | <b>Gloves</b> 5<br><i>Common work gloves</i>  |
| <b>6 Absorbeur</b><br>Un absorbeur d'énergie est indispensable pour votre sécurité                      | <b>Shock Absorber</b> 6<br><i>A shock absorbing system is indispensable for your safety</i>           |
| <b>7 Poulie</b><br>Poulie de type « TANDEM SPEED » sur longe courte est obligatoire pour la tyrolienne. | <b>Pulley</b> 7<br><i>A "TANDEM SPEED" type pulley on a short sling is mandatory for the zip-line</i> |

Attention : les sangles utilisées en escalade ne conviennent pas à la pratique de la via ferrata.

*Attention: Slings used in rock climbing are not adapted to the security necessary on the via ferrata.*

Interdit aux enfants de moins de 6 ans.

Les enfants de moins de 12 ans doivent être accompagnés.

La progression encadrée entre deux adultes est obligatoire pour une personne < 40 kg.

*Forbidden to children of less than 6 years of age.*

*Children of less than 12 years of age must be accompanied.*

*Roped climbing between two adults is mandatory for anyone weighing less than 40 kilograms.*

### Conseils aux débutants :

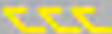
Pour une première sortie, il vous est fortement conseillé de faire appel à un professionnel de la montagne ou de l'escalade.

### Advice to beginners:

*It is strongly advised to hire a rock climbing or mountaineering guide.*

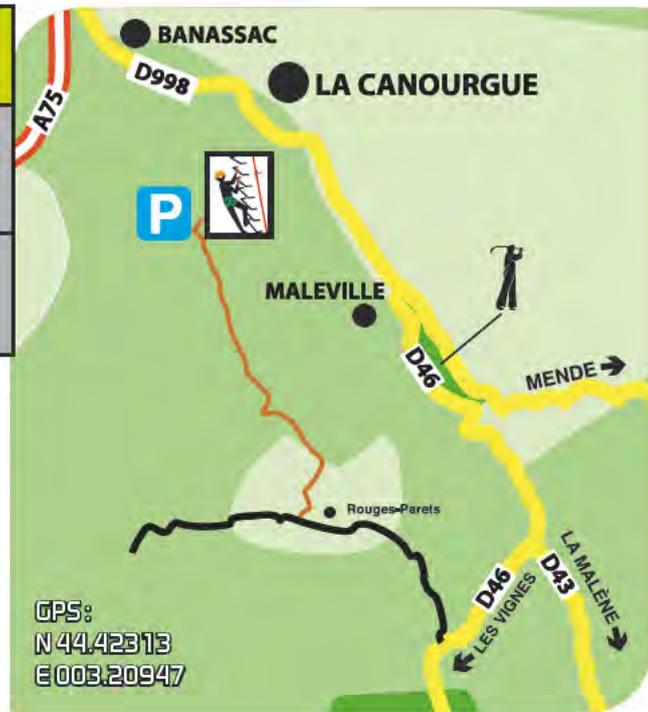
# VIA FERRATA DE ROQUEPRINS

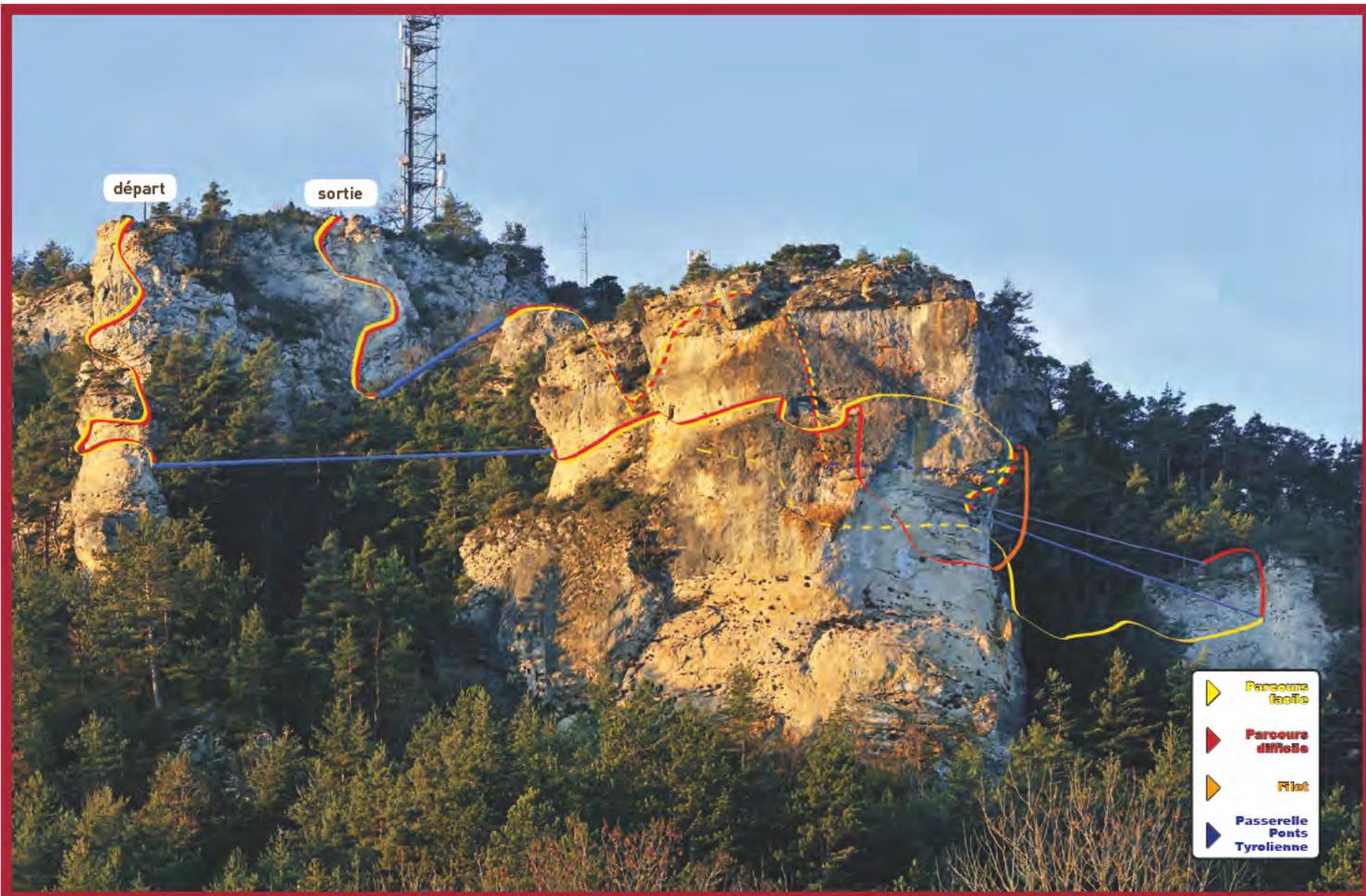
## LA CANOURGUE

Légende		Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
Facile <i>Easy</i>			
Moyennement facile <i>Moderate</i>			
Difficile <i>Difficult</i>			
Très difficile <i>Very difficile</i>			
	<b>Parcours facile</b> <i>Easy route</i>		
	<b>Parcours difficile</b> <i>Difficult route</i>		

Exposition : Nord-Est  
 Durée : 2 - 3 h  
 Altitude : 800 m - 890 m  
 1 passerelle  
 2 ponts de singe  
 1 pont népalais  
 1 filet  
 1 tyrolienne (option)

Exposition : Northeast  
 Time : 2 - 3 h  
 Altitude : 800 m - 890 m  
 1 suspension bridge  
 2 cable bridges  
 1 Nepalese bridge  
 1 net  
 1 zip-line







**Description :** the 2 routes (easy and difficult) share the start with a 30 meter zigzagging descent to a short path leading to the first of several monoliths. The routes divide and then rejoin at the beginning of a long (30 meters) suspension bridge and then split again to traverse the imposing central



## VIA FERRATA DE ROQUEPRINS

### Commune de La Canourgue

**Getting there :** from the motorway A75, exit 40, take the RD998 toward La Canourgue (2 km). 2 km from the village take the RD46 toward Sainte Enemie and bearing right 1,5 km later toward Les Vignes. Right again at the hamlet of Les Rouges-Parets and follow the signs for the via ferrata until you get to the television antenna where you can park your vehicle.

**Access :** from the village of La Canourgue, follow the GR6 toward La Bastide until you arrive on the plateau. Leave the GR6 by following a path on the right which leads to the start of the via ferrata (45 minutes from La Canourgue - 30 minutes from La Bastide).

monolith. The red (difficult) route takes the lower, steeper traverse and rejoins the yellow (easy) route after an 11 meter high net. At this point you can either traverse the 35 meter Nepalese bridge to the zip-line (optional) or follow 2 cable bridges and continue to the upper monolith.

The via ferrata de Roqueprins profits from a spectacular and dizzying view 350 metres above La Canourgue. Those suffering from vertigo might want to think twice before undertaking it.



**Informations :** Office de Tourisme 04 66 32 83 67

# VIA FERRATA DU MALZIEU

Légende		Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
Facile <i>Easy</i>		<b>Parcours facile</b> <i>Easy route</i>	
Moyennement facile <i>Moderate</i>			
Difficile <i>Difficult</i>		<b>Parcours difficile</b> <i>Difficult route</i>	
Très difficile <i>Very difficile</i>			

Exposition : Nord-Est

Durée : 2 - 3 h

Altitude : 800 m - 890 m

1 passerelle

3 ponts de singe

2 ponts népalais

1 tyrolienne de 50 m

Exposition : Northeast

Time : 2 - 3 h

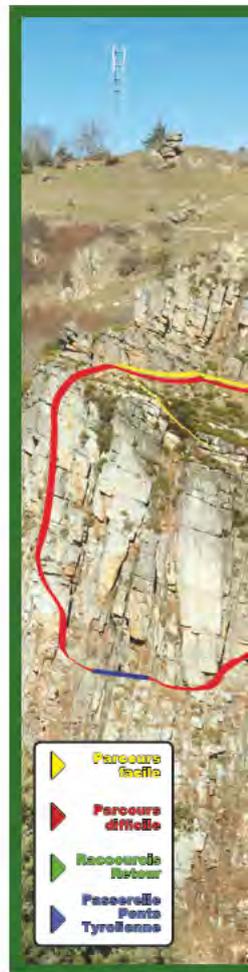
Altitude : 800 m - 890 m

1 suspension bridge

3 cable bridges

2 Nepalese bridges

1 zip-line of 50 m







## VIA FERRATA DU MALZIEU

### Commune du Malzieu

*Getting there* : from Malzieu take the RD47 for 700 meters toward Saint Léger du Malzieu then left toward Le Ranc. A car park made specifically for the via ferrata is found 350 meters on the right.

*Access* : from the car park, follow the a wide path along the Truyère River for 200 meters to the start of the via ferrata. Here a short practice section precedes the true start of the via ferrata.

*Description* : two routes, easy (yellow) and difficult (red), share the same start and rejoin each twice on the via ferrata. On the first vertical section, the routes divide, the yellow route offering the possibility of an escape on easy terrain to the top. At the second junction the two routes come across cable bridges, a Nepalese bridge and a wooden suspension bridge on a long traverse high above the river.

On the last section, the routes separate, the yellow route climbing directly to the plateau while the red route continues it's traverse to rejoin the yellow route by way of a vertical and sometimes overhanging headwall.

On the plateau, easy terrain leads to a 50 meter zip-line which can be avoided.

The way back climbs to the antennas and rejoins a road descending to the village of Verdezun where a footpath leads to the car park.

**Informations : Office de Tourisme 04 66 31 82 73**

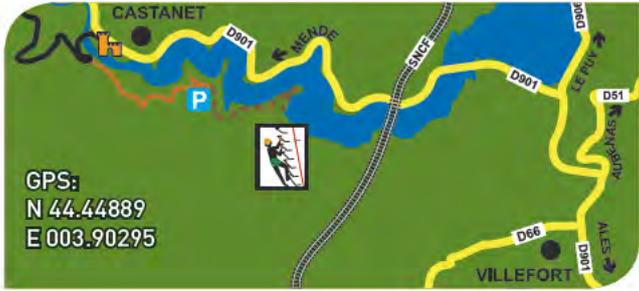


# VIA FERRATA DU LAC DE VILLEFORT

Légende		Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
Facile <i>Easy</i>			
Moyennement facile <i>Moderate</i>			
Difficile <i>Difficult</i>			
Très difficile <i>Very difficile</i>			

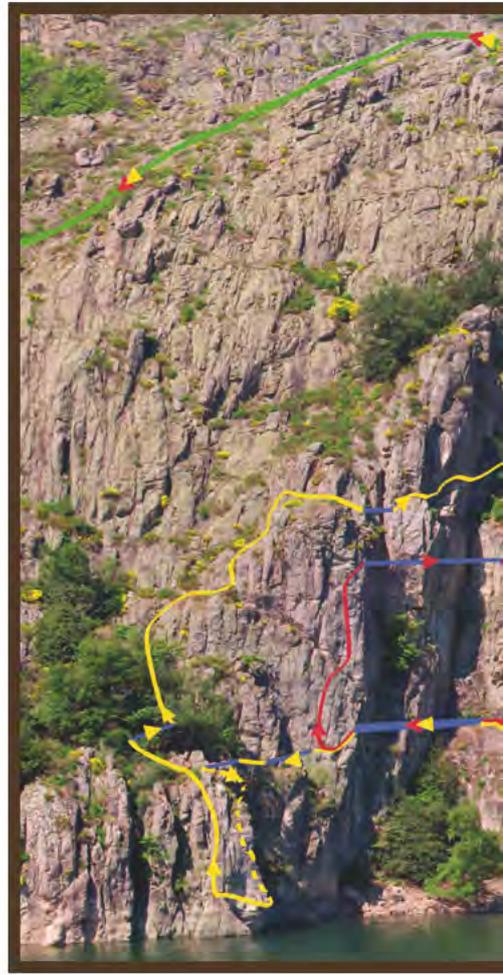
Exposition : Nord-Est, Nord-Ouest  
 Durée : 3 h - 4h30  
 Altitude : 617 m - 670 m  
 1 passerelle  
 6 ponts de singe  
 2 ponts Népalais  
 1 tyrolienne de 70 m  
 1 poutre

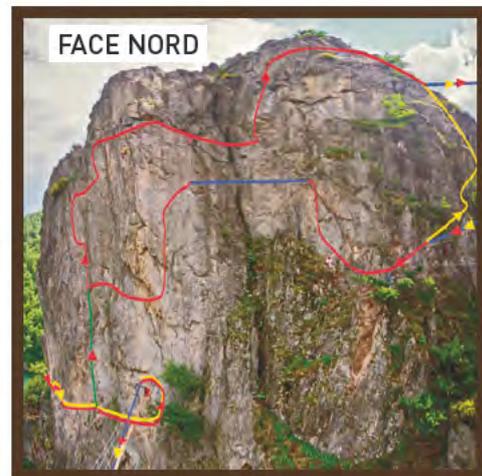
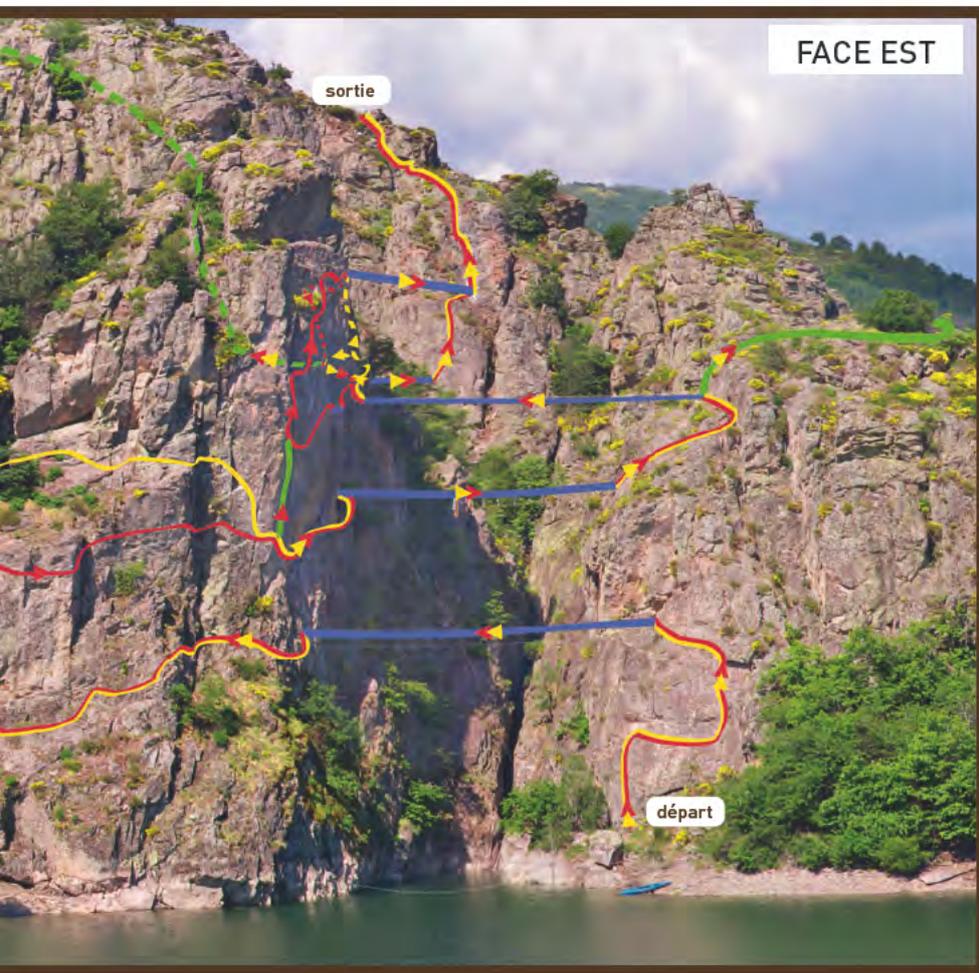
Exposition : Northeast, Northwest  
 Time : 3 h - 4h30  
 Altitude : 617 m - 670 m  
 1 suspension bridge  
 6 cable bridges  
 2 Nepalese bridges  
 1 zip-line  
 1 balance beam



GPS:  
 N 44.44889  
 E 003.90295

	<b>Parcours facile</b>
	<b>Parcours difficile</b>
	<b>Raccourcis Retour</b>
	<b>Passerelle Ponts Tyrolienne</b>







## VIA FERRATA DU LAC DE VILLEFORT



### Commune de Pourcharresses

**Getting there :** from Villefort, take the RD901 toward Mende. On leaving Castenet, take the first left, then cross the Altier river and follow the signs for the via ferrata. This small road follows the right bank of the lake until you arrive at a hairpin turn where you can park your car.

From here you see the remarkable and imposing Chateau de Castenet sitting on the water's edge.

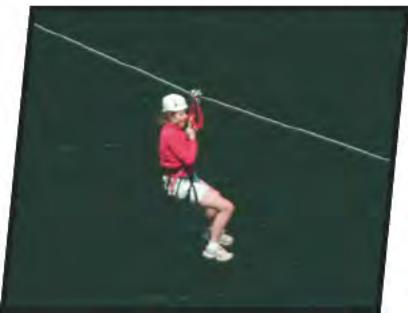
**Access :** on foot, a 15 minutes easy walk along the lake brings you to the start of the via ferrata. You can also reach the via ferrata by boat as the start is right on the lake's bank.

**Description :** there are two routes, moderate (yellow) and difficult (red), with some shared sections on the via ferrata. Beginning with a short

climb to a "Nepalese bridge" spanning an impressive canyon, the via ferrata traverses left to where it splits: the yellow route descending to the lake and the red route taking a more vertical path to regain the canyon more quickly. The two routes rejoin at a long suspension bridge where a difficult short cut (not for the faint of heart) climbs steeply to rejoin the red route without crossing the canyon. The rejoined routes cross the canyon and climb to another Nepalese bridge where an escape route rejoins the access trail. Cross the bridge and either go left to continue on the red route or go right to the zip-line, or a cable bridge or another escape route (30 minutes walk to the car park). The red route rejoins the yellow at the zip-line.

The return to the car park is 15 minutes.

**Informations :** Office de Tourisme 04 66 46 87 30



# VIA FERRATA DE ROUSSES

Légende	
Facile <i>Easy</i>	
Moyennement facile <i>Moderate</i>	
Difficile <i>Difficult</i>	
Très difficile <i>Very difficult</i>	

	Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
<b>Parcours facile</b> <i>Easy route</i>		
<b>Parcours difficile</b> <i>Difficult route</i>		

	<b>Parcours facile</b>
	<b>Parcours difficile</b>
	<b>Passerelle Ponts Tyrolienne</b>



Exposition : Est, Ouest

Durée : 2 - 3 h

Altitude : 755 m - 785 m

2 passerelles

1 pont de singe

2 tyroliennes

*Exposition : East, West*

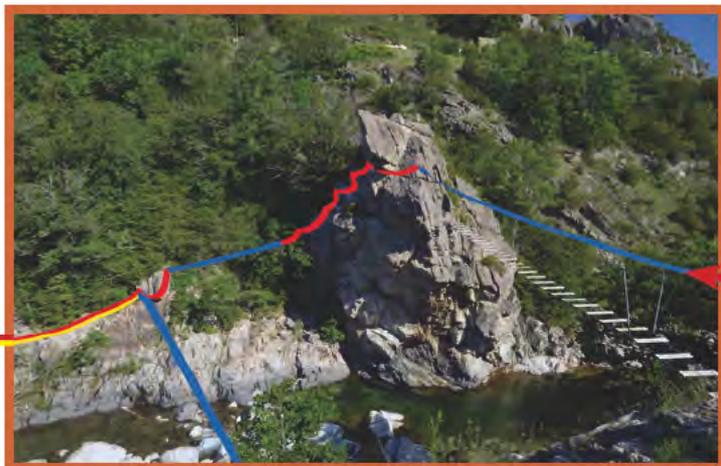
*Time : 2 - 3 h*

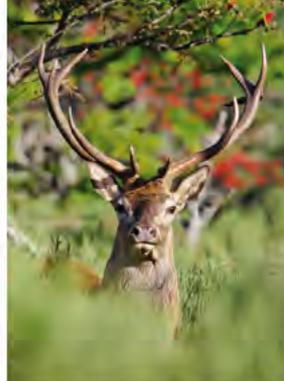
*Altitude : 755 m - 785 m*

*2 suspension bridges*

*1 cable bridge*

*2 zip-lines*





road along the River Tarnon 800 meters downstream of the Tapoul Canyon.

**Description :** two routes, easy and difficult, interlace on both sides of the river. The central section of the via ferrata is on the water's edge so a jump in the river on a hot day should not be



## VIA FERRATA DE ROUSSES

### Commune de Rousses

**Getting there :** from the town of Florac in the Gorges de Tarn, take the RD907 toward Vébron. From the Mont-Aigoual, take the RD18 to Cabrillac, then the RD119 toward Massevaques (Tapoul Canyon) and descend to the village of Rousses.

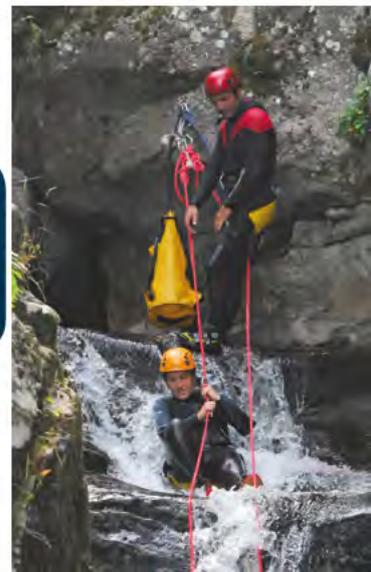
**Access :** on foot, from the village where the car park is, follow the RD18 for 1.25 km toward Massevaques. You will find the via ferrata below the

ruled out.

Keeping in mind that sections of the via ferrata are just above the river, pay particular attention to the water level and turn back if deemed to high for safety.

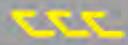
The Rousses via ferrata is situated in a unique and peaceful corner of the Cévennes. It is well suited to beginners and families.

**Informations :**  
**Offices de Tourisme**  
**Florac 04 66 45 01 14**  
**Meyrueis 04 66 45 60 33**



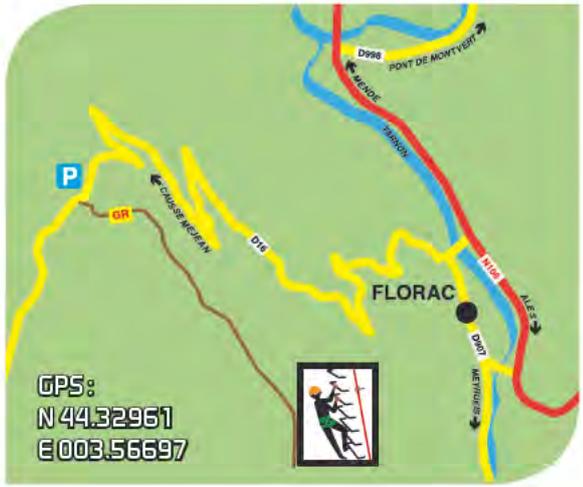
# VIA FERRATA DE ROCHEFORT FLORAC

Légende	
Facile <i>Easy</i>	
Moyennement facile <i>Moderate</i>	
Difficile <i>Difficult</i>	
Très difficile <i>Very difficile</i>	

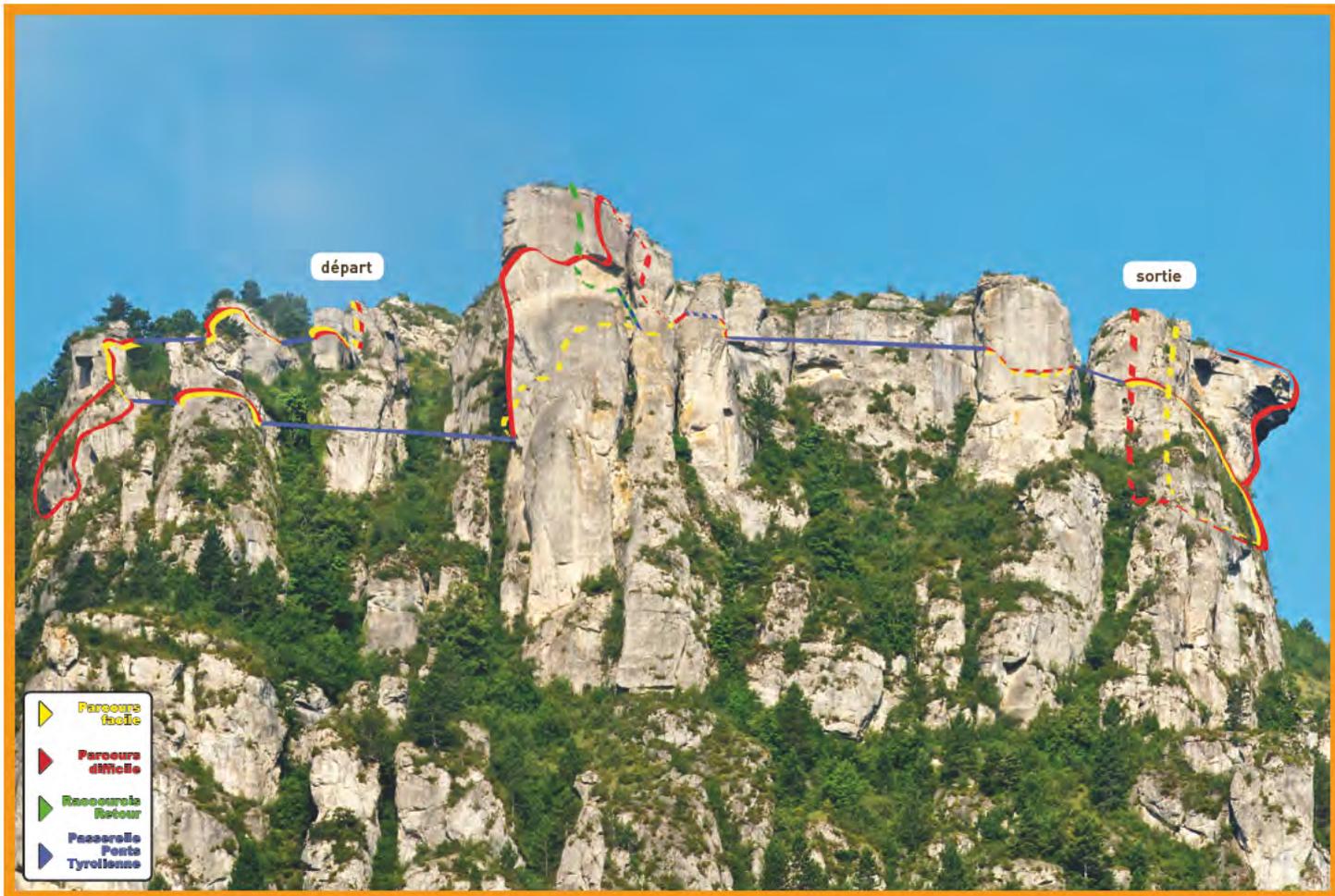
	Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
<b>Parcours facile</b> <i>Easy route</i>		
<b>Parcours difficile</b> <i>Difficult route</i>		

Exposition : Sud-Est,  
Nord-Est  
Durée : 3 - 4 h  
Altitude : 960 m - 1020 m  
2 passerelles  
3 ponts de singe  
1 pont népalais  
1 tyrolienne

*Exposition : Southeast,  
Northeast  
Time : 3 - 4 h  
Altitude : 960 m - 1020 m  
2 suspension bridge  
3 cable bridges  
1 Nepalese bridge  
1 zip-line*



GPS:  
N 44.32961  
E 003.56697



## VIA FERRATA DU ROCHEFORT

*Commune de Florac*

*Getting there* : from Florac, take the RD16 to the Col de Pierre Plate on the Causse Méjean. 150 meters after the col there is a large carpark on the right.

*Access* : follow a marked path from the carpark to the obvious antenna on the cliff's edge. From there a path along the rim of the Causse Méjean leads to the via ferrata (30 minutes from the parking).

*Description* : the two routes, moderate (yellow) and difficult (red), begin by a traverse in a small canyon. The traverse ends with a spectacular view of the Florac valley and the rest of the via ferrata. After a suspension bridge and then a Nepaese bridge, the two routes separate; the yellow route attains the long suspension bridge and the red route descends steeply and then returns to rejoin the yellow at the bridge.

After the bridge, the two routes divide with the yellow taking an easy traverse and the red climbing steeply on the Ron de Picard.

The two routes rejoin again on the other side of the tower where a 50 meter zip-line (optional) allows access to the immense Rochefort Pillar. The yellow route follows a ledge at mid-height to exit by a small canyon while the red route strenuously climbs to the summit.

Long and vertiginous, the via ferrata du Rochfort is not advised for those suffering from vertigo.

**Informations : Office de Tourisme 04 66 45 01 14**



# VIA FERRATA DE MENDE

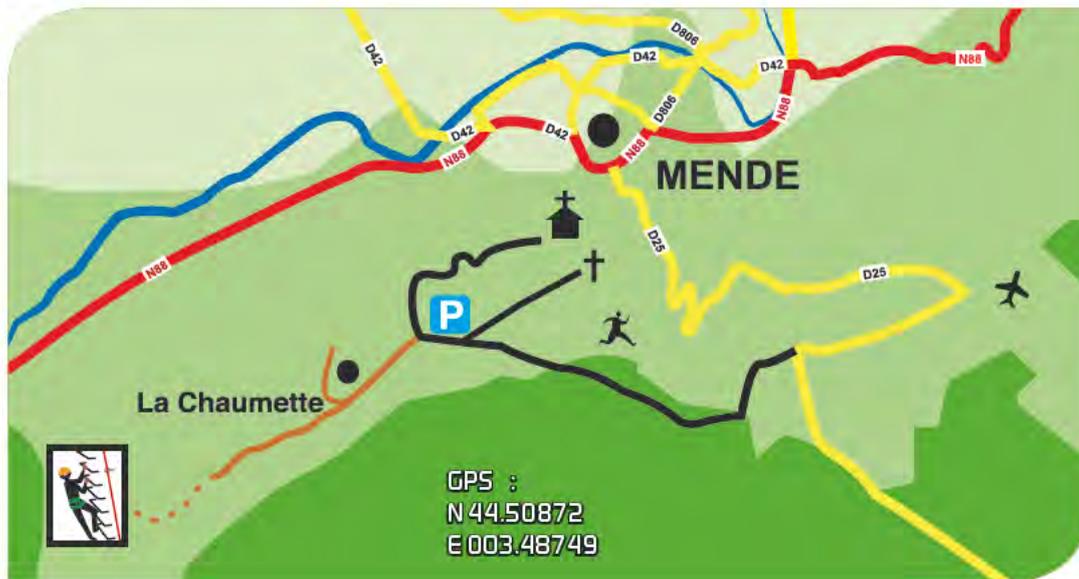
## Cœur de Lozère

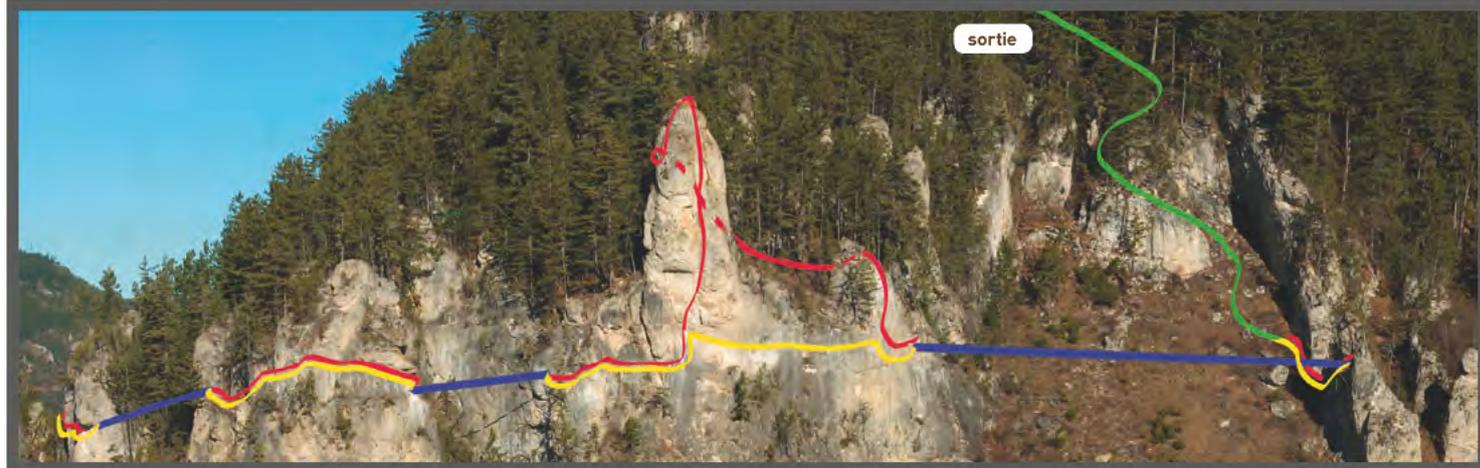
Légende	
Facile <i>Easy</i>	
Moyennement facile <i>Moderate</i>	
Difficile <i>Difficult</i>	
Très difficile <i>Very difficile</i>	

Exposition : Ouest, Sud  
 Durée : 2 - 3 h  
 Altitude : 890 m - 940 m  
 2 ponts de singe  
 1 pont népalais  
 1 passerelle  
 1 tyrolienne de 35 m

Exposition : West, South  
 Time : 2 - 3 h  
 Altitude : 890 m - 940 m  
 2 cable bridges  
 1 Nepalese bridge  
 1 suspension bridge  
 1 zipline 35 m

	Passages aériens <i>Exposure</i>	Passages physiques <i>Strenuous sections</i>
<b>Parcours facile</b> <i>Easy route</i>		
<b>Parcours difficile</b> <i>Difficult route</i>		







## VIA FERRATA DE MENDE

### Cœur de Lozère

### Commune de MENDE

**Getting there :** from the Place du Foirail de Mende, take the RD25 toward the airport, then right toward the Croix du Montmimat. The car park for the via ferrata is the same as that for the parcours de santé (fitness trails).

**Access :** from the car park, follow the path toward the abandoned village La Chaumette. A marked path leads to the start of the via ferrata (10 minutes).

**Description :** the two routes (easy and difficult) share the start, traversing to a large hole in the cliff at which point they separate; the easy (yellow) route traversing low and outside the hole and the difficult (red) route

exiting the hole by a 6 meter overhanging headwall. Shortly afterward, the two routes rejoin to regain the base of a 30 meter pillar. The red route climbs vertically to attain the summit while the yellow route stays low to rejoin the red route at the 35 meter zip-line.

A marked path indicates the return to the car park or the start of the via ferrata.

The via ferrata de Mende Cœur de Lozère is situated on the west edge of the Causse de Mende. It's first half faces west above the River Lot and the second half faces south.

**Informations :** Office de Tourisme 04 66 94 00 23

