

MTB route no.30 Marnaves rouge



④ Hard 45 min 5.5km 273m -273m Loop

Departure : Parking opposite the cemetery in Marnaves

Arrival : Same place as the start

Markings : 🚩 VTT

Cities : 1. Marnaves

Short but intense and technical circuit—not to be missed.

📍 Information Desks

Office de tourisme - Accueil de Cordes-sur-Ciel

Maison Fonpeyrouse, 34 Grand rue Raimond VII,
81170 Cordes-sur-Ciel

info@latoscaneoccitane.com

Tel : 0 805 400 828

<https://www.la-toscane-occitane.com/>

Office de tourisme - Accueil de Milhars

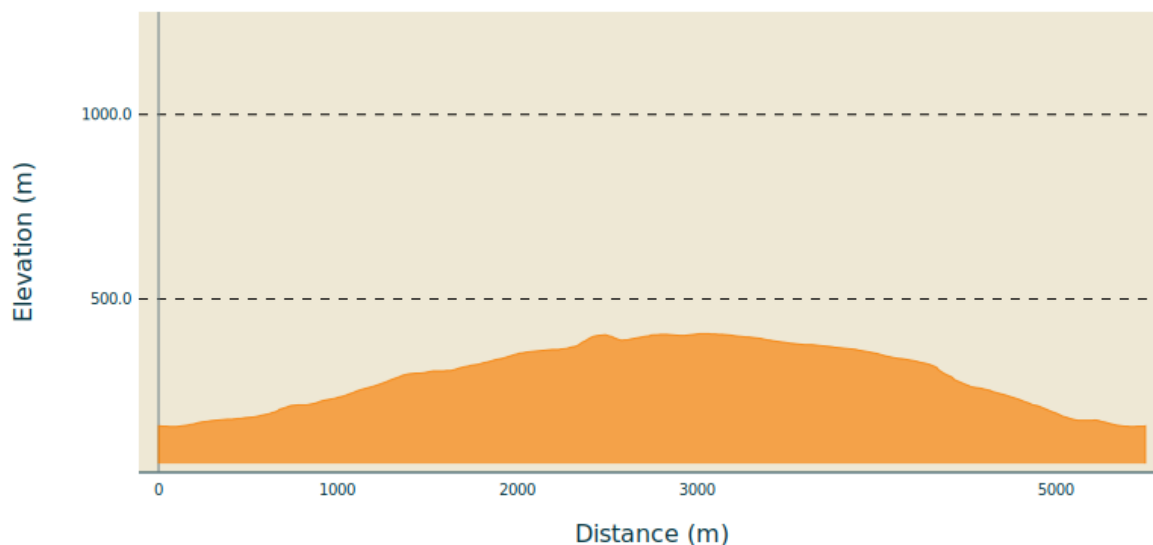
10 route de Cordes, 81170 Milhars

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Altimetric Profile



Min elevation 154 m Max elevation 406 m



Description

Starting from Marnaves, take the road to Lissart and then turn right onto the red dirt trail leading up to the pumping station. After a few challenging switchbacks, cross the local road and follow the path that climbs up to St Jean.

Once at the top, descend via the GR de Pays trail (to the right) back to the village on a rather steep descent. Finally, cross the village and return to the picnic area opposite the cemetery.