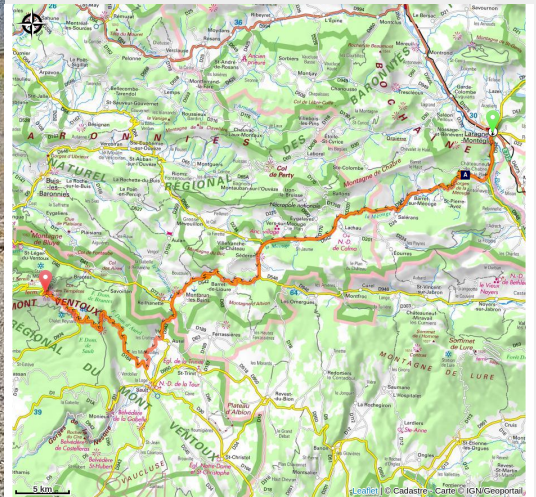


# From the Buëch to Mont Ventoux by bike

Laragne / Méouge - Laragne-Montéglin



Mont Ventoux (Jérémy Foucart)



*This challenging and demanding route connects the Buëch River to Mont Ventoux and its legendary summit. A 83-kilometer (one-way) journey through Provence and the mountains, winding through the Baronnies Provençales, awaits cycling enthusiasts. Whether you choose to complete the route in one day or spread it over several, you can tailor your stages to suit your preferences and discover this route's diverse and beautiful landscapes.*

## Useful information

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Practice : Cycling

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Duration : 1 day

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Length : 83.1 km

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Trek ascent : 2235 m

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Difficulty : Hard

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Type : Crossing

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Themes : Panorama, Summit and pass

# Trek

**Departure** : Tourist Information Office,  
Laragne-Montéglin

**Arrival** : Tourist Information Office,  
Laragne-Montéglin

**Markings** :  Cyclo

**Cities** : 1. Laragne-Montéglin

2. Val Buëch-Méouge

3. Barret-sur-Méouge

4. Saint-Pierre-Avez

5. Salérans

6. Ballons

7. Lachau

8. Eygalayes

9. Vers-sur-Méouge

10. Séderon

11. Barret-de-Lioure

12. Montbrun-les-Bains

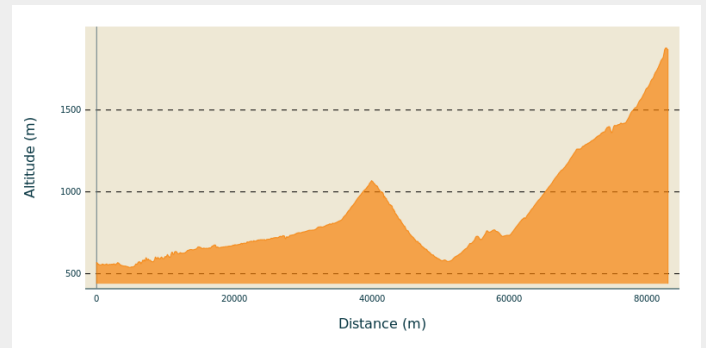
13. Reilhanette

14. Aurel

15. Brantes

16. Saint-Léger-du-Ventoux

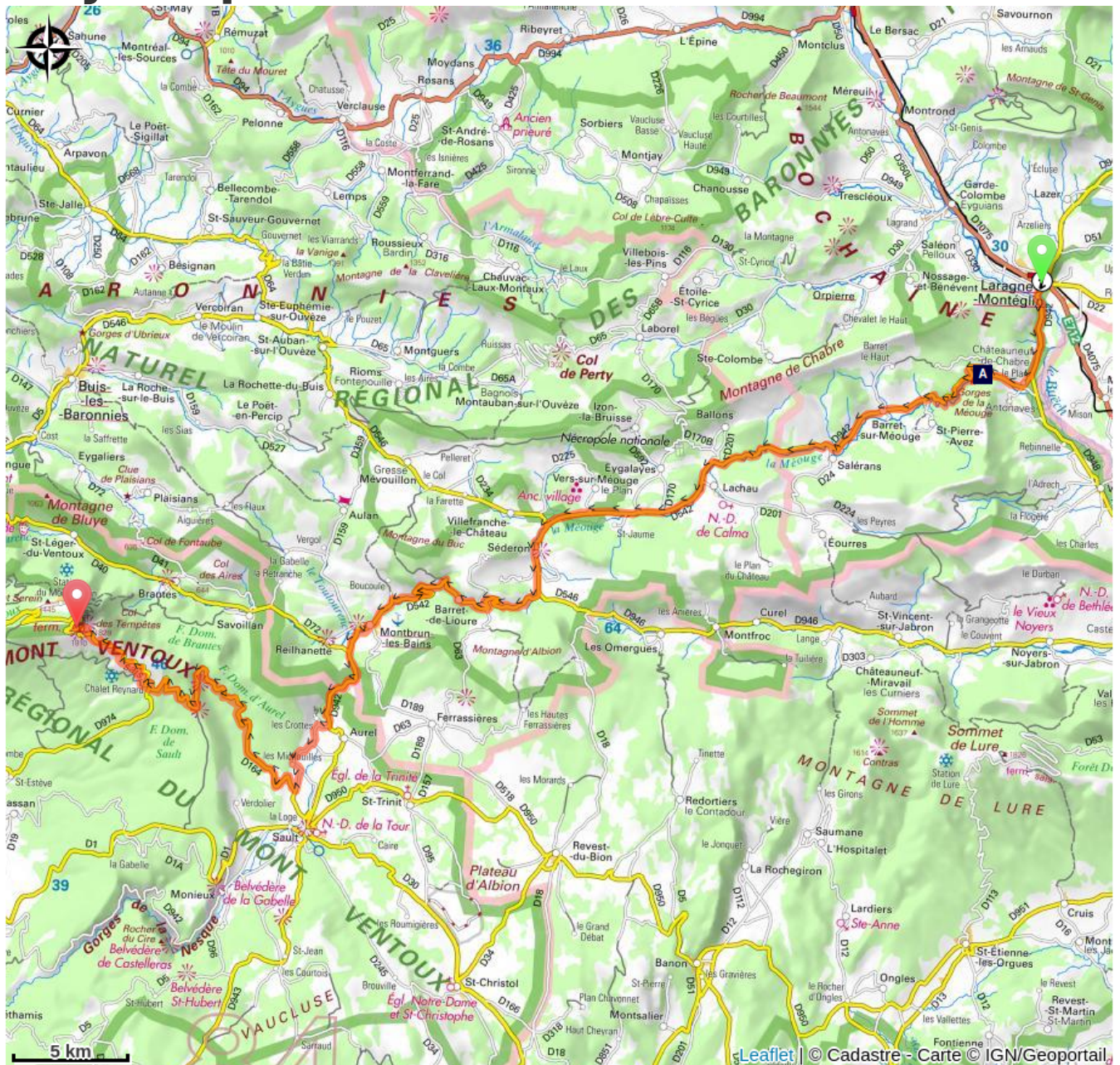
## Altimetric profile



Min elevation 539 m Max elevation 1879 m

From Laragne-Montéglin, drive through the Méouge Gorge until you reach Séderon. Continue on to Montbrun-les-Bains, then take the D942 before beginning the climb up the legendary Mont Ventoux.

# On your path...



📍 The Méouge canyon (A)

# All useful information

## **Advices**

- The Sisteron-Buëch region has been designated an “Espace Cycloport” by the French Cycling Federation and meets high standards for welcoming road cyclists.
- The climb up Mont Ventoux is one of the most challenging. It requires training and familiarizing yourself with specific recommendations to be ready to tackle it. For more information, visit [www.ventouxprovence.fr](http://www.ventouxprovence.fr)
- Whether you're cycling for one or several days, tailor your itinerary to suit your preferences. The Sisteron Buëch region offers a variety of lodging options along the way: <https://www.sisteron-alpesprovencales.fr/organiser/hebergements/>

## **How to come ?**

### Transports

Let's limit our trips and use public transportation and carpooling: <https://zou.maregionsud.fr>

### Access

From Sisteron (18 km), take the D 4075 and then the D 1075 north to Laragne-Montéglin.

### Advised parking

Netto supermarket parking lot, Laragne-Montéglin

## **Information desks**

### **Office de Tourisme Sisteron Les Alpes Provençales - bureau de Laragne**

Place des Aires, N° 05300 Laragne-Montéglin

laragne@sisteron-buech.fr

Tel : 04 92 65 09 38

<https://www.sisteron-alpesprovencales.fr/>



# On your path...

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## The Méouge canyon (A)

Shaped by the same named stream , the Gorges de la Méouge are breathtaking. Protected site (Natura 2000 Zone), the gorges offer marvelous viewpoints accessible by the surrounding trails.