

The Loubière plateau via the Frégière

Des falaises de Roquefort au Rougier



Loubière (Roquefort Tourisme)



From the Sorgues valley, reach the Croix del Pas: the fields and hills around the Rougier camarésien unfold before your eyes and display a rolling patchwork of green and red colours that extends to the monts de Lacaune.

The village of Lapeyre, situated in the Sorgues valley, offers you to stride along the foothills of the Loubière plateau via the Frégière former plaster mine. This hiking loop follows rural and wooded trails, and on the way back, goes through a buissière (narrow passage between two lines of boxtrees). As you get closer to the plateau, look for the early signs of a changing

Useful information

Practice : Trekking

Duration : 2 h 30

Length : 7.6 km

Trek ascent : 422 m

Difficulty : Easy

Type : Loop

Themes : Agropastoralism, Flora, Panorama

landscape: the Rougier and its typical wine-coloured rocks are not far from here!

Trek

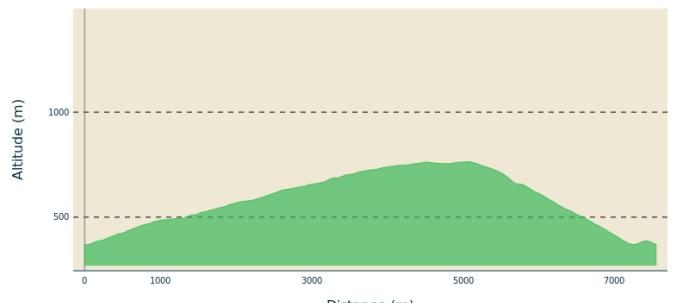
Departure : Parking area at the graveyard in Lapeyre

Arrival : Parking area at the graveyard in Lapeyre

Markings : — PR

Cities : 1. Versols-et-Lapeyre
2. Gissac

Altimetric profile



Min elevation 369 m Max elevation 764 m

1. From Lapeyre to the Croix del Pas : from the carpark, take right the D92 for a few metres then, fork to the right on the « la Mine » path which runs along the Frégière ravine and passes close to the former plaster mine. Carry on the path which goes parallel to the fields and leave to the right the Clipis trail. When you reach the Puech Mets farm, do not enter the hamlet, but carry straight on towards the buissière. Follow trail markings up to the Croix del Pas.
2. From the Croix del Pas to the Serre des Cabros : at the pass take the most left track that runs through a wooded area and goes along a field. At the junction with the trail, take right for a few dozen metres a narrow footpath that leads to a scenic view over the Rougier and the castle of Montaigut. Walk back to the wide trail up to a signpost indicating Lapeyre.
3. From the Serre des Cabros to Lapeyre : take the track that runs downhill through box trees up to the road to Puech Mets, cross the road and take opposite the path which leads to the D92 and joins Lapeyre.

On your path...



The del Pas cross (A)
 Wild orchids (C)

A view over the Sorgues valley (B)
 Saint-Caprais church (D)

All useful information

⚠️ Advices

Box tree months are active from May to October. During the caterpillar phase, they feed on the leaves of box trees. They crawl down trees and move on long silken threads, although these threads are annoying when hiking they do not pose any health risk

🎒 Gear

Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Travel by bus or train: <https://lio.laregion.fr/>

Carpooling : [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

Access

From Saint-Affrique, follow the D7 towards Cornus. Once in Lapeyre, which is the first village you drive through, turn right towards Gissac and park your vehicle next to the graveyard.

Advised parking

Parking area at the graveyard in Lapeyre

ⓘ Information desks

OT Pays du Roquefort

Avenue de Lauras, 12250 Roquefort/
Soulzon

contact@roquefort-tourisme.fr

Tel : 0565585600

<http://www.roquefort-tourisme.fr/>



Source



Communauté de communes du St-Affricain

<http://www.roquefort-tourisme.fr/>

On your path...



✿ The del Pas cross (A)

This large metal cross is situated at the junction of paths, which allows a beautiful view over the two sides of the Loubière plateau, the Sorgues side and the Rougiers side.

Attribution : OT Camarès



→ A view over the Sorgues valley (B)

This path which runs on the southern hillside of one of the Loubière vales will provide you with a wonderful scenic viewpoint over the Sorgues valley and the Frontal Causses.

Attribution : OT Camarès



✿ Wild orchids (C)

The Aveyron provides contrasting and diverse landscapes that will put a spell on you. During your time hiking on the Causses across these large limestone plateaux which cover an area approximately one-third the size of the entire department, you will enjoy a great variety of flora.

Hike through the dry grasslands which are so typical of these landscapes and provide a rich habitat for numerous orchid species with diverse forms, colors and fragrances: Dark-red Helleborine, Lesser Butterfly-orchid, Man Orchid, Lady Orchid, Fly Orchid and many more...

Attribution : OT Camarès



BOOK Saint-Caprais church (D)

Saint-Caprais church stands opposite the entrance to the graveyard. In 1058 it was given to the Saint-Victor Abbey in Marseille. During the middle ages, the church was the centre of a very old parish which included the Lapeyre, Montalègre and Versols castles. In a short period of time a monastery was set up here by the Marseille Benedictine monks, but the 18th century Cassini map only mentions a ruined priory. The rubble of the Romanesque church was cleared away in 1880 revealing its former outline in the ground. The carved tympanum contains several informative details. The upper arch moulding which is ornamented with acanthus leaves intertwined with a 3 braided strand, displays a pattern called “fond de corbeille” (basket weave) on its top. The rose-colored sandstone used in Lapeyre is identical to the type used in Conques. The embossed pattern and the acanthus leaves can also be seen in Conques on one of the capitals, which dates the tympanum during the 3rd quarter of the 11th century. From the graveyard, two arches, the remains of the ancient Saint Sauveur church, can be seen in the village. This church was built on the fortified rock from which the village of Lapeyre was given its name.

Attribution : Roquefort Tourisme