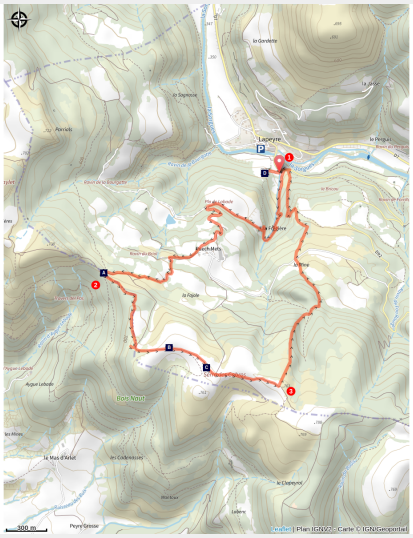
The Loubière plateau via the Frégière

Des falaises de Roquefort au Rougier



Plateau de la Loubière (Fest'Trail Causses & Rougier)



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 : 413 m

Difficulty : Easy

Type : Loop

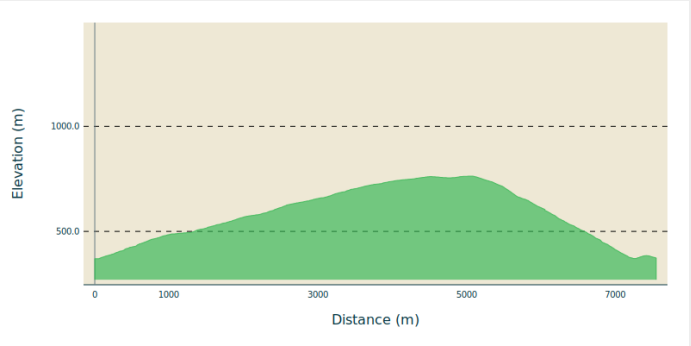
Themes : Agropastoralism, Flora, Panorama

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 370 m Max elevation 763 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 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...


la Gardette
la Jasse
la Sagnasse
Parrials
Lapeyre
le Perguis
Ravin du Perguis
la Sorgues
Ravin de la Bourgatte
le Bricou
Plo de Labade
la Frégière
Puech Mets
Ravin du Briol
la Mine
la Fajole
Travers del Pas
Ravin d'Aygue Lébade
Aygue Lebade
Serre des Cabros
Bois Naut
les Mines
le Mas d'Arlet
les Cadenasses
le Clapeyrol
Mantoux
Labenc
Ruisseau des Buis
Peyre Grosse
Ravin du Bouis
300 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

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/