

Clock a time at the Mur de la Loubière (Trail running)

Des falaises de Roquefort au Rougier



La Loubière (Roquefort Tourisme)



A vertical ascend that provides thrills and excitement. Starting from the Sorgues valley, you will go to conquer the Loubière plateau via the shortest and most demanding possible route!

Be prepared to feel the shot of adrenaline in the pays des Grands Causses. With steep slopes and an abrupt starting throughout woodland, this circuit offers a real challenge for trail runners. A good management of physical effort is essential. Scrambling here is well worth the effort, with at the summit, the plateau de la Loubière displaying a landscape of juniper trees and an unobstructed panorama over the Rougiers.

Useful information

Practice : Trail

Duration : 30 min

Length : 2.1 km

Trek ascent : 387 m

Difficulty : Very hard

Type : Montée

Themes : Panorama

Trek

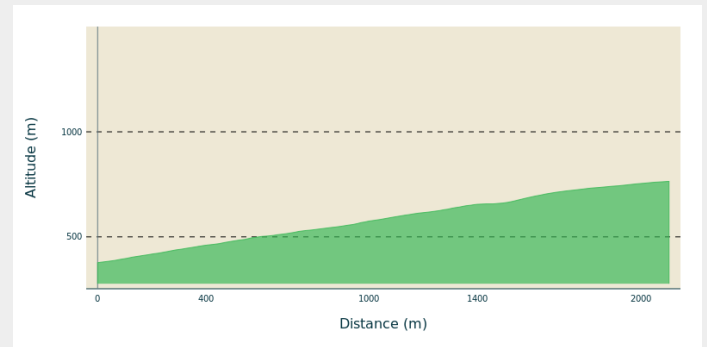
Departure : Lapeyre - Cimetary carpark

Arrival : Lapeyre - Cimetary carpark

Markings : — PR

Cities : 1. Versols-et-Lapeyre

Altimetric profile



Min elevation 377 m Max elevation 764 m

1. A plate indicating "Départ Chrono Mur de la Loubière" is set at the starting intersection. Follow the single track with a yellow marking and the specific arrows "Chrono Mur de la Loubière" up to the junction with the road.
2. Cross the Puech-Mets road and keep going straight ahead following the marking signs "Chrono Mur de la Loubière".
3. When arriving at the edge of the forest, carry straight on towards the Serre des Cabros. The plate indicating "Arrivée Chrono Mur de la Loubière" awaits your arrival at the end of this final straight.

On your path...



All useful information

Advices

Bring one litre of water supply - energy food supply.

Ensure you have good shoes; bear in mind that the path is rather stony and runs on steep slopes.

This course is potentially hazardous in case of bad weather conditions (heavy rainfall, storms).

An efficient warm-up is essential:

Run for twenty minutes before starting the ascending slope.
To record a good time:

1. Take the direction towards Lapeyre and carry on the chemin de Lourdes towards the Pont Vieux.
2. Head towards Gissac and turn on the Chemin du Bricou in the direction of Versols.

Guéna method

Handle the first part of the ascent up to the road by alternating walking and running according to the steepness of the slope.

Beware, the second part of the ascent, which comes after the crossing of the Puech-Mets road and goes up to the Loubière plateau, features a steep grade. If your handling of the first part was good, you could save time during this section!

How to improve your time

There is nothing like competition conditions to give you a boost and help you improve your time. The setting up of the challenge “Chrono Mur de la Loubière” could be a valuable asset to go beyond your limits, sharpen your fighting spirit and beat the time of your trail running fellows!

Recommended physical training

- Speed when running uphill, in practising uphill Maximum Aerobic Speed sessions (two sets of 10 X 30” with recovery by descending)
- Muscular strength, in doing uphill sprinting with core muscle strengthening exercises
- Maximal Aerobic Capacity when ascending (six sets of 3’ with 3’ of fast walking recovery)



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

Cimetary carpark

Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

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

