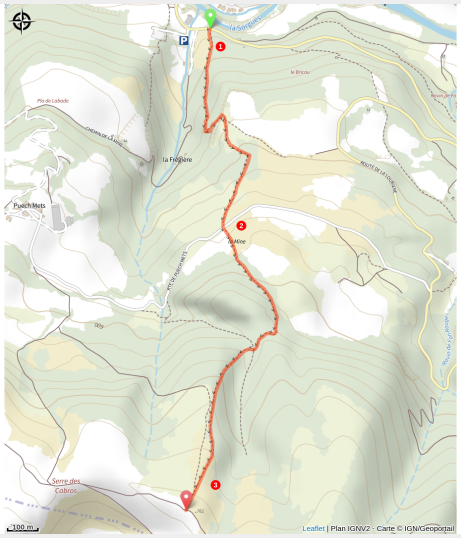
Mur de la Loubière Time Trial

Des falaises de Roquefort au Rougier



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



A steep climb packed with thrills. Starting in the Sorgues Valley, conquer the Loubière Plateau by taking the shortest and most challenging route possible !

Adrenaline-fuelled action in the heart of the Grands Causses. With its steep slopes and abrupt start through the woods, this route is a real challenge for runners. Good effort management is essential. The tough climb is well worth it: at the top, the Loubière Plateau awaits, with its juniper-covered landscape and breathtaking views over the Rougiers.

Useful information

Practice : Trail

Duration : 30 min

Length : 2.1 km

Trek ascent : 380 m

Difficulty : Very hard

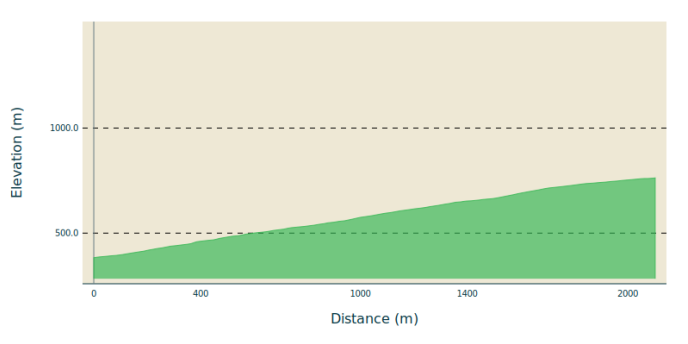
Type : Montée

Themes : Panorama

Trek

Departure : Hiker’s car park below Lapeyre cemetery
Arrival : Loubière Plateau
Markings : PR
Cities : 1. Versols-et-Lapeyre

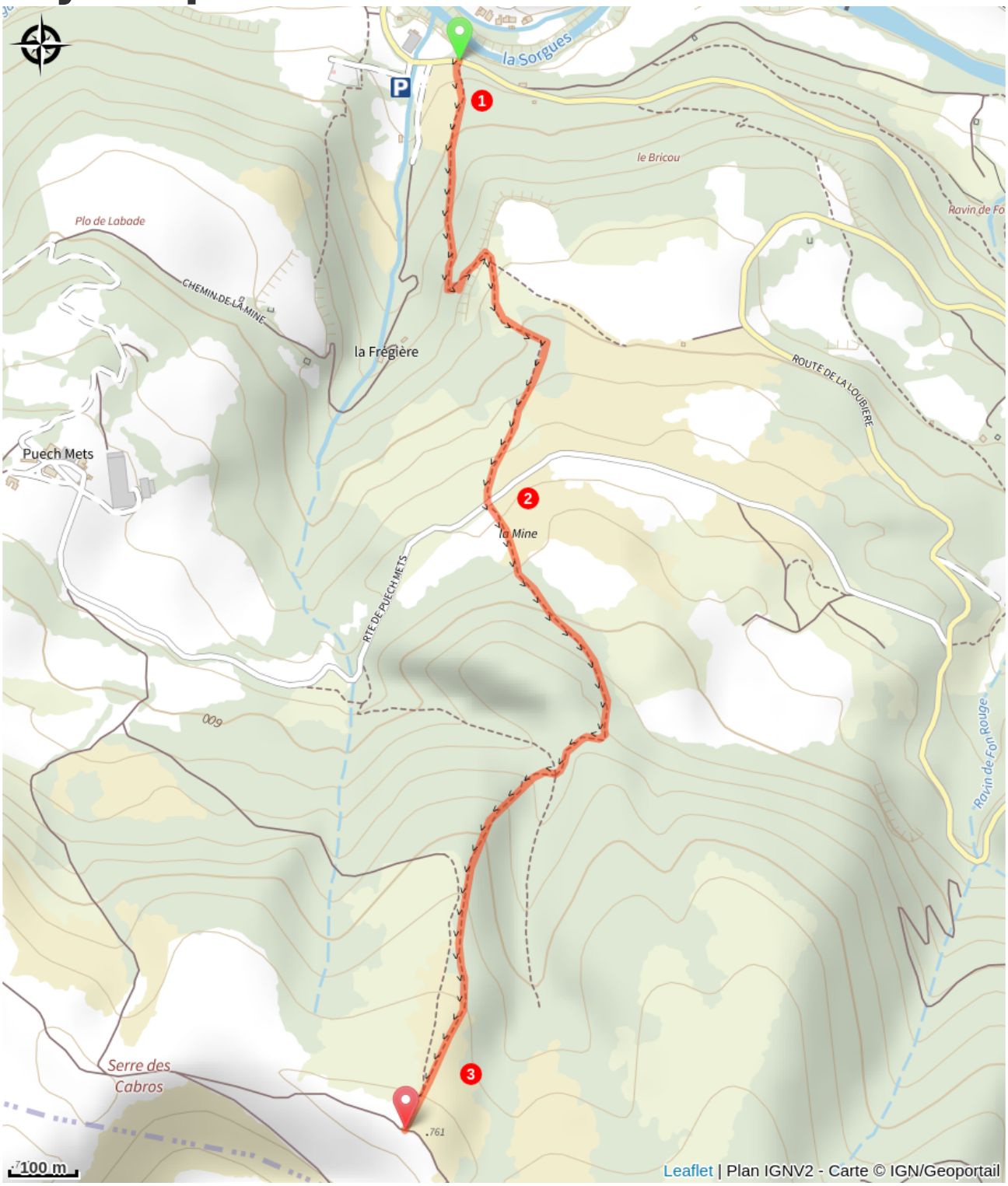
Altimetric profile



Min elevation 383 m Max elevation 763 m

1. The "Départ Chrono Mur de la Loubière" sign marks the start of the route. Follow the singletrack marked with yellow signs and the specific "Chrono Mur de la Loubière" arrows until you reach the road.
2. Cross the Puech-Mets road and continue straight ahead, following the "Chrono Mur de la Loubière" signs.
3. When you reach the edge of the forest, continue straight towards Serre des Cabros. The "Arrivée Chrono Mur de la Loubière" sign awaits you at the end of this final straight section.

On your path...


la Sorgues
le Bricou
Plo de Labade
CHEMIN DE LA MINE
la Frégière
ROUTE DE LA LOUBIÈRE
Puech Mets
la Mine
RTE DE PUECH METS
009
Serre des Cabros
761
100 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

⚠ Advices

Bring 1L 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).

Warm-up

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)

Gear

Bring a supply of water and suitable clothing.

How to come ?

Transports

All the information is available on the Tourist Office website.

Access

Versols-et-Lapeyre : 15 minutes south of Saint-Affrique via the D7 and then the D92.

Advised parking

Hiker’s car park

Information desks

Saint-Affrique Tourist Office
Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr
Tel : 0565585600
http://www.roquefort-tourisme.fr/

