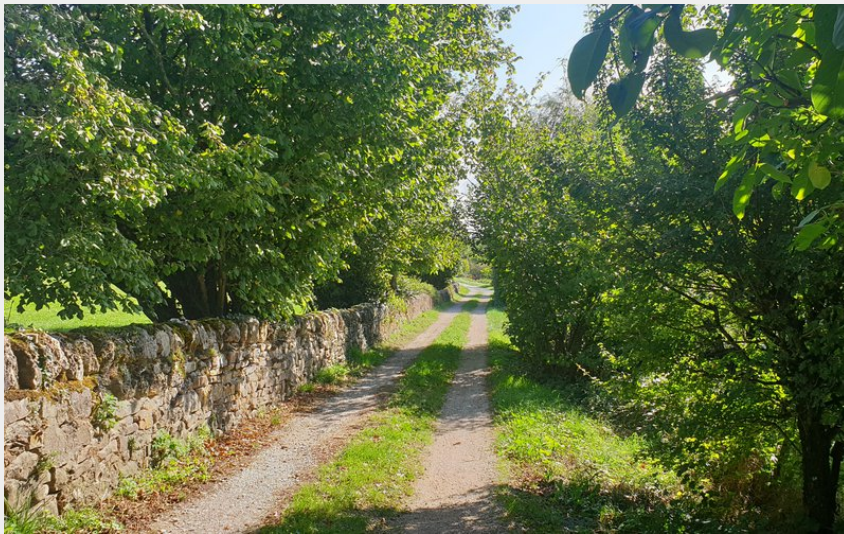
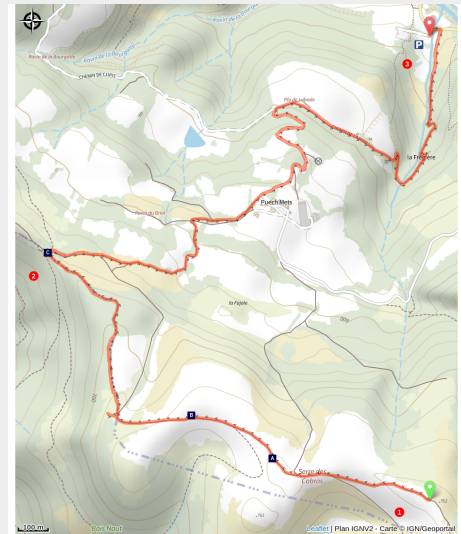


Timed downhill of the Mur de la Loubière (Trail running)

Des falaises de Roquefort au Rougier



La Loubière (Roquefort Tourisme)



A crossing of the plateau de la Loubière that provides some fresh air and highlights its crests and its breath-taking panoramas, before starting an easy downhill towards Lapeyre, via the hamlet of Puech Mets.

Clock a time and run during a timeless course... You are an experienced trail runner and you've just scrambled up the steep mur de la Loubière. Stage two is less intensive: on your way back, you run across the plateau which displays a wealth of wild orchids, along magnificent vistas over the crests, up to the Croix del Pas, which is the starting point of the downhill. A perfect circuit to take a breath of fresh air!

Useful information

Practice : Trail

Duration : 30 min

Length : 5.1 km

Trek ascent : 13 m

Difficulty : Easy

Type : Downhill

Themes : Panorama

Trek

Departure : Plateau de la Loubière

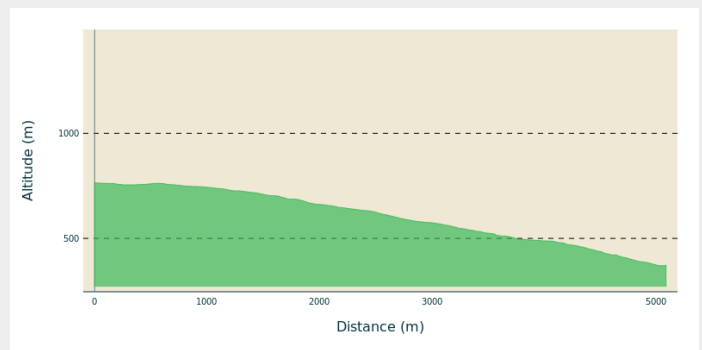
Arrival : Lapeyre - Cimetary carpark

Markings :  PR

Cities : 1. Versols-et-Lapeyre

2. Gissac

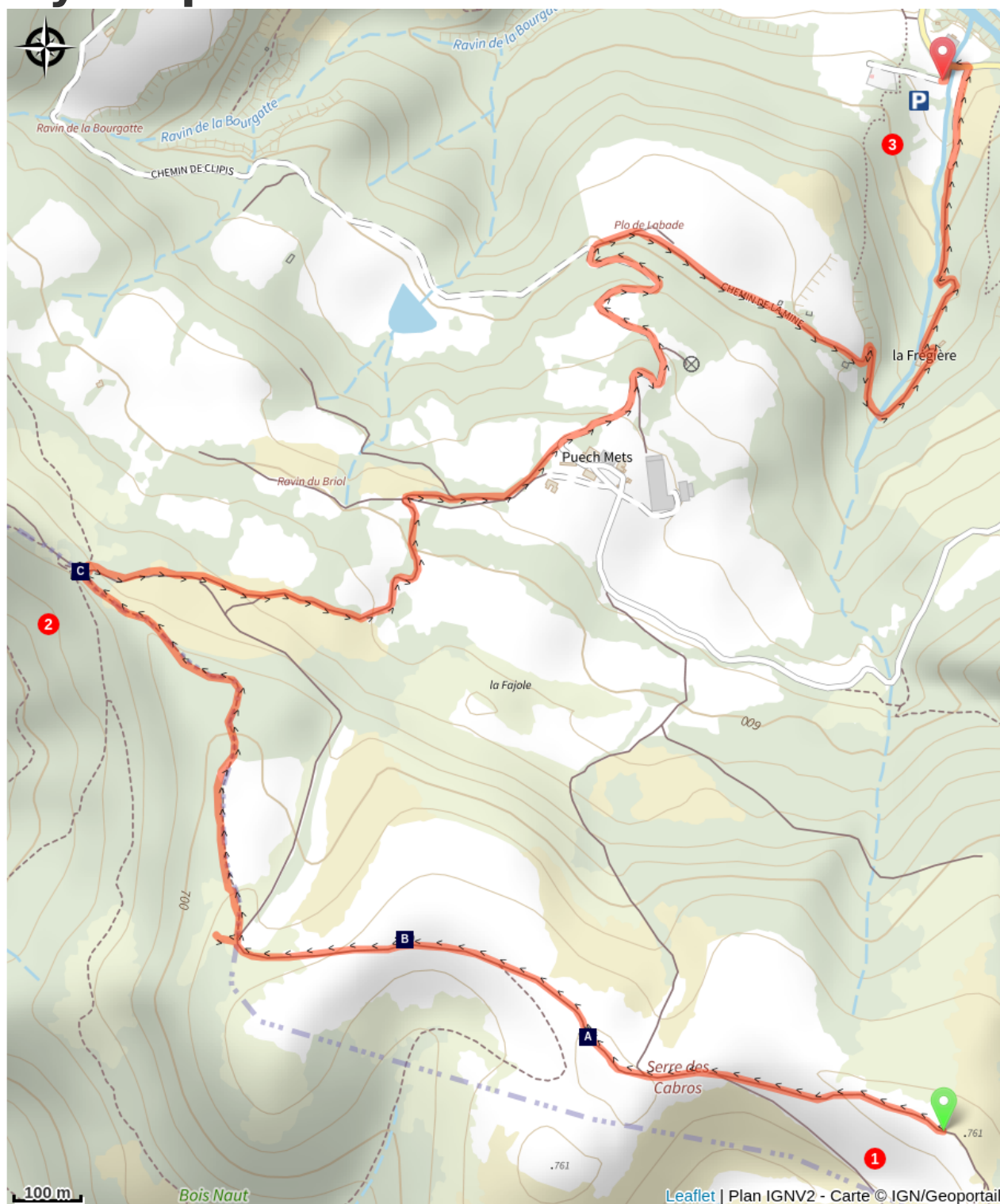
Altimetric profile



Min elevation 370 m Max elevation 764 m

1. Arriving from the "Chrono Mur de la Loubière", follow the marking signs towards the Croix del Pas.
2. Take to the right at the cross and follow the route indicating "Lapeyre par Puech Mets"
3. Go down the track suitable for vehicle up to the Lapeyre graveyard where the carpark is situated

On your path...



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

 A view over the Sorgues valley (B)

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.

Gear

Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Toutes les informations sur le site de [l'office de tourisme](#)

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/>



On your path...



✿ Wild orchids (A)

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



👁️ 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



🏛️ The del Pas cross (C)

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