

VTT N°15 - From La Baraque froide to Fontvive

Des Gorges du Tarn au Causse du Larzac



Sur les traces du chemin de fer... (Virginie Govignon - OT Larzac et Vallées)



Along trails, single-track paths and box hedges, gravitate around La Couvertoirade and explore the Larzac Causse rich in landscaped splendours and unexpected technical difficulties!

Did you know that? The Larzac is not so easy to offer on a platter! This tough ride on the southern part of the Aveyron causse requires good technical skills. But don't stick your head in the handlebars: wide open spaces, steppes and a whole heritage of the typical life of the Causse mark the itinerary. An unsuspected Larzac awaits you at the turns!

Useful information

Practice : VTT

Duration : 2 h 15

Length : 23.5 km

Trek ascent : 296 m

Difficulty : Hard

Type : Loop

Themes : Agropastoralism, Flora, History and heritage

Accessibility : VTTAE

Trek

Departure : La Baraque Froide

Arrival : La Baraque Froide

Markings : ➤ VTT Parc

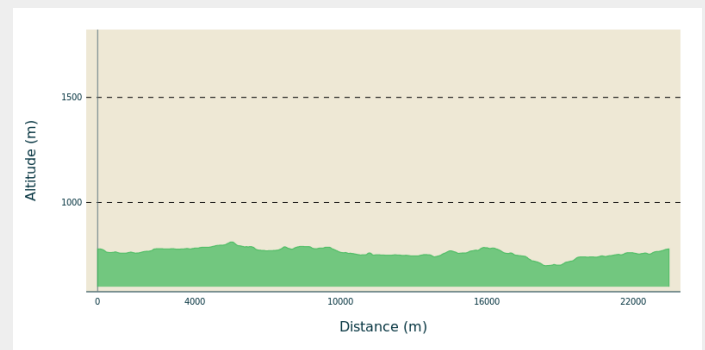
Cities : 1. La Couvertoirade

2. Sauclières

3. Cornus

4. Nant

Altimetric profile



Min elevation 699 m Max elevation 812 m

1. From the car park, go on the track towards south-east to cross the Cazejourdes plain and arrive to the road D55. Cross the road and take the path that is almost in front to ride on a track for about 1km before meeting the road that goes to the "Domaine de Gaillac" (equestrian center, museum of Southern Aveyron Traditions and restaurant).
2. Cross it and continue on a succession of tracks and single-track paths to the road that leads to the famous fortified village of La Couvertoirade (follow it on the left to visit the Templar and hospitaller site).
3. Turn right to get to the D55 and go straight on the road D185 towards "La Pezade" on 700m, then turn right on a track to La Salvetat. After the beautiful typical farm, leave the road to enter a box hedge, parallel to a track and continue to "Le Cun" following a series of magnificent box-lined paths.
4. At "Le Cun" turn right and continue on a well-rolling track for 2km until "La Blaquèrerie". Cross the village to reach the D7.
5. Follow it on the left for 400m then take the right track for 600m before finding a single-track that goes left. Continue on this magnificent path for 1km until "Fontvive", pass in front of the building and go on for 300m.
6. At the junction with the old railway, turn right and continue for 4km, then take the trail on the right to go back to the car park.

On your path...



All useful information

Is in the midst of the park

This itinerary is located in the World Heritage zone Causses and Cévennes, mediterranean agropastoral cultural landscape.

Advices

Cet itinéraire traverse des zones de pâturages et des chiens de protection sont dans les troupeaux pour les protéger.

En présence de chiens de protection :

- arrêtez-vous et descendez du vélo pour qu'ils vous identifient, restez calme et passif, ne les menacez pas, ne les caressez pas
- contournez largement le troupeau et gardez vos distances afin de le déranger le moins possible
- repartez en marchant à côté du vélo
- tenez vos chiens en laisse.

[En savoir plus](#)

How to come ?

Transports

To travel by [bus or train](#), by carpooling [Aires de covoiturage](#) or hitchhiking [Rezopouce](#).

Access

From Millau by the D809, then the D7.

From the motorway A75, exit 48, take the direction of Nant.

Advised parking

At La Baraque Froide, near the cobbled watering place

Accessibility



VTTAE

Information desks

Tourist Office Larzac et Vallées

Place du Claux, 12230 NANT

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<http://www.visit-larzac.com/>



Source



C.C. Larzac et Vallées - Site VTT-FFC N°269



Site VTT cofinancé par l'Union Européenne.