

N°11 the foothills of the Loubière

Des falaises de Roquefort au Rougier



Contreforts de la Loubière (Virginie Govignon)



This circuit somewhat physical, you can discover the foothills of the plateau of the Loubière. The return to the valley follows a beautiful single track route in the beech forest.

You reach the highest point of the ride by cycling up a series of trails and by riding through forest-bordered farmlands. Now it's time for you to enjoy the long and beautiful cycling down... well, if you are keen on riding downhill!

Useful information

Practice : VTT

Duration : 1 h 30

Length : 9.9 km

Trek ascent : 418 m

Difficulty : Hard

Type : Loop

Themes : History and heritage, Panorama

Trek

Departure : Saint-Félix de Sorgues
Arrival : Parking face à l'école primaire
Markings : — PR ⚠ VTT Parc
Cities : 1. Saint-Félix-de-Sorgues

Altimetric profile



On Main Street, take the road to your right which takes you on to the “Pont Vieux” spanning the river Sorgues. After crossing the bridge, cycle to your right for 50 m.

- 1- Take a rather steep ramp to your left that leads towards the farm of the Mas du Souquet.
- 2- Do not take the tarmacked road, but cycle onto the path that follows the contour line and runs to the farm of the Mas de Gély. Go around the farm to the right.
- 3- You will see a cross at the top of a low dry stone wall; carry on along this route towards the hamlet of la Batisse.
- 4- Go around the side of the sheepfold and head westward, then cycle up the 1.5 km path which leads to the top of the hill, rising to 730 m.
- 5- When you arrive at the pass, cycle onto the track which is between the lines of box trees (called a bouissière) that runs towards Vareilles.
- 6- At the base of two high fir trees, ride up the gentle slope to the right.
- 7- Take the left turn, and 100 m further follow on the path that runs down to Saint-Félix going through the hamlet of Saint-Caprazy on the way. This hamlet is a former Commandery and the origin of the existing village.

On your path...



 Saint-Caprasy Estate (A)

All useful information

Advices

When you begin the descent downhill towards Vareilles you will notice the trees on both sides of the buissière (single-track lined with box trees and oak trees) that make the passage very narrow especially with wide handlebars.
Box tree moths 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 St-Affrique drive towards the Sorgues valley via the D7 road up to St-Félix-de-Sorgues (15 km).

Advised parking

St-Félix village hall

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...



Saint-Caprasy Estate (A)

Saint-Caprasy is mentioned as a parish and community in a document dating back to 1026 AD and is an important historic landmark in Saint-Félix. Around 1150, Gaubert de Saint-Caprasy became the first commander of Saint-Félix of the Order of the Knights of Saint John of Saint-Félix, who retained ownership of the property and suzerainty for over 6 centuries.

The domain includes 7 buildings: dwelling house, barn, sheepfold, chapel, and so on...

Attribution : Roquefort tourisme