Saint-Laurent trail

Des falaises de Roquefort au Rougier



Village de Plaisance (Xavier Waerzeggers)



In the western edge of Aveyron, this rising slope that runs to the hamlet of Saint-Laurent makes its way across a landscape mainly covered by woodland and provides you with a stunning panorama over the village of Plaisance.

Saint-Laurent and its medieval church formerly a feudal then a templar possession, , await you a little away from the Rance valley, in the heart of a wooden and farming environment. This hiking loop is rather demanding but the scenic view over Plaisance is well worth the effort! In Saint-Laurent, the 14th century cross with engraved Occitan words must be seen.

Useful information

Practice : Trekking

Duration : 3 h 15

Length : 10.2 km

Trek ascent : 415 m

Difficulty : Medium

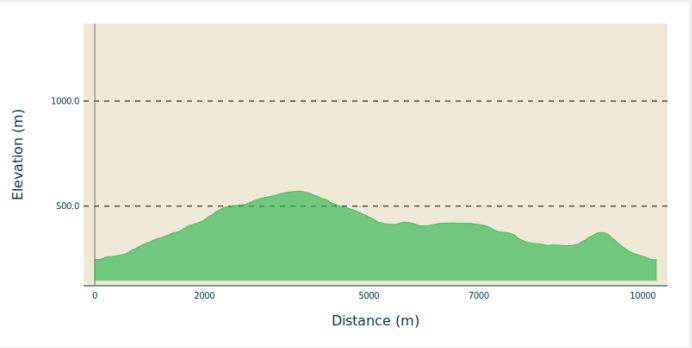
Type : Loop

Themes : Flora, History and heritage, Panorama

Trek

Departure : War memorial in Plaisance
Arrival : War memorial in Plaisance
Markings : PR
Cities : 1. Plaisance
2. Coupiac

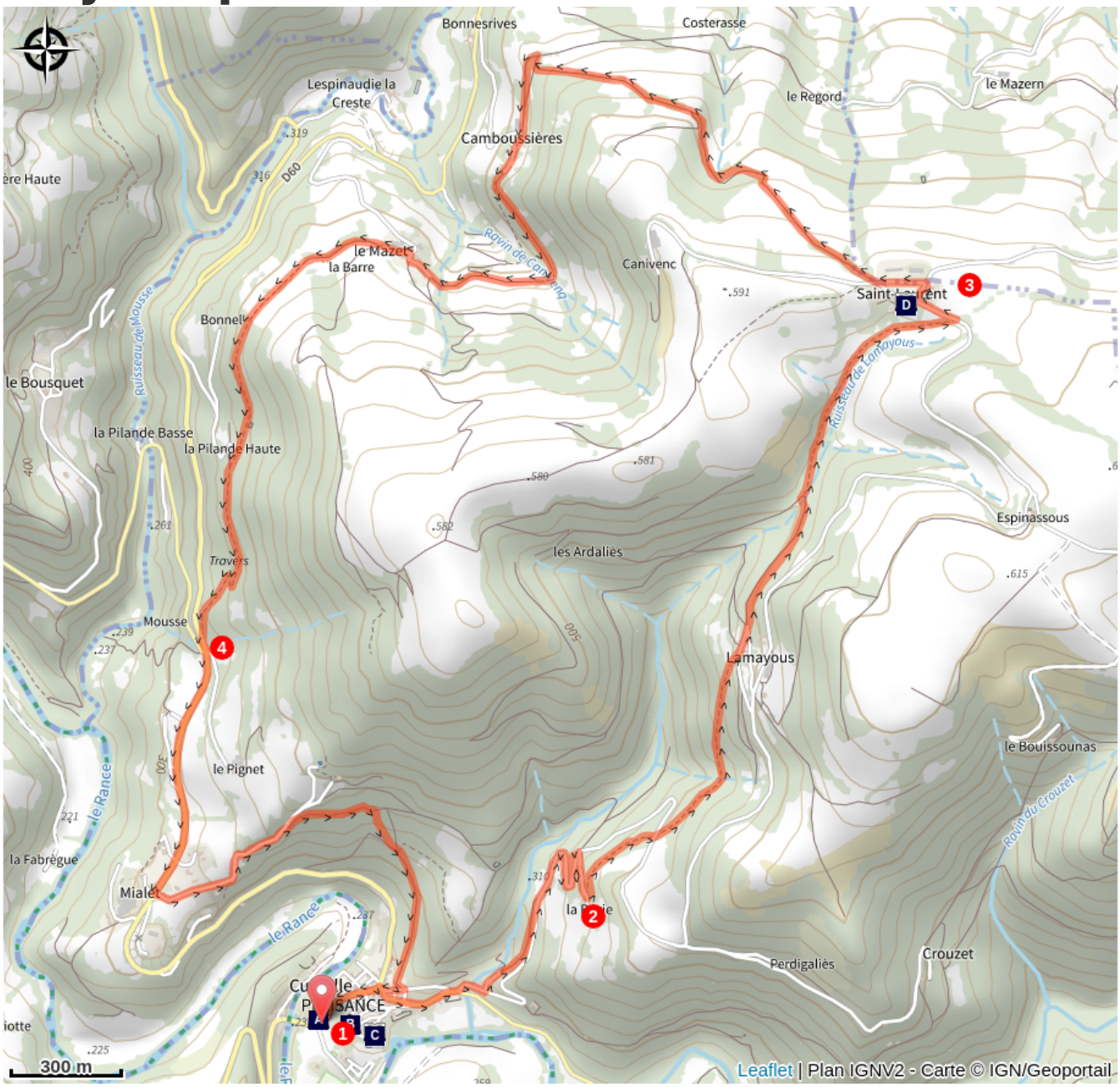
Altimetric profile



Min elevation 245 m Max elevation 571 m

1. Walk to the village centre and turn to the right on road D106 in the direction of Fon DeMas, at the exit of the village turn to the left towards Lamayou. Approximately 30 m further, leave the road and take to the left a dirt road. Starting from the altitude of 250 m in Plaisance, you will reach 570 m in St-Laurent heading your way along a partly shady ascending slope. The path follows the road for approximately 150 m then turns to the right on a track towards la Borie.
2. From this place, walk away from the path a few moments and enjoy the scenic view over Plaisance. Then retrace your steps back to the trail that runs uphill to a place called Lamayous: from this location, head towards Saint-Laurent by a sunken path.
3. Turn to the right at the entrance of the hamlet, then turn left on the road and 140 m further, take to the right a track that goes down towards Camboussières. A short distance before this hamlet, do not take the path on the right that leads to Coupiac. Walk across Camboussières and le Mazet. 50 m further the exit of le Mazet do not miss the track on the right which runs through la Pilande Haute. Keep walking downhill to join the D33 road, which links Coupiac to Plaisance.
4. Take this road towards Plaisance up to Mialet. After the housing estate, turn to the left and walk a rising slope up to the last house. 100 m further, take to the right a path that runs down across woodland towards Plaisance.
5. At the village turn to the right and carry on towards Curevalle to reach the car park.

On your path...



The screw press (A)

The Romanesque Church of Saint Martin (C)

The Saint-Eutrope Cross (B)

Saint-Laurent Church (D)

All useful information

Advices

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 Sernin/Rance, take the D33 road up to Plaisance (approximately a 20 minute drive).

Advised parking

Carpark of the wine-press room in Plaisance

Information desks

OT Pays du Roquefort
Avenue de Lauras, 12250 Roquefort/ Soulzon

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



On your path...



The screw press (A)

This monumental 18th-century press, displayed at the entrance of the village against the façade of the multipurpose hall, is a vivid testament to the region’s winemaking traditions. It is a lever press that was once used in the hamlet of Frayssignes, on the Bonnet family estate, where terraced vineyards thrived thanks to the ideal south-west facing slopes of the Rance Valley. Although screw presses have been known since Antiquity, they were perfected in the 18th century. This particular example, built with oak for the lever and vertical supports and chestnut for the horizontal beam, is especially rare and well preserved. At the beginning of the 20th century, the Frayssignes estate covered nearly three hectares of vineyards.

Attribution : Mairie de Plaisance



The Saint-Eutrope Cross (B)

Dating from the 15th century, the Saint-Eutrope Cross is a remarkable element of the local heritage, listed as a Historic Monument by decree on March 8, 1929. Although it was knocked over by a storm and now stands on a modern base, this stone cross remains a work of great interest. Its distinctive design features two independent faces linked by rings, while the lobes beneath the crossbar recall Gothic crosses. One side depicts the Crucifixion, offering a powerful and timeless representation of Christian faith in the medieval period.

Attribution : Mairie de Plaisance



The Romanesque Church of Saint Martin (C)

Listed as a Historic Monument, the Romanesque Church of Saint Martin is a true gem of medieval architecture. Built in the 12th century, it stands out for the harmonious blend of styles it displays: the choir and transept reflect southern Romanesque features, while the nave, enlarged in the 15th century, adopts Gothic lines. Perched on a rocky promontory overlooking three meanders of the Rance River, this modest building offers a remarkable panorama and is instantly recognizable by its slender octagonal bell tower. Visible from afar – especially when illuminated at night – it seems to watch over the Rance Valley. Inside, a 15th-century cross, a relic of the Knights Hospitaller of Jerusalem, bears witness to the site’s rich religious history.

Attribution : Virginie Govignon



📖 Saint-Laurent Church (D)

Dating back to the 13th century, Saint-Laurent Church stands as a significant testament to the presence of the Knights Hospitaller of Jerusalem in the region. Initially attached to the Commandery of Martrin, it was granted to the Order by the Viscount of Broquiès at the end of the 12th century. Rebuilt in the 15th century, the church is a sober yet representative example of medieval religious architecture. While the bell tower was restored in the 1990s, it is above all the Hospitaller cross and the remains from this period that capture visitors’ attention —most notably the original Cross of Saint-Laurent, now preserved in the church of Plaisance.

Attribution : Mairie de Plaisance