Le Cayla footpath

Des falaises de Roquefort au Rougier



Hameau du Cayla (Xavier Waerzeggers)



This hike that leads you from the ridges of Martrin to the Gos valley and throughout a landscape of low rolling hills displays a rich vernacular heritage which is overlooked by the Cayla wine-coloured Romanesque church.

The beautiful village of Martrin welcomes you to enjoy a long-distance hike that goes up to the hamlet of le Cayla clinging to a rock above the Gos valley. From the hospitallers tower of Martrin to the steep paved streets in Le Cayla, through the Sant-Exupère magnificent site and along the low dry stone walls, a whole unexpected heritage unveils before your eyes.

Useful information

Practice : Trekking

Duration : 4 h 30

Length : 13.8 km

Trek ascent : 454 m

Difficulty : Medium

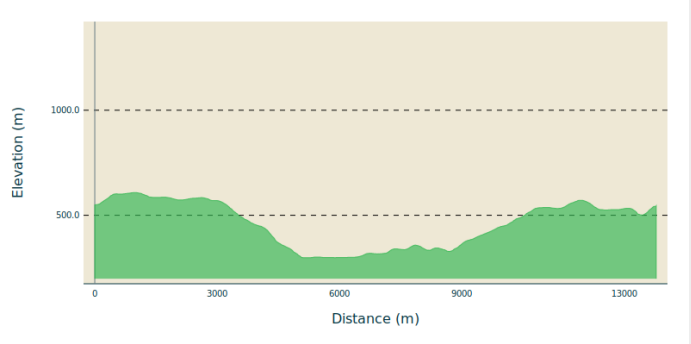
Type : Loop

Themes : Flora, History and heritage, Panorama

Trek

Departure : Car park on the village square in Martrin
Arrival : Car park on the village square in Martrin
Markings : PR
Cities : 1. Martrin
2. Coupiac

Altimetric profile



Min elevation 298 m Max elevation 608 m

1. From the village square, pass behind the cross and move forward into the lane that runs between two houses. Above the stadium, head your way towards the housing estate. On the height of the village, turn to your left and follow the track on the left hand side that runs along the crest of the ridge until you reach the road connecting Coupiac to Martrin.
2. On reaching the Croix de l'Amandier intersection, carry straight on ahead walking along a tarmac road, then turn right along a dirt trail. At the bottom of the trail take the walled path to your left that goes towards Monteillet.
3. Walk across the hamlet and turn right by the cross, take the path lined with box trees. Join the road nearby the St Exupéry church and turn left towards the bridge.
4. During low-flow periods of the stream, rather than walking over the bridge, follow the road for 350 m and turn right towards Pouillé. Walk through the hamlet (ancient mill) and follow the trail for just over 1 km. Tread along the brook that marks the edge of the meadow, and then ford the brook and walk back to the D 106.
5. Alternative route suitable during high-flow periods or if you are worried about having your feet wet: cross the bridge and follow the road to your left.
6. Go along the road to your left then towards the village of Le Cayla and follow the small lanes towards the church, then turn left and take to the right hand the tarmac road. Follow the dirt path to the left and walk across the brook. Further on, walk across another "riu" (brook) just before a small path to the right that takes you up to the fields.
7. Take the first left turn and then the next left immediately after that and walk along past the Livignac farm, then take the left hand path along the side of the sheepfold. As you make your way out of the woodland, head along a field and then join the dirt path to your left that brings you to a tarmac road.
8. Just before a large chestnut tree, fork to the right towards Martrin and follow the signboard "La Parenque": Here you pass behind a building and go back to Martrin by a steep-sided path. Cross the municipal road to get back to the village.

On your path...



Esplas
Cabanis
Rudelle
la Bessède
Vergnolis
la Vaysse
Masnau
la Fabrègue
la Borie de Poujol
le Bosc
Salabert
Coustou
Menjaune
les Arraillasses
Joulayrou
la Marquié
Moulinet
Framouly
Ladrech
COUPIAC
Ruisseau de Mousse
la Coste
la Boriette
le Mas d'Anial
la Prade
Lapaloup
Calmejane
Mas de Pujol
Revelatis
la Gautette
le Mas de Clary
Cabressier
le Vergnet
Ventadouyre
la Glauzure
Ladrech
les Balkis
le Mas Vialo
la Borie de Vaquier
Jueris
Jouvayrac
Cloutarie
Loubac
Ruisseau le Verdier
la Frayssinette
la Lande
Rayrolles
la Borie Basse
la Bertarié
le Bourdi
l'Amandier
le Soulayrol Haut
Puech Méja
le Truquel
Lacaze
Catonnières
le Pagesier
le Théron
le Soulayrol Bas
Coudayrolles
la Cloutarié
la Parenque
la Remoutarie
Recoules
le Tracarié
Lauselarié
la Létarié
les Fargues
Rebault
Puech de Gros
Cante-Perdrix
Rieu Cros
Saint-Exupère
Bois du Four
la Cousinié
Saunals
Pouillé
Ligounet
la Lausière Haute
Vergnerette
la Molière Basse
le Pradal Haut
le Négral
la Molière Haute
la Careyrié
Brugayrous
le Fajas
le Cayla
la Berdalo
Rieutort
la Borie Basse
le Mas
le Mas Vert
la Descarié
la Maynobe
les Bessières
Longuevernhe
Fontanilles
Castor
Montcand
Courbeserre
la Borie d'Izac
Loubac
la Martine
Salvignol
la Bourgade
les Combes
la Pailharié
la Coste
la Raffinié
Ravin de Prat Rond
la Fourcandier
la Combe Frillasses
le Clapayrol
Cazourguettes
Saint-Christop
les Sagnes
le Cros
le Bouissou
Lavigne
la Garde
Bouscal
Lendournenq
le Puech
les Combes Fausses
Lestrade
la Croix de Fer
le Claux
les Sagnes Basses
le Roucan
le Roc
BALAGUIER-SUR-RANCE
le Mas de Peyre
la Serre
Guerguettes
la Font
la Borie de Buc
Lébès
la Borie d'Alricie
Monteils
Ravin du Landié
le Landié
la Coste
Bajaguet
Gaujals
le Mas de Barthe
Guergues
Saysses
la Borie de Poujade
500 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

⚠ Advices

Box tree months 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 Millau, via the D992 and D999 roads; from Clermont-Ferrand and Montpellier, via the A75, exit 46, then via the D999 road; from Toulouse/Albi via the D999 road.

Follow the D999 road towards Combret. Take right the D90 towards Coupiac / Martrin / St-Juéry.

Advised parking

Car park on the village square in Martrin

Information desks

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

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

