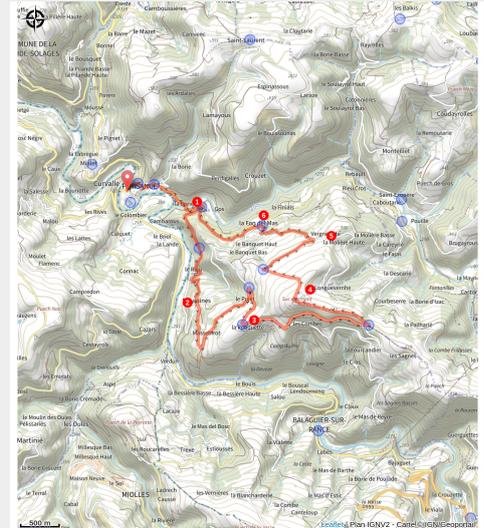


Suc-d'Armont walking trail

Des falaises de Roquefort au Rougier



Point de vue du suc d'Armont (Wavier Waerzeggers)



Throughout chestnut groves and hillsides, get closer to the culminating point of the municipality of Plaisance and enjoy the scenic view over the Rance and the Gos valleys and the Lacaune mounts, vast greenery that stretches as far as the eye can see.

Starting from Plaisance, a gradual slope makes its way up towards Suc d'Armont. It features a difference in altitude of 260 m with, as the highlight, the hamlet of la Rouquette and its splendid view over the pays du Rance and the Albigenian plateau. Once you've left the hamlet of le Massebirot, look at the imprint cartwheels left on schist rock, as a poignant legacy of rural life of yesteryear.

Useful information

Practice : Trekking

Duration : 4 h 30

Length : 13.8 km

Trek ascent : 521 m

Difficulty : Medium

Type : Loop

Themes : Flora, History and heritage

Trek

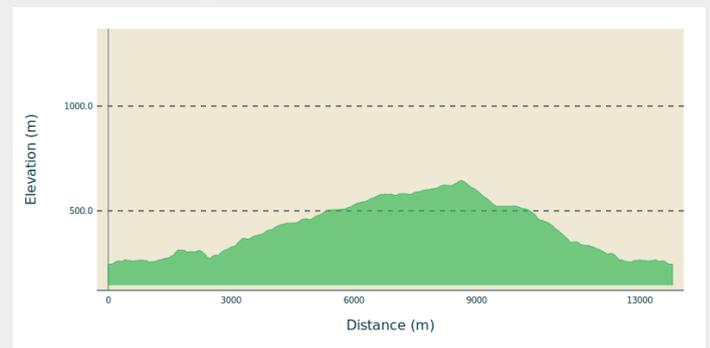
Departure : Car-park and starting point:
press room square in Plaisance

Arrival : Car-park and starting point:
press room square in Plaisance

Markings : — PR

Cities : 1. Plaisance
2. Balaguier-sur-Rance
3. Coupiac

Altimetric profile



Min elevation 245 m Max elevation 644 m

To get to the trailhead, reach the village centre and turn to the right on road D106 towards Fon Del Mas for 1 km.

1. The loop starts on the right side of a curve, 250 m after the bridge. The gently ascending path makes its way throughout woodlands on a rather wide trail. As it narrows and still runs in the undergrowth, it follows the contour line and opens onto a meadow. After you've closed the fences, walk across the field and join a broader path that runs down and passes close to the hamlet of le Rieu before going up towards Frayssines.
2. Walk across the hamlet and follow the road for approximately 740 m towards le Massebirot. In the last bend before this hamlet, turn right and cross the undergrowth.
3. In the hamlet of la Rouquette, take the road that goes downhill to the left. 700 m further, turn right just before an abandoned hut. The path goes up across fields. Carry on your way on a level path for 800 m until the junction with a road. Take the road to the left up the Vergnerette farm.
4. Just before you get to the farm, turn to the left and walk down across a chestnut grove. After 400 m, leave the wide trail and take to the right a narrow footpath that leads to the hamlet of La Fon Del Mas.
5. In La Fon Del Mas, take to the left and walk out the hamlet. Leave the first road on the left, walk out of the tarmac and take the left track that leads back to the starting point, the Gos bend.

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 (a 20 minute drive approximately)

Advised parking

Car-park and starting point: press room square in Plaisance

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Zones interdites au bivouac

Sensitivity period: January, February, March, April, May, June, July, August, September, October, November, Decembre

Information desks

OT Pays du Roquefort

Avenue de Lauras, 12250 Roquefort/
Soulzon

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Tel : 0565585600

<http://www.roquefort-tourisme.fr/>

