

# Trail running N° 28 Lapeyre - Montaigut castle

Des falaises de Roquefort au Rougier



Sentier du plâtre au lever du jour (Fest'Trail)



**A natural stronghold awaits you before laying siege to Montaigut castle: the Loubière plateau, a formidable playground with breath-taking passages and landscapes!**

The gradual ascent to the Croix del Pas takes you from the banks of the Sorgues to the Loubière plateau, scattered with juniper trees and stone heaps. There begins the whole range of what a trail can display: steep slopes, breaks in rhythm, twisting and turning paths, up and downhill sections. The detour to Montaigut castle that overlooks a patchwork of red lands and farming lands, is a must.

## Useful information

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Practice : Trail

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Duration : 2 h

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Length : 15.1 km

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Trek ascent : 634 m

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Difficulty : Medium

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Type : Loop

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Themes : Geology, History and heritage, Panorama

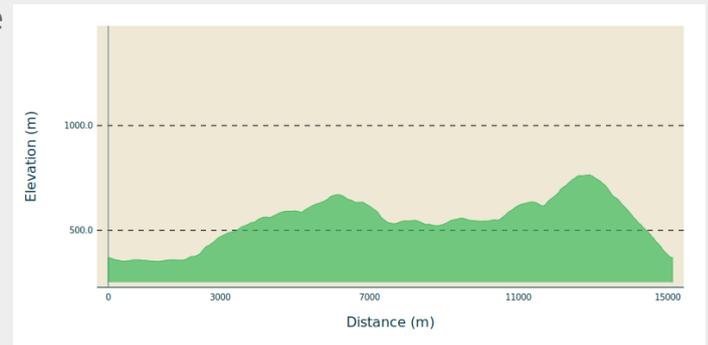
# Trek

**Departure** : Hiker's car park – behind the graveyard in Lapeyre

**Arrival** : Hiker's car park – behind the graveyard in Lapeyre

**Cities** : 1. Versols-et-Lapeyre  
2. Saint-Affrique  
3. Gissac

## Altimetric profile



Min elevation 352 m Max elevation 764 m

1. The first challenge of this circuit is the 300 m ascent to the Croix Del Pas that must be performed gradually. A wet but quiet and soothing path offers a gentle start on the left bank of the Sorgues and allows you to get the right tempo.
2. After 2 km at a slow running pace, the bottom of the bump is already there. The rising slope is made of several landings along a series of small eroded ravines where water flows into micro waterfalls during the wet season.
3. At the Croix Del Pas, head towards the castle of Montaignut via a technical and nervous downhill section into a small steep corrie. The tiny village of Montaignut is known for its eco-museum, its old school and its feudal castle, proudly overlooking from this defensive site, the Rougier de Camarès situated down below.
4. If you wish to visit the castle, be careful, going there and back is required.
5. The rest of the route is quite similar, nervous and rocky, continually offering changes in rhythm. The steep ascending slopes and short technical downhills following one another without respite to finally reach the summit of the Serre des Cabros with again a 300 m positive difference in altitude.
6. It is finally downhill time! The Mur de la Loubière is a short local vertical Kilometre with its specific marking, featuring a 400 m difference in altitude over a distance of 2.7 km and which is run in the downward direction. This section displaying a series of technical difficulties is like a giant slalom descent, a favourite and a real treat for downhill lovers.

# On your path...



 The del Pas cross (A)

# All useful information

## **Advices**

Water supply – energy food supply – appropriate shoes - rain jacket

## **Gear**

Prévoir une réserve d'eau et une tenue adaptée

## **How to come ?**

### Transports

Getting around by bus or by train: <https://lio.laregion.fr/>

Carpooling: [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

### Access

From Saint-Affrique, follow the direction to Cornus. Lapeyre is the first village you drive through in the valley. Head to the right towards Gissac to park your vehicle next to the graveyard

### Advised parking

Hiker's car park – graveyard in Lapeyre

## **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...

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## The del Pas cross (A)

This large metal cross is situated at the junction of paths, which allows a beautiful view over the two sides of the Loubière plateau, the Sorgues side and the Rougiers side.

Attribution : OT Camarès