

From Causse to Rougier

Des falaises de Roquefort au Rougier



Plateau de la Loubière (CB PNR Grands Causses)



This large loop provides a feeling of change of scene and, in two ascents, carries you from one landscape to another, from the stony scenery of the Causse d'Hermilix to the wine-coloured valleys of the Rougier de Camarès.

The circuit features moderate difficulties, only a few sections where you need to shoulder the bike on the Loubière plateau, a surprising natural wall stretching beneath the Causse sky. The loop begins with a green lane and gently ascends to the upland before switching between tracks and roads. An accessible outing throughout colourful landscapes!

Useful information

Practice : Gravel

Duration : 3 h 30

Length : 47.3 km

Trek ascent : 1060 m

Difficulty : Hard

Type : Loop

Themes : Agropastoralism, History and heritage, Panorama

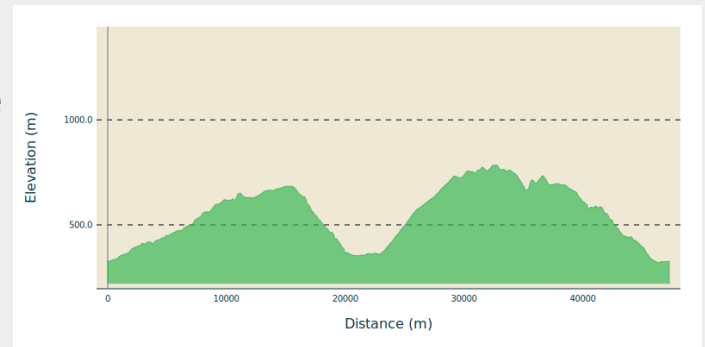
Trek

Departure : Tourist Office, Boulevard Aristide Briand in Saint-Affrique

Arrival : Tourist Office, Boulevard Aristide Briand in Saint-Affrique

Cities : 1. Saint-Affrique
2. Saint-Jean-d'Alcapiès
3. Saint-Jean-et-Saint-Paul
4. Versols-et-Lapeyre
5. Gissac
6. Vabres-l'Abbaye

Altimetric profile



Min elevation 320 m Max elevation 785 m

1. The circuit starts smoothly from Saint-Affrique via the green lane towards St-Jean-d'Alcapiès.
2. Then you have to follow a lovely trail that runs through the cause and leads you to Hermilix, where you will enjoy a 360° scenic view before cycling down towards the Sorgues valley.
3. Finally, after a long uphill, you will crisscross the Loubière plateau that offers a stunning view over

the Rougier plains and the castel of Montaigut.

Points of interest:

Hamlet of Hermilix and its lavogne (cycling there and back 200m) Km 13

Village of Lapeyre (heritage) Km 25n

Loubière Plateau (scenic viewpoint) Km 36

Distinctive features:

The bike has to be shouldered for 100 m at km 38

Cycling time according to your level of practice: 2h30 to 4h

On your path...



-  Caussaunejous Lavogne (A)
-  A view over the Sorgues valley (C)

-  Village of Lapeyre (B)

All useful information

Gear

Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Toutes les informations sur le site de [l'office de tourisme](#)

Access

Saint-Affrique is located 31 km southwest of Millau via the D 992 and D 999 roads.

Advised parking

Bus station car park, boulevard Aristide Briand in Saint-Affrique

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...



Caussaunejous Lavogne (A)

How a lavogne works is very easy to understand; imagine a gigantic upturned umbrella that collects rainwater!

In the beginning, there was a natural pond with impervious clay soil. This small pond was a real boon for people who quickly set these watering sources up as they were so critical on the causses where water seeps into the cracked limestone. First, they tiled the inside of the pond and finished off the work by laying paving stones around the edge of the pond to preserve the water quality and prevent gulying due to the large flocks trampling the soil when the sheep come to drink.

The pond tiling was made either with lauzes, flat stones or with paving stones laid one after the other.

Once completed, this gigantic upturned umbrella would provide a great variety of animals with a welcoming habitat, just look down over a lavogne and see how it swarms and buzzes with life; what a frenzy of activity!

From this lavogne, you will enjoy a stunning view to the north over the Combalou, a residual mound that shelters the Roquefort maturing caves.

Attribution : (c) DelphineAtche



Village of Lapeyre (B)

This village was controlled by the Templars Commandery during the 12th century and has kept much of its medieval architecture with its old houses clustered around the Tower. There is also the tombstone of Médora Leig, a daughter of the English poet Lord Byron which you can visit in the graveyard.

Attribution : Roquefort Tourisme



A view over the Sorgues valley (C)

This path which runs on the southern hillside of one of the Loubière vales will provide you with a wonderful scenic viewpoint over the Sorgues valley and the Frontal Causses.

Attribution : OT Camarès