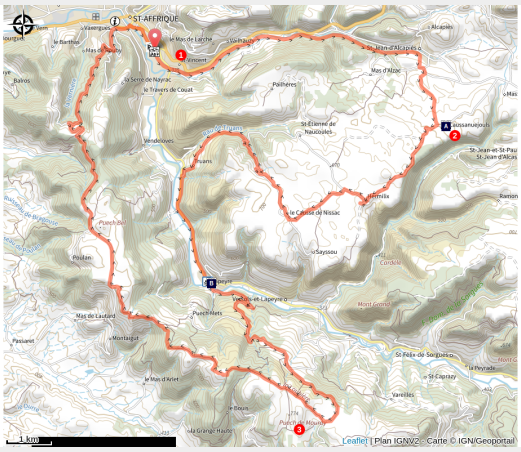
Gravel N°20 - From the Causse to the Rougier

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

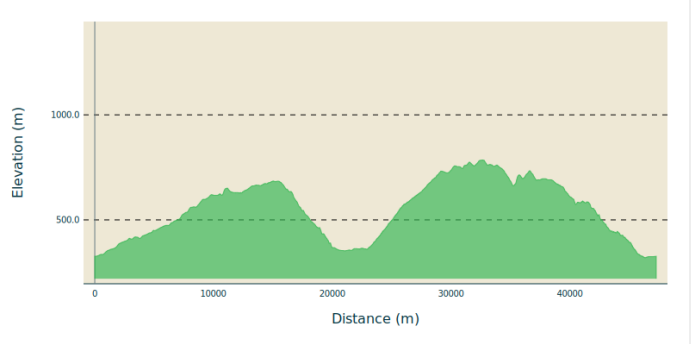
Type : Loop

Themes : Agropastoralism, History and heritage, Panorama

Trek

Departure : Mountain Bike Station, rue du 12 Étoiles, Saint-Affrique
Arrival : Mountain Bike Station, rue du 12 Étoiles, 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 causse 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.

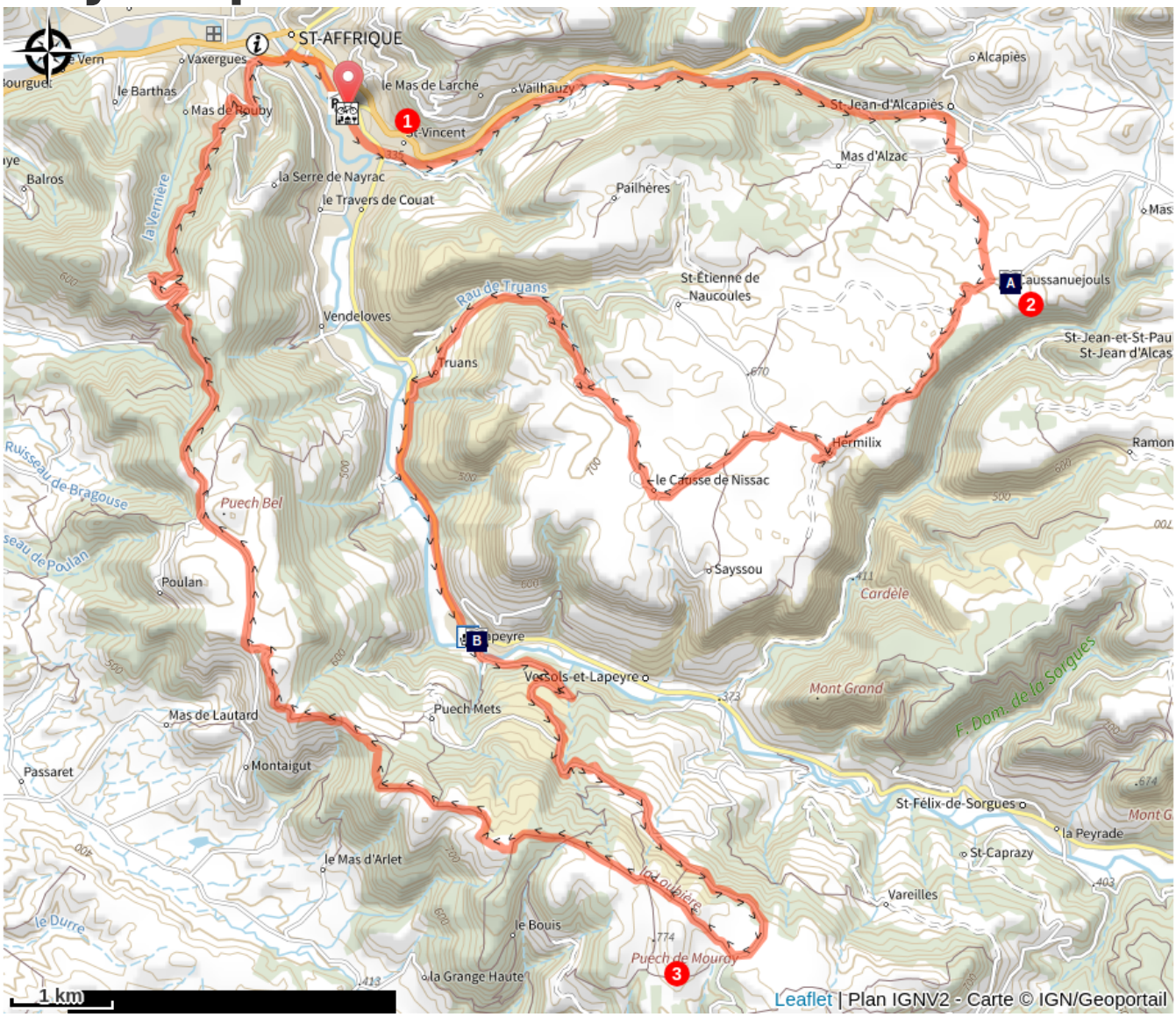
Points of interest :

- Hermilix hamlet and lavogne (200 m round trip) : km 13
- Village of Lapeyre (heritage) : km 25
- Loubière Plateau (viewpoint) : km 36

Special feature : 100 m bike carrying section : km 38

Riding time depending on your level : 2h30 to 4h

On your path...



📖 Caussaunejouls Lavogne (A)

📖 Village of Lapeyre (B)

All useful information

Gear

Bring a supply of water and suitable clothing.

How to come ?

Transports

All the information is available on the Tourist Office website.

Access

Saint-Affrique is located 31 km southwest of Millau via the D992 and D999 roads.

Advised parking

Mountain bike station car park, rue du 12 Étoiles, 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/



Source

Espace GRAVEL FFC

On your path...



📖 Caussaunejouls 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 gullying 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)

The name Lapeyre means “the stone” in Occitan, a reference to the rocky outcrop on which the village was built. Once part of the Knights Templar commandery in the 12th century, Lapeyre has preserved its medieval character, with narrow streets and old houses clustered around its tower.

Several historic features can still be seen in the village square, including mullioned windows, a medieval tower, and remains of a former convent. The current church, built in 1844, houses a remarkable Virgin and Child statue carved in Rome in 1860 from a single block of Carrara marble.

Lapeyre’s heritage is also closely linked to its textile industry. Established in the 17th century to process wool from the Causses, the former textile mill—still visible from the new bridge—stands as a reminder of an activity that shaped village life for centuries.

Attribution : Roquefort Tourisme