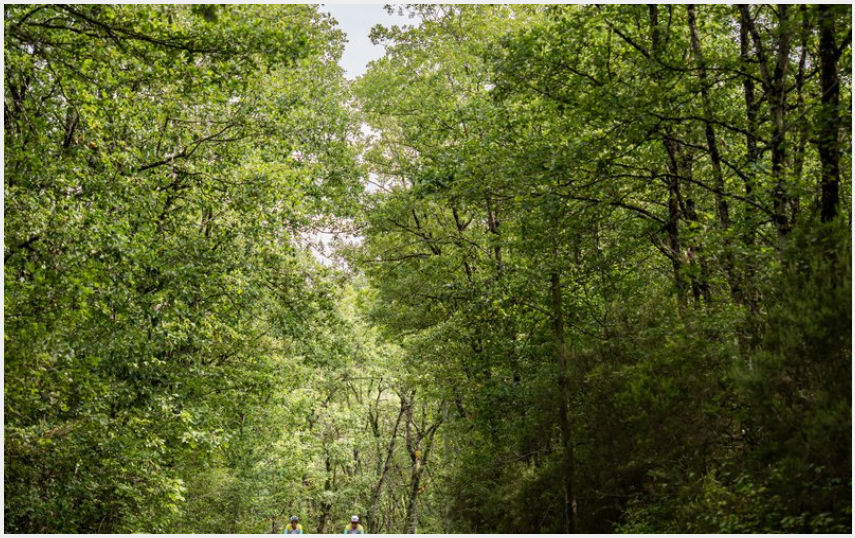
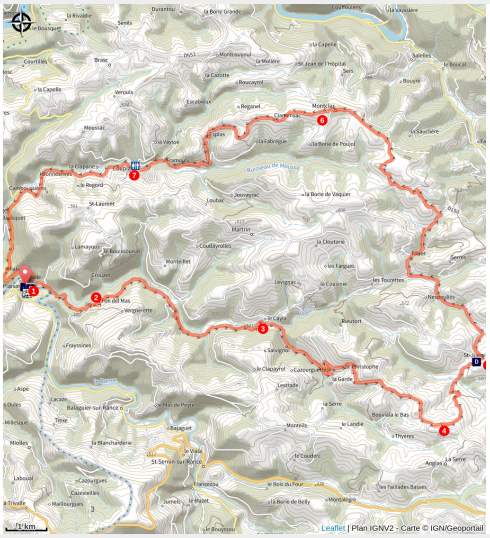
The Small Valleys

Des falaises de Roquefort au Rougier



(Xavier Waerzeggers)



Along a short loop, criss-cross the rural countryside in the pays des sept vallons, interspersed with hamlets and villages which emerge as small islands of peacefulness and rural life.

As its name implies, this stroll is not lacking in relief! Some quite demanding uphill slopes await you along this route which runs in a mainly farming landscape. However, the highlight of this getaway is, without any doubt, the Montclar panoramic viewpoint with its 360° view over the Ségala, the Grands Causses and even on a clear day, the Aigoual massif.

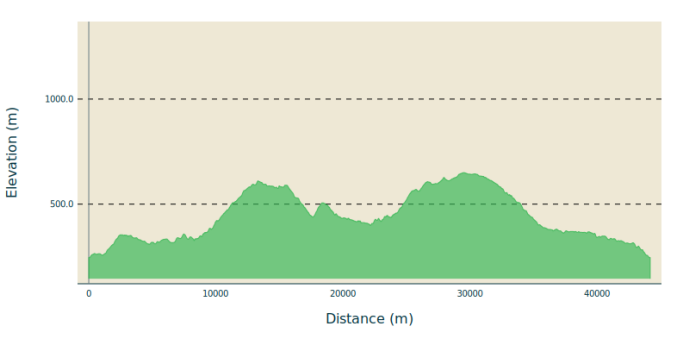
Useful information

- Practice : Cycling
- Duration : 2 h 30
- Length : 44.2 km
- Trek ascent : 1042 m
- Difficulty : Medium
- Type : Loop
- Themes : Agropastoralism, History and heritage, Panorama
- Accessibility : VTTAE

Trek

Departure : Winepress room in Plaisance
Arrival : Winepress room in Plaisance
Cities : 1. Plaisance
2. Coupiac
3. Martrin
4. La Serre
5. Saint-Juéry
6. Montclar
7. Saint-Izaire

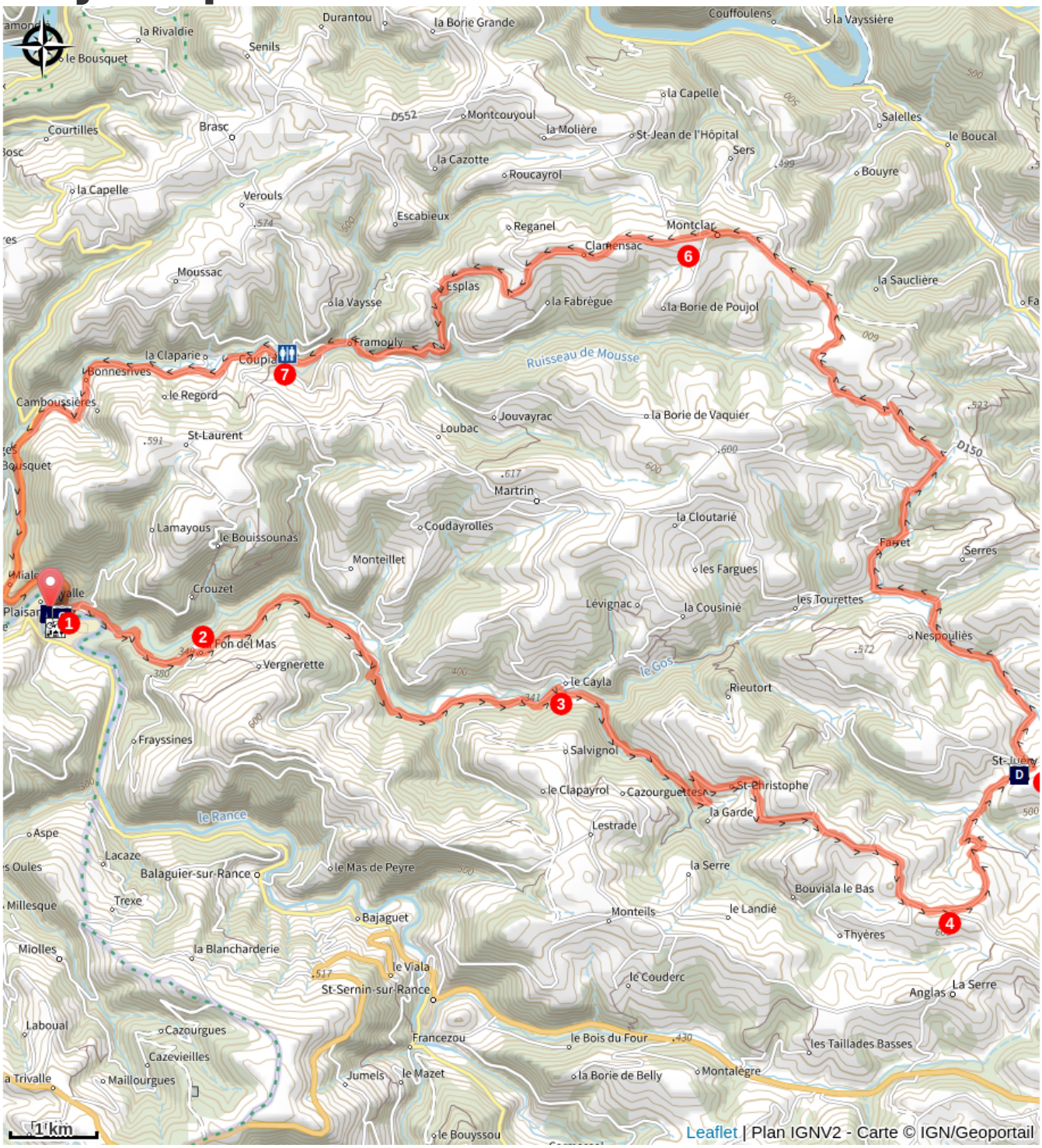
Altimetric profile



Min elevation 245 m Max elevation 650 m

1. From the village centre, follow the direction of "La Fon Del Mas". A slight slope of 1km with an 8% gradient awaits you.
2. Cycle across the tiny hamlet, then keep riding the main road up to the Cayla.
3. Carry straight on the D501. You will notice the 4km ascent with a 6% gradient.
4. Fork to the left in the direction of Saint-Juéry.
5. Head towards Farret, then Montclar.
6. The Montclar viewing point is on your left and offers a stunning view to enjoy before carrying on your way to Coupiac.
7. A brief going there and back is possible to ride to the foot of the Coupiac castle. Get back to the D60 and head your way back down to Plaisance.

On your path...



The screw press (A)

The Romanesque Church of Saint Martin (C)

The Saint-Eutrope Cross (B)

Saint-Juéry Castle (D)

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

From St Sernin/Rance, take the D33 road up to Plaisance (a 20-minute drive approximately).

Advised parking

Winepress room car park in Plaisance

Accessibility

VTTAE

Source

Espace CYCLOSPORT FFC

On your path...



The screw press (A)

This monumental 18th-century press, displayed at the entrance of the village against the façade of the multipurpose hall, is a vivid testament to the region’s winemaking traditions. It is a lever press that was once used in the hamlet of Frayssignes, on the Bonnet family estate, where terraced vineyards thrived thanks to the ideal south-west facing slopes of the Rance Valley. Although screw presses have been known since Antiquity, they were perfected in the 18th century. This particular example, built with oak for the lever and vertical supports and chestnut for the horizontal beam, is especially rare and well preserved. At the beginning of the 20th century, the Frayssignes estate covered nearly three hectares of vineyards.

Attribution : Mairie de Plaisance



The Saint-Eutrope Cross (B)

Dating from the 15th century, the Saint-Eutrope Cross is a remarkable element of the local heritage, listed as a Historic Monument by decree on March 8, 1929. Although it was knocked over by a storm and now stands on a modern base, this stone cross remains a work of great interest. Its distinctive design features two independent faces linked by rings, while the lobes beneath the crossbar recall Gothic crosses. One side depicts the Crucifixion, offering a powerful and timeless representation of Christian faith in the medieval period.

Attribution : Mairie de Plaisance



The Romanesque Church of Saint Martin (C)

Listed as a Historic Monument, the Romanesque Church of Saint Martin is a true gem of medieval architecture. Built in the 12th century, it stands out for the harmonious blend of styles it displays: the choir and transept reflect southern Romanesque features, while the nave, enlarged in the 15th century, adopts Gothic lines. Perched on a rocky promontory overlooking three meanders of the Rance River, this modest building offers a remarkable panorama and is instantly recognizable by its slender octagonal bell tower. Visible from afar – especially when illuminated at night – it seems to watch over the Rance Valley. Inside, a 15th-century cross, a relic of the Knights Hospitaller of Jerusalem, bears witness to the site’s rich religious history.

Attribution : Virginie Govignon



📖 Saint-Juéry Castle (D)

Built in the 16th century, Saint-Juéry Castle reflects the region’s turbulent history, particularly during the Wars of Religion. With its round towers and numerous musket loopholes, it was designed to provide effective protection for its inhabitants.

A local legend tells of a king who ordered the partial destruction of one of the castle’s towers to punish a lord who had abused his power. Once a royal estate, the castle later belonged to several noble families whose tombs can still be seen in the former parish church.

Attribution : Roquefort Tourisme