From Valleys to Rougier

Des falaises de Roquefort au Rougier



Village de Plaisance (Virginie Govignon)



From valley to valley, from village to village, a demanding and sportive cycling loop explores the pastoral landscapes of southwestern Aveyron, where the red sandstone has left its mark on the built heritage.

Which site to visit between Coupiac castle or the Combret mound, the Gos valley or the small valleys in the Belmont region? Whatever are your likings, one thing is for sure: after this enduring ride, linking several unmissable sites while taking you to an unexpected route, the pays des Sept Vallons, the vallée du Rance and the western edge of the Rougier will no longer hold any secrets for you.

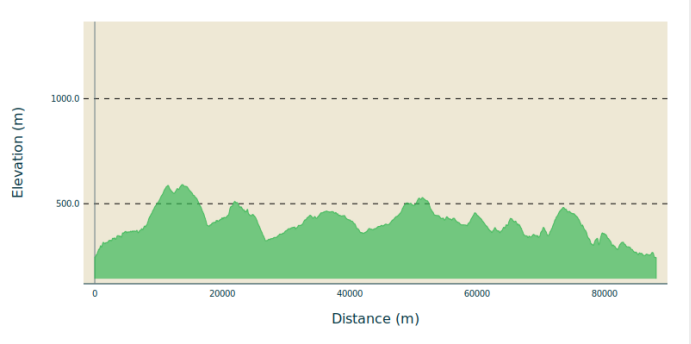
Useful information

- Practice : Cycling
- Duration : 4 h 30
- Length : 88.1 km
- Trek ascent : 1581 m
- Difficulty : Hard
- 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. Saint-Juéry
5. Calmels-et-le-Viala
6. Vabres-l'Abbaye
7. Rebourguil
8. Montlaur
9. Camarès
10. Belmont-sur-Rance
11. Combret
12. Laval-Roquecezière
13. Pousthomy
14. Saint-Sernin-sur-Rance
15. Balaguier-sur-Rance
16. Curvalle

Altimetric profile



Min elevation 243 m Max elevation 591 m

1. From the village centre of Plaisance, ride towards Coupiac.
2. At the village entrance, take to the right to pass at the foot of the castle. Keep going on the main road up to Martrin, then to Saint-Juéry.
3. Turn left towards Ennous to reach the Gos valley.
4. Take a left, then cycle up to the D999 road after Rébourguil.
5. Ride across the D999 road and carry on to the D902 via the village of Verrières.
6. Turn right twice in a row, stay on the main road up to Belmont.
7. Once in the heart of the village, follow the direction of Combret.
8. Take to the right for a brief going there and back (500m) to the village centre, then retrace your steps back to follow the direction of Saint-Sernin.
9. A 1km round trip to visit the Notre Dame d'Orient monastery is possible. Then, keep cycling the road towards Saint-Sernin.
10. Take the D999 for 1 km, then turn to the right to get back to the starting point in Plaisance.

On your path...



The screw press (A)

The Saint-Eutrope Cross (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

From Saint-Sernin-sur-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