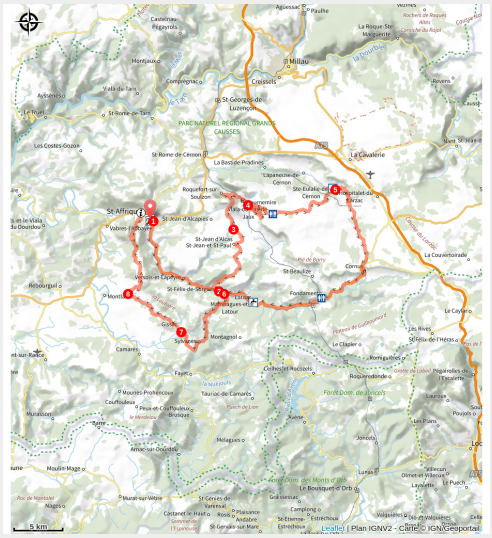
The Great Occitanie Sites

Des falaises de Roquefort au Rougier



(Xavier Waerzeggers)



Roquefort, the Templar Larzac and Sylvanès abbey: almost every high place listed as a Great Occitania Site are linked together by this big loop that you can achieve as you like it, in a sporty or leisurely way.

You have to earn a landscape awarded with the Great Occitania Site certification! From the Mascourbe plateau to the Aiguières pass, from the village of Roquefort to the Larzac causses, from the Cernon valley to the Sorgues valley, an incredible roller-coaster ride awaits you with sumptuous sceneries to enjoy. Manage your effort wisely to achieve the grand finale, the conquest of the castle of Montaigut.

Useful information

Practice : Cycling

Duration : 6 h

Length : 115.7 km

Trek ascent : 2007 m

Difficulty : Very hard

Type : Loop

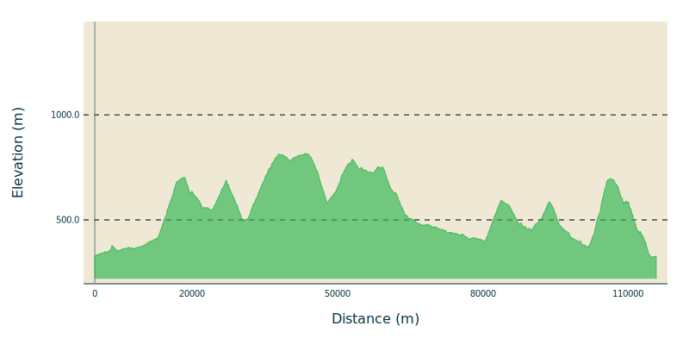
Themes : Agropastoralism, History and heritage, Panorama

Accessibility : VTTAE

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. Versols-et-Lapeyre
3. Saint-Félix-de-Sorgues
4. Saint-Jean-et-Saint-Paul
5. Roquefort-sur-Soulzon
6. Tournemire
7. Viala-du-Pas-de-Jaux
8. Sainte-Eulalie-de-Cernon
9. Cornus
10. Fondamente
11. Marnhagues-et-Latour
12. Sylvanès
13. Gissac
14. Vabres-l'Abbaye

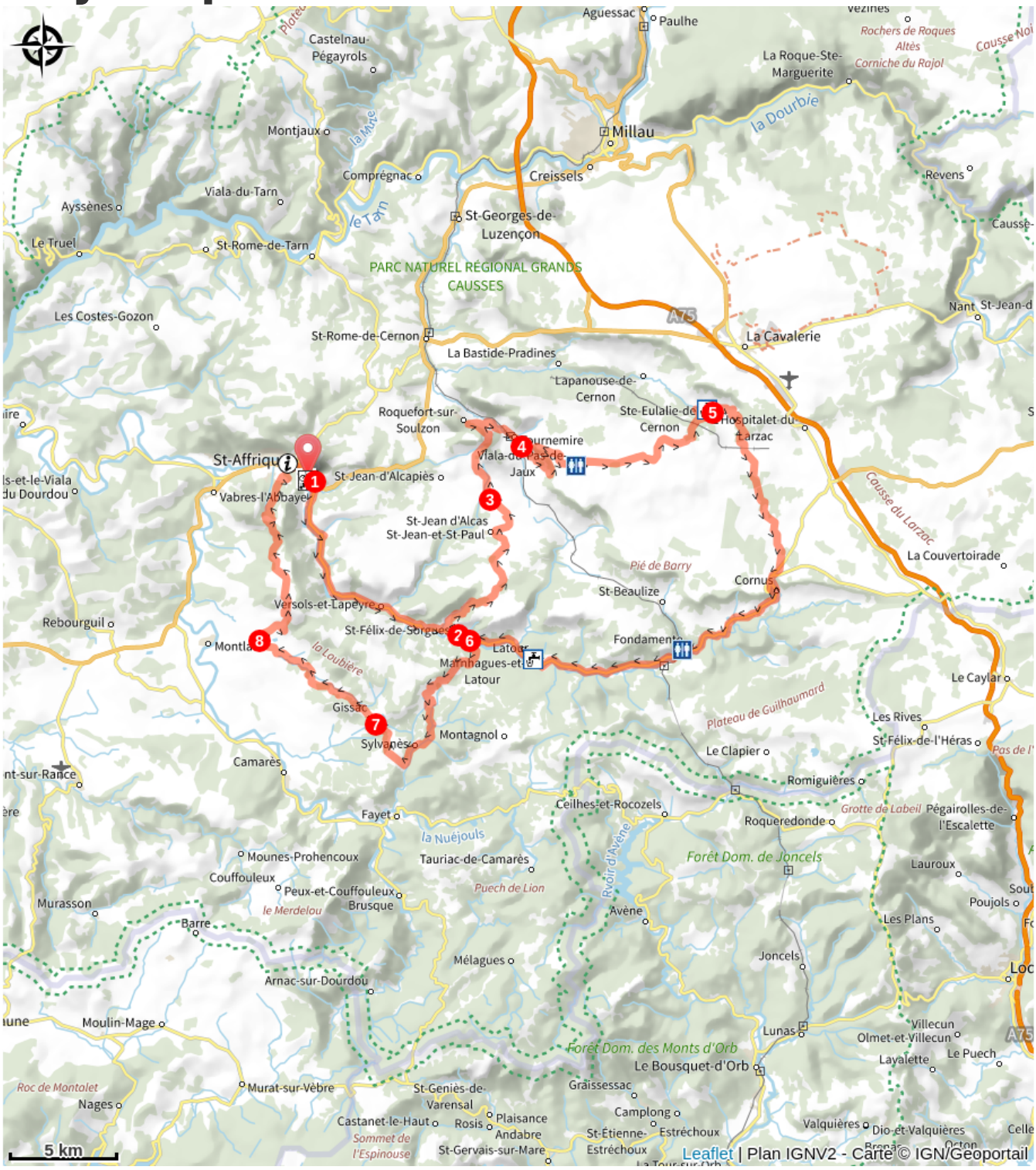
Altimetric profile



Min elevation 320 m Max elevation 816 m

1. From the mountain bike service station, follow the RD7 towards the Sorgues Valley, then follow the river to Saint-Félix.
2. At the village entrance, begin to your left the ascending section towards Mascourbes (4km with a 7% gradient) before heading downhill to Saint-Jean d'Alcas.
3. At the junction, take a right to Roquefort. The top of the Aiguières pass (3km with a 4% gradient) will offer you a beautiful panorama over the Tournemire amphitheatre that you will reach further down.
4. The ascent to the Larzac awaits you at the village exit (6km with a 5% gradient) before cycling downhill to Ste-Eulalie-de-Cernon.
5. Ride across the village toward la Cavalerie. After that, reach Cornus, then Fondamente and Saint-Félix via the vallée de la Sorgues.
6. Turn to the left to get to Sylvanès, at the price of a steep ascent (3km with a 6% gradient).
7. At the runabout, head your way towards Gissac, then Montlaur.
8. Lastly, turn to the right in the direction of Montaigut castle and its challenging ascent (8.5%) before heading back down to Saint-Affrique.

On your path...



Aguessac
Paulhe
Castelnau-Pégayrols
Rochers de Roques Altès
Corniche du Rajol
La Roque-Ste-Marguerite
la Dourbie
Millau
Montjaux
la Muze
Comprégnac
Creissels
Revens
Viala-du-Tarn
Ayssènes
le Tarn
St-Georges-de-Luzençon
Le Truel
St-Rome-de-Tarn
PARC NATUREL RÉGIONAL GRANDS CAUSSES
Les Costes-Gozon
A75
Nant
St-Rome-de-Cernon
La Cavalerie
La Bastide-Pradines
Lapanouse-de-Cernon
Roquefort-sur-Soulzon
Ste-Eulalie-de-Cernon
Hospitalet-du-Larzac
St-Affrique
St-Jean-d'Alcapiès
Viala-du-Pas-de-Jaux
Vabres-l'Abbaye
St-Jean d'Alcas
St-Jean-et-St-Paul
Causse du Larzac
La Couvertoirade
Pié de Barry
Cornus
St-Beaulize
Versols-et-Lapeyre
Rebourguil
St-Félix-de-Sorgues
Fondamente
Latour
Marnhagues-et-Latour
la Loubière
Le Caylar
Gissac
Plateau de Guilhaumard
Les Rives
Sylvanès
Montagnol
St-Félix-de-l'Héras
Le Clapier
Camarès
Romiguières
Ceilhes-et-Rocozels
Grotte de Labeil
Pégairolles-de-l'Escalette
Fayet
Roqueredonde
la Nuéjouls
Mounes-Prohencoux
Tauriac-de-Camarès
Forêt Dom. de Joncels
Lauroux
Couffouleux
Peux-et-Couffouleux
Puech de Lion
Rvoir d'Avène
Murasson
le Merdelou
Brusque
Avène
Poujols
Barre
Les Plans
Mélagues
Joncels
Arnac-sur-Dourdou
Moulin-Mage
Lunas
Villecun
Olmet-et-Villecun
Forêt Dom. des Monts d'Orb
Le Puech
Le Bousquet-d'Orb
Lavalette
Roc de Montalet
Murat-sur-Vèbre
St-Geniès-de-Varensal
Graissessac
Nages
Camplong
Castanet-le-Haut
Rosis
Plaisance
Andabre
Valquières
Dio-et-Valquières
Sommet de l'Espinouse
St-Gervais-sur-Mare
St-Étienne-Estréchoux
Estréchoux
5 km
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

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 situated 31 km southwest of Millau via the D992 and D999 roads.

Advised parking

Mountain bike station car park, rue du 12 Étoiles, Saint-Affrique

Accessibility

VTTAE

Information desks

Saint-Affrique Tourist Office
Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr
Tel : 0565585600
http://www.roquefort-tourisme.fr/



Source