

The three valleys

Des falaises de Roquefort au Rougier



Brouse le château (©RP-DELORME)



This undulating loop extends from the red lands of the Saint-Affrique area to the sumptuous medieval village of Brousse-le-Château. It is irrigated along the way by the Dourdou, Tarn and Len rivers.

This long getaway has several demanding ascents, curves, and hairpin bends in store for you, but at each elevation and each turn, a new reward awaits you. The red sandstone village of Saint-Izaire, the fortress of Brousse and the three rivers with their meanders intersperse this very refreshing route situated in the heart of a landscape displaying a fantastic variety.

Useful information

Practice : Cycling

Duration : 3 h 30

Length : 72.2 km

Trek ascent : 1484 m

Difficulty : Hard

Type : Loop

Themes : Agropastoralism, History and heritage, Panorama

Accessibility : VTTAE

Trek

Departure : Tourist Office in Saint-Affrique

Arrival : Tourist Office in Saint-Affrique

Cities : 1. Saint-Affrique

2. Vabres-l'Abbaye

3. Calmels-et-le-Viala

4. Saint-Izaire

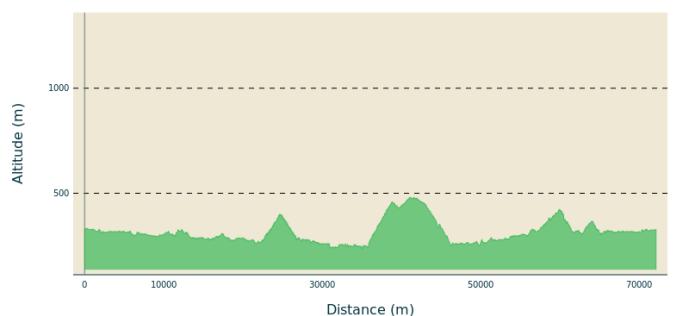
5. Brousse-le-Château

6. Montclar

7. Broquiès

8. Les Costes-Gozon

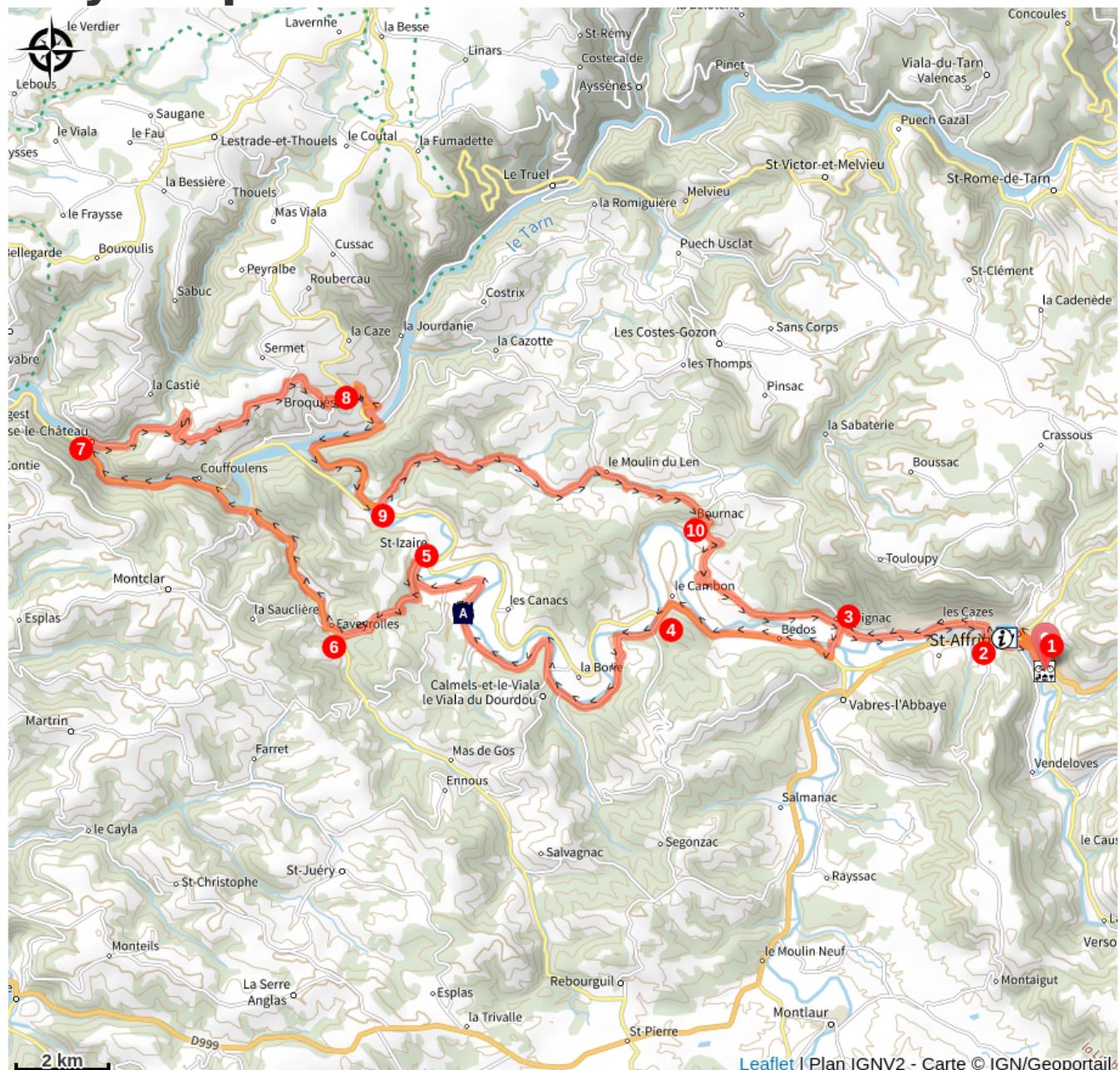
Altimetric profile



Min elevation 236 m Max elevation 480 m

1. From the Tourist Office located on Boulevard Aristide Briand in Saint-Affrique, take a right towards the RD54 and the hamlet of Savignac.
2. Turn to the left, cycle across the walkway, then turn right onto RD25.
3. Cycle across the village of Le Cambon, then before the stone bridge, carry straight on to «Ourtiguet ». A small winding road will lead you up to Saint-Izaire.
4. The ascent to Faveyrolles (2 km with a 5% gradient) awaits you on the left side at the hairpin bend.
5. Take a right, then ride along the Gos and the Tarn up to the splendid village of Brousse le Château.
6. Ride across the village before starting the ascent (3.5 km with a 6% gradient) to Broquiès.
7. Once in Broquiès, carry on towards Saint-Izaire.
8. Turn to the left, then ride along the Len towards Bournac.
9. At a place called Moulin du Len, turn to the right in the direction of Bournac, then stay on the main road up to Saint-Affrique.

On your path...



- Ⓐ Ardeliès 2 Carved Standing Stone
(A)
- Ⓐ Ardeliès 6 Carved Standing Stone
(C)

- Ⓐ Ardeliès 1 Carved Standing Stone
(B)
- Ⓐ Ardeliès 9 Carved Standing Stone
(D)

All useful information



Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Getting around by bus or by train: <https://lio.laregion.fr/>

Carpooling: [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

Access

Saint-Affrique is situated 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

Accessibility



VTTAE

i 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...



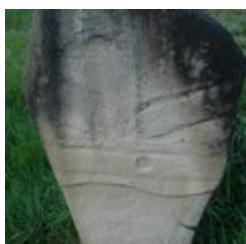
Ⓐ Ardeliès 2 Carved Standing Stone (A)

This statue was subjected to several changes during prehistoric times as it displays both feminine and masculine attributes: one breast is visible and so is the masculine “object” which is a sort of dagger. This object is particularly detailed: ring and decorations with chevron ornaments that could represent the dagger sheath. The belt is represented by criss-crossed patterns and constitutes the only decoration of this kind, along with the grid pattern, which suggests the formation of the fingers of the hands. On the back, shoulder blades, belt and perhaps hair, represent the outline of a female figure.



Ⓐ Ardeliès 1 Carved Standing Stone (B)

This statue displays several masculine features: the harness passing over the right shoulder and holding an “object” with a ring. The belt ornamented with a buckle, and the legs are clearly visible. The facial features are difficult to identify. On the back, the lines that extend arms or harness come to a stop on a central element with an unknown meaning. By analogy to the masculine objects, some suggest it may be a harness, but is it a warrior attribute, a body ornament or part of a garment? The issue remains unresolved.



Ⓐ Ardeliès 6 Carved Standing Stone (C)

This statue must have represented a masculine figure as the trace of a harness is noticeable on the left side on the back. Arms and buckled belt are also still visible. The features of the face and back were achieved by picketing the rock. This technique was frequently used on the statues of the Ardaliès either for the engraving of figurative elements (Ardeliès 6) or to smooth the surface on which embossed elements emerged in relief (Ardeliès 9).



© Ardeliès 9 Carved Standing Stone (D)

This statue has undergone some changes, it displays breasts as feminine attributes together with a harness holding the "object" which are masculine features. Moreover, the ring of the "object" and one breast become confused. The belt chevron ornaments are meticulously crafted, and legs appear in relief on an evenly pitted surface. The back, shoulder blades and belt are depicted along with a central item. This could be an harness with a ring like those on the Ardeliès 1 statue, the Bancanel statue (Saint-Affrique) or the one of Saint-Jean-de-l'Hôpital (Montclar), all of these statues are not far away from one another.

Attribution : DelphineAtche