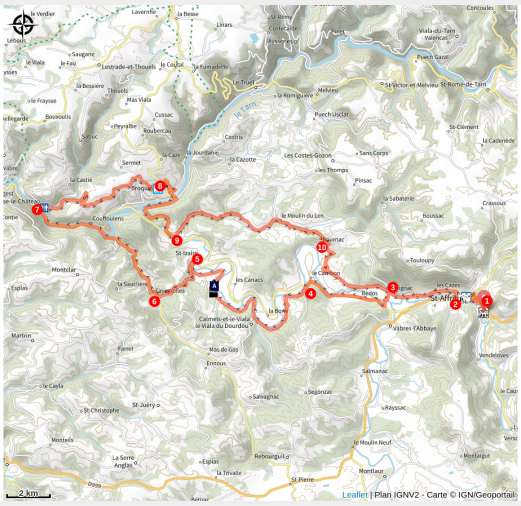
The 3 Valleys

Des falaises de Roquefort au Rougier





Brousse-le-Château (RP-DELORME)

This undulating loop extends from the red lands of the Saint-Affricain 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 : 1156 m

Difficulty : Hard

Type : Loop

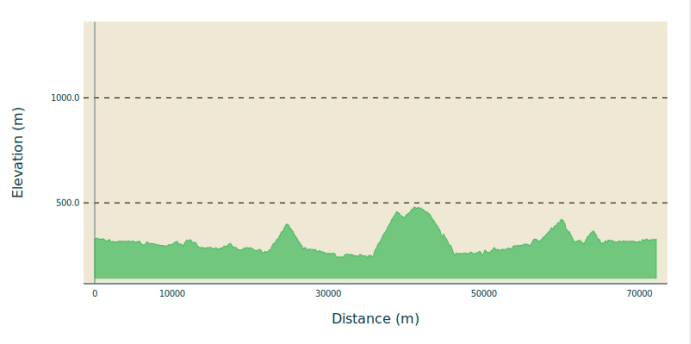
Themes : Agropastoralism, History and heritage, Panorama

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. Vabres-l'Abbaye
3. Calmels-et-le-Viala
4. Saint-Izaire
5. Brousse-le-Château
6. Montclar
7. Broquiès
8. Les Costes-Gozon

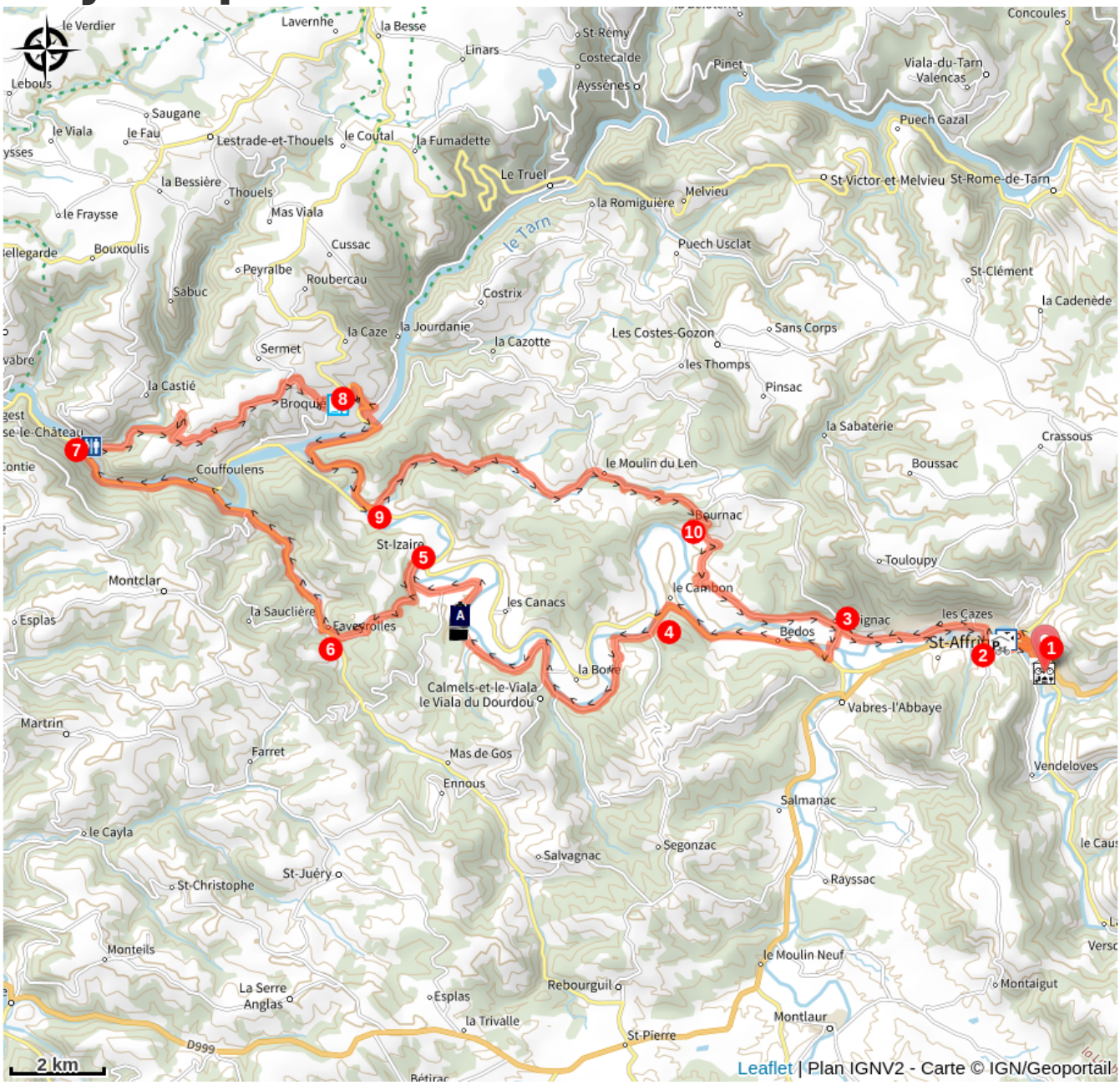
Altimetric profile



Min elevation 239 m Max elevation 480 m

1. From the bike service station, follow the signs for "Town Centre / Albi".
2. At the traffic-light junction, turn right towards the RD54 and the hamlet of Savignac.
3. Turn left, cross the footbridge, then turn right onto the RD25.
4. Go through the village of Cambon, then, just before the stone bridge, continue straight towards "Ourtiguet". A small winding road will take you to Saint-Izaire.
5. At the hairpin bend, the climb to Faveyrolles (2 km at 5%) awaits you on your left.
6. Turn right, then follow the Gos and the Tarn to the magnificent village of Brousse-le-Château.
7. Go through the village before beginning the climb (3.5 km at 6%) to Broquiès.
8. Once in Broquiès, continue towards Saint-Izaire.
9. Turn left, then follow the Len towards Bournac. At the hamlet of Moulin du Len, turn right towards Bournac.
10. Stay on the main road to Saint-Affrique, then follow the signs for "Millau" to return to your starting point.

On your path...



Ardaliès Statue-Menhir 2 (A)

Ardeliès Statue-Menhir 1 (B)

Ardeliès Statue-Menhir 6 (C)

Ardaliès Statue-Menhir 9 (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

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

Source

Espace CYCLOSPORT FFC

On your path...



Ardaliès Statue-Menhir 2 (A)

Transformed over time, this statue displays a striking blend of female and male attributes. One can distinguish a breast as well as a male object shaped like a dagger, decorated with a ring and chevron patterns. Its crosshatched belt, unique of its kind, along with the grid-like carvings on the hands resembling finger joints, enhance the originality of this work.

On the back, additional engravings suggesting shoulder blades, a belt, or perhaps hair add further mystery to this statue-menhir, considered one of the most unique in the region.



Ardeliès Statue-Menhir 1 (B)

This male statue-menhir is distinguished by a shoulder strap passing over the right shoulder and supporting a ring-shaped object. A buckled belt and well-defined legs are also visible, while the facial features remain difficult to discern.

On the back, the arms extend into lines converging toward a mysterious central element, possibly suggesting a warrior symbol or an ornament whose meaning remains uncertain. This work reflects the rich symbolism of prehistoric male representations.

Attribution : Delphine Atché



Ardeliès Statue-Menhir 6 (C)

Probably representing a male figure, this statue-menhir shows traces of a shoulder strap on the back as well as an elongated left arm. The buckled belt and the pecking technique used on the face and back reflect the craftsmanship of the period.

This carving method, typical of the Ardaliès statues, involved roughening the surface by pecking before bringing out the raised features.



Ardaliès Statue-Menhir 9 (D)

This statue-menhir stands out for the richness and precision of its carvings. It combines female attributes, such as breasts, with male elements like a shoulder strap carrying a ring-shaped object. The legs and the chevron-decorated belt were carefully carved onto a surface flattened by pecking.

On the back, engravings representing shoulder blades and a belt complete this unique figure, whose blend of female and male symbolism remains fascinating to this day.

Attribution : DelphineAtche