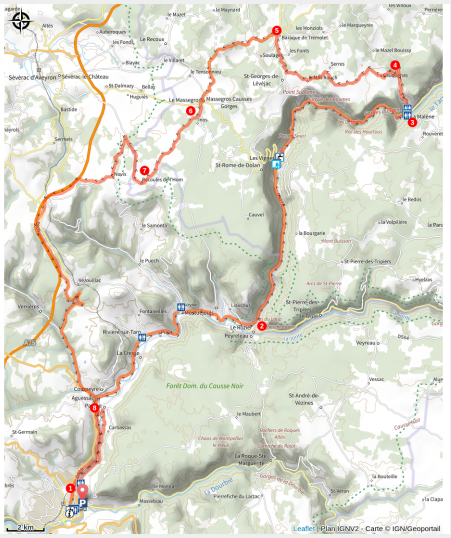
Cyclo N°01 - The Gorges du Tarn

Des Gorges du Tarn au Causse du Larzac



Les vignes Gorges du Tarn (@Y.Blanc)



A journey through Europe’s longest limestone canyon, a climb up the foothills of the Causse de Sauveterre, followed by a trek across the moors of the plateau: a truly sublime route in every respect!

Along the riverbank and against the current of the La Malène boatmen, this route follows the Tarn upstream through majestic rocky gorges, then climbs steadily up the Sauveterre cliffs. Once on the plateau overlooking the Gorges, don’t be fooled by appearances, the route is littered with pitfalls and challenges. A magnificent walk, just like the landscapes it passes through.

Useful information

Practice : Cycling

Duration : 6 h

Length : 104.4 km

Trek ascent : 1415 m

Difficulty : Hard

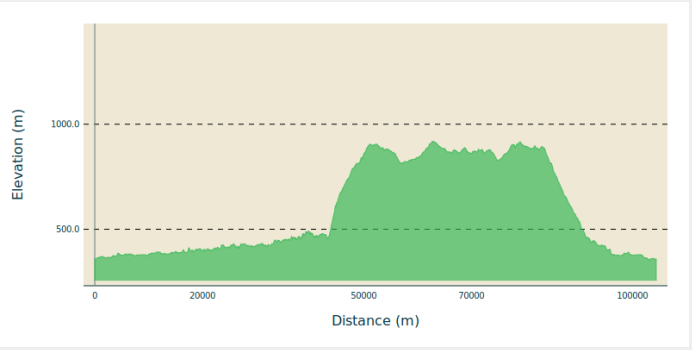
Type : Loop

Themes : Agropastoralism, Geology, Panorama, Top 20 à Vélo

Trek

Departure : Millau, Confluence Roundabout
Cities : 1. Millau
2. Aguessac
3. Compeyre
4. Rivière-sur-Tarn
5. Mostuéjouls
6. Massegros Causses Gorges
7. La Malène
8. Sévérac-le-Château
9. Verrières
10. Paulhe

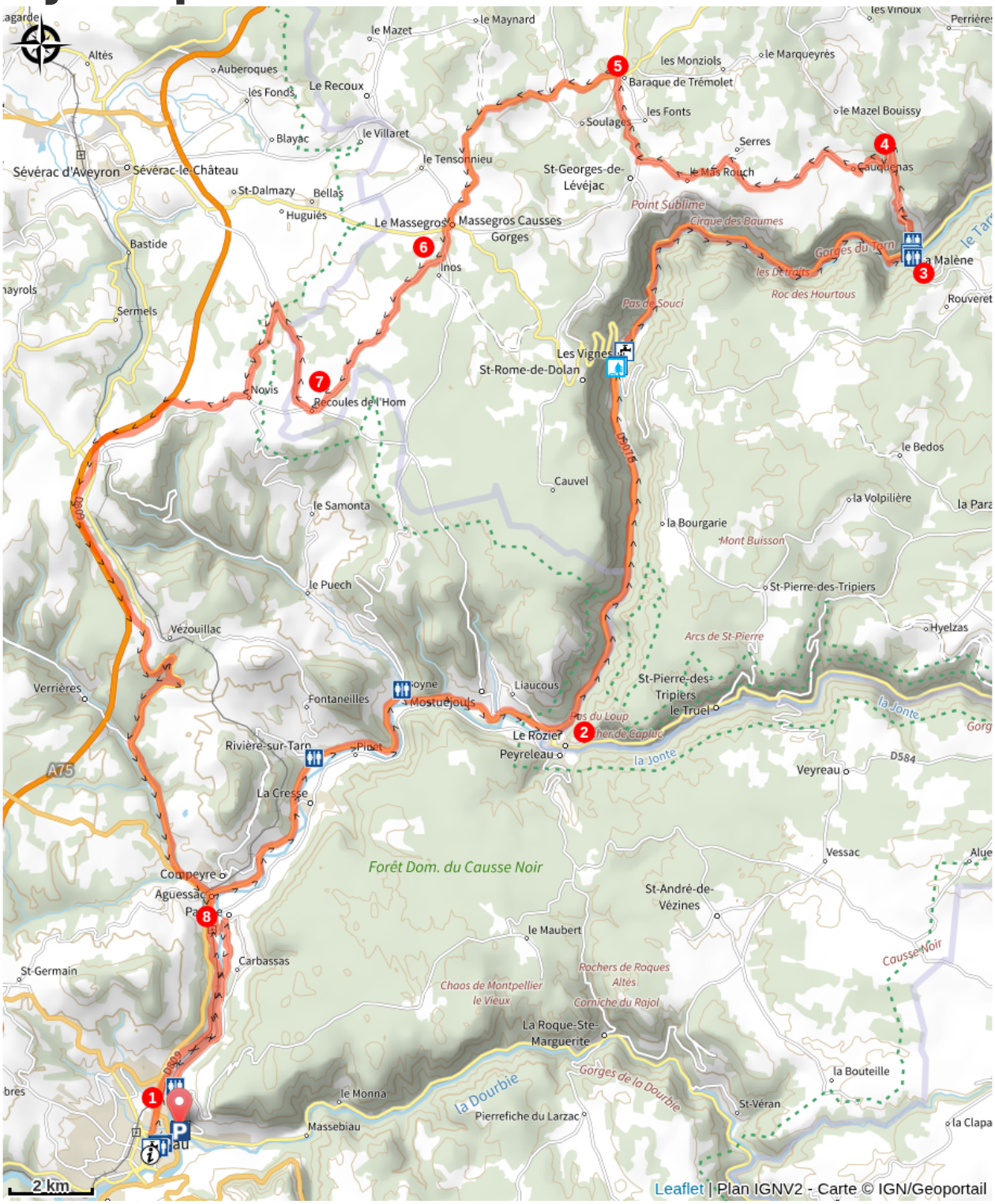
Altimetric profile



Min elevation 355 m Max elevation 919 m

1. Leave the town via Avenue Jean Jaurès, heading towards Aguessac on the D809. After the Aguessac level crossing, turn right onto the D907 towards the Gorges du Tarn and Rivière-sur-Tarn. Pass through Rivière-sur-Tarn and then Boyne, heading towards Le Rozier.
2. Continue on the D907 towards Les Vignes and then La Malène. For over 40 km, the route presents no real difficulties. Only a few ‘hills’ may make the ride a little more challenging. In particular, around the 40th km, there is the ‘Des Détroits’ viewpoint, where the road has been cut into the top of the first limestone overhang and overlooks the river.
3. As you pass through La Malène, turn left onto the D43 towards Cauquenas. After warming up along the Tarn, head for the Causse de Sauveterre via a lovely climb that begins as soon as you leave the village of La Malène. For around 15 km, the road features a series of rough sections where you’re likely to have to work hard during this first half of the route.
4. Turn left towards Cauquenas and then right onto the D43 towards La Baraque de Trémolet. Once you reach the plateau, crossing the Causse de Sauveterre can be tricky! Even though the highest point is less than 900 m, you’ll need to be a ‘powerhouse’ to get through this already demanding route without any trouble.
5. Turn left onto the D32 towards Massegros. Ride through the village, then turn left at the junction with the D995.
6. Next, before the cheese dairy, turn right towards Recoules-de-l’Hom.
7. On leaving the village, there are two options for joining the D94, the right-hand route as shown on the map, or head straight towards Novis for a 4.5 km shortcut. At Novis, follow the D94 towards the Col d’Engayresque. Head towards Millau via the D809. At the junction with the D29, turn left towards Aguessac and Millau.
8. Before the level crossing at the southern exit of Aguessac, turn left onto the D506 towards Paulhe, then turn right onto the D187 to reach Millau on the left bank of the Tarn.

On your path...


Altès
Auberoques
Le Recoux
les Fonds
le Villaret
Blayac
Sévérac d'Aveyron
Sévérac-le-Château
St-Dalmazy
Bellas
Huguiès
Le Massegros
Massegros Causses Gorges
le Tensonnieu
le Mazet
le Maynard
les Monziols
le Marqueyrès
Baraque de Trémolet
les Fonts
Soulages
le Mazel Bouissy
Serres
Cauquenas
St-Georges-de-Lévéjac
le Mas Rouch
Point Sublime
Cirque des Baumes
Gorges du Tarn
les Détroits
Roc des Hourtous
la Malène
Rouveret
Pas de Souci
Les Vignes
St-Rome-de-Dolan
Bastide
Sermels
Inos
Novis
Recoules de l'Hom
le Bedos
Cauvel
la Volpilière
la Bourgarie
Mont Buisson
le Samonta
le Puech
St-Pierre-des-Tripiers
Hyelzas
Arcs de St-Pierre
Vézouillac
Verrières
Fontaneilles
Mostuéjouls
Liaucous
St-Pierre-des-Tripiers
le Truel
Pas du Loup
Le Rozier
Peyreleau
la Jonte
Rivière-sur-Tarn
Pinet
A75
La Cresse
Veyreau
D584
Vessac
Forêt Dom. du Causse Noir
Compeyre
Aguessac
St-André-de-Vézines
le Maubert
St-Germain
Carbassas
Chaos de Montpellier le Vieux
Rochers de Roques Altès
Corniche du Rajol
Causse Noir
La Roque-Ste-Marguerite
Gorges de la Dourbie
la Dourbie
la Bouteille
le Monna
Massebiau
Pierrefiche du Larzac
St-Véran
la Clapa
2 km
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

How to come ?

Transports

Se déplacer en bus ou en train : https://lio.laregion.fr/

Covoiturage : BlaBlaCar, Rézo Pouce, Mobicoop, LaRoueVerte, Roulez malin

Advised parking

Millau, Confluence Roundabout

Information desks

Tourist Office Millau Grands Causses
1, place du Beffroi, 12100 MILLAU
contact@ot-millau.fr
Tel : 05 65 60 02 42
https://www.explore-millau.com/



Source

Club Cyclotourisme Millavois

http://clubcyclomillavois.fr

Communauté de communes Millau Grands Causses

https://www.cc-millaugrandscausses.fr/mes-pauses-loisirs-et-decouvertes/activites-de-pleine-nature

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