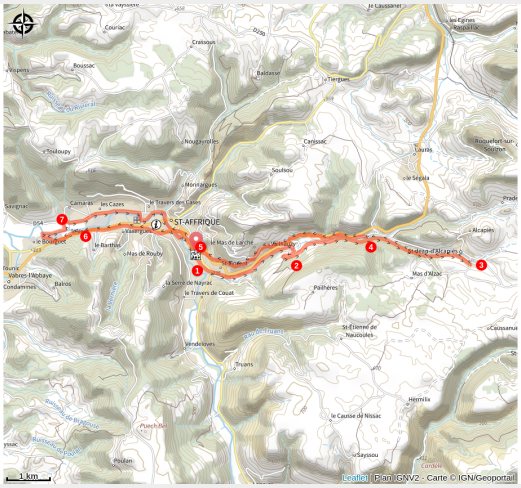
Gravel N°19 - Discovering Gravel biking around Saint-Affrique

Des falaises de Roquefort au Rougier



Voie verte (Virginie Govignon)



From cycle paths and greenways to quiet streets and singletrack trails, this route takes you across Saint-Affrique along the Sorgues River, before venturing into nature through the rolling valleys of the foothills of the Causse.

Urban side: the riverside promenade along the Sorgues, especially below the quays, is a lovely invitation to discover Saint-Affrique from the river's edge. Rural side: the greenway takes you to the village of Saint-Jean-d'Alcapiès, before a slightly more adventurous return to Saint-Affrique and its setting among seven hills.

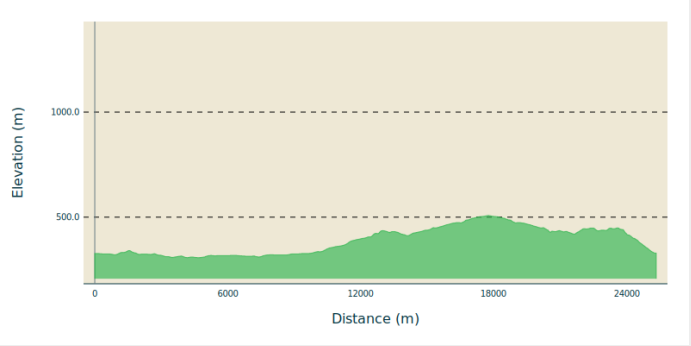
Useful information

- Practice : Gravel
- Duration : 2 h
- Length : 25.3 km
- Trek ascent : 344 m
- Difficulty : Easy
- Type : Loop

Trek

Departure : Mountain Bike Station, rue du 12 Étoiles, Saint-Affrique
Arrival : Mountain Bike Station, rue du 12 Étoiles, Saint-Affrique
Markings : Gravel marron/bleu
Cities : 1. Saint-Affrique
2. Vabres-l'Abbaye
3. Saint-Jean-d'Alcapiès
4. Roquefort-sur-Soulzon

Altimetric profile



Min elevation 307 m Max elevation 508 m

1. From the bike service station, take the greenway towards Saint-Jean-d’Alcapiès. You’ll follow a beautiful shaded trail, ideal for warming up.
2. About 100 metres before the barrier, turn right towards Vailhauzy Castle, where a short, fun trail will take you back to the greenway. Continue to Saint-Jean-d’Alcapiès.
3. If you wish, take a short detour through the village’s narrow streets, then turn back and begin your descent towards Saint-Affrique.
4. At the junction, descend to your left, then pass under the greenway to join the singletrack leading to Vailhauzy. Take care when crossing the RD999, then gradually follow the signs towards Saint-Affrique, alternating between small roads and singletrack.
5. Back at your starting point, follow the greenway in the opposite direction, then take the former railway bridge towards Vabres-l’Abbaye.
6. Take care when crossing the RD999, then cross the Bourguet area. Continue to the opposite bank of the Sorgues via the footbridge.
7. After emerging from a fun riverside singletrack, follow the cycle path on your right, then the Sorgues quays to complete your loop.

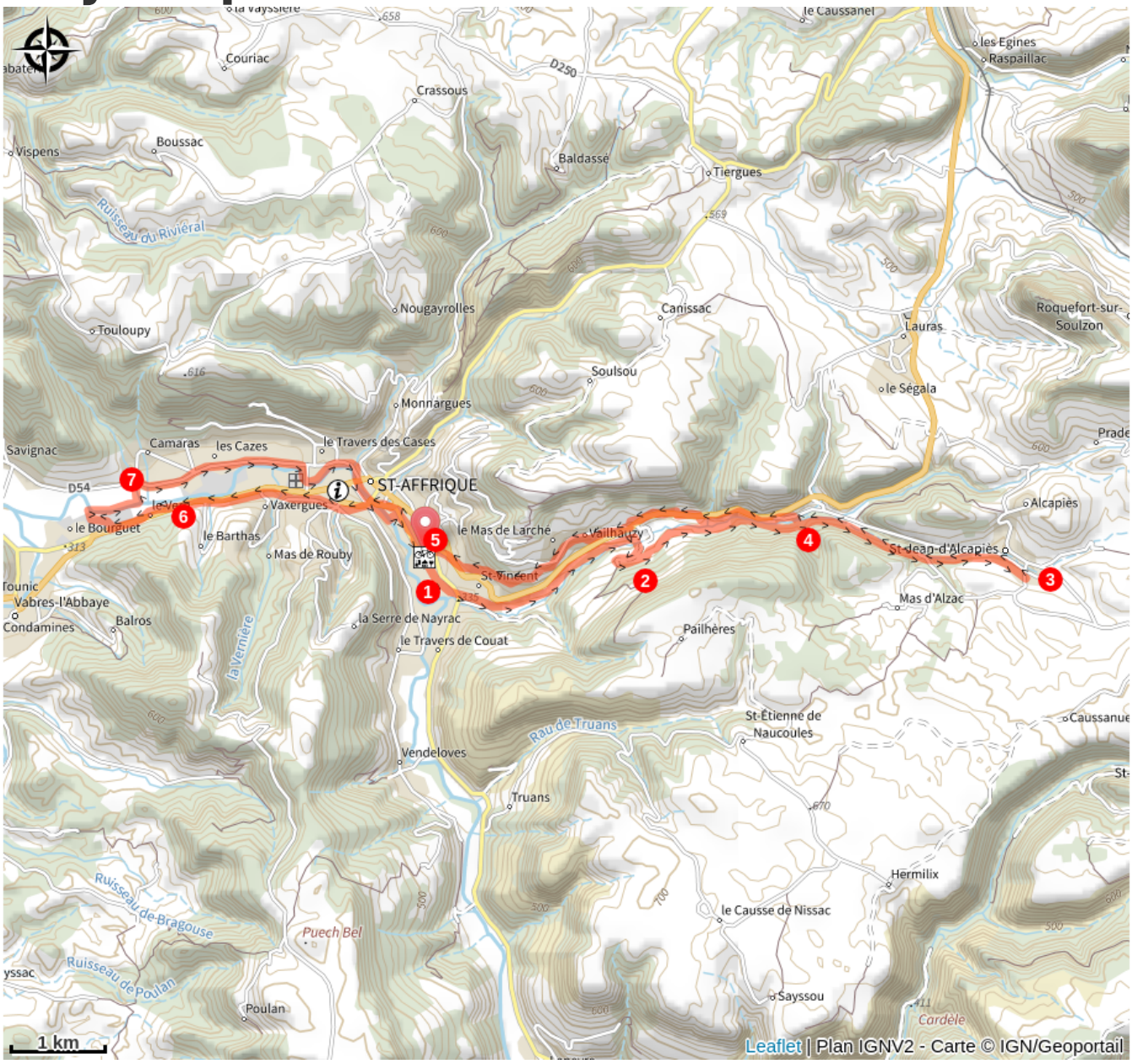
Technical sections :

- Short rocky descent : km 19.8
- Singletrack : km 20
- Main road crossing : km 21

35% roads and 65% trails

Riding time depending on your level : 1h15 to 2h

On your path...


Couriac
Crassous
Boussac
Vispens
Baldassé
Tiergues
Ruisseau du Riviéral
Nougayrolles
Canissac
Lauras
Roquefort-sur-Soulzon
Touloupy
Soulsou
le Ségala
Monnargues
Savignac
Camaras
les Cazes
le Travers des Cases
ST-AFFRIQUE
D54
Vaxergues
le Bourguet
le Barthas
Mas de Rouby
le Mas de Larché
Vailhauzy
Alcapiès
St-Jean-d'Alcapiès
St-Vincent
Vabres-l'Abbaye
Condamines
Balros
la Serre de Nayrac
le Travers de Couat
Pailhères
Mas d'Alzac
la Vernière
Rau de Truans
St-Étienne de Naucoules
Vendeloves
Truans
Hermilix
le Causse de Nissac
Ruisseau de Bragouse
Puech Bel
Ruisseau de Poulan
Poulan
Sayssou
Cardèle
1 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, 31 km south-west of Millau via the D992 and D999.
From Clermont-Ferrand and Montpellier, take the A75, exit 46, then the D999.
From Toulouse/Albi, take the D999.

Advised parking

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

Information desks

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

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



Source

Espace GRAVEL FFC