La Capelle de la Mole hiking circuit

Des falaises de Roquefort au Rougier



Village de Coupiac (Virginie Govignon)



This undulating trail allows you to discover ancient buildings made of ocher sandstone extracted and carved from quarries nearby Coupiac.

Set in the heart of the pays des 7 vallons (the land of seven valleys), the village of Coupiac is overlooked by its massive castle, formerly in the ownership of the Counts and bishops of Rodez.

Useful information

Practice : Trekking

Duration : 3 h

Length : 9.3 km

Trek ascent : 312 m

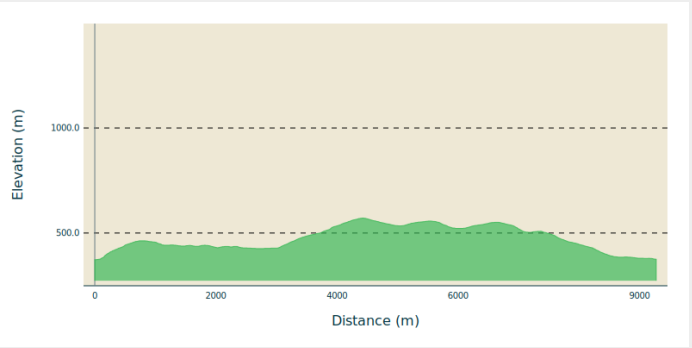
Difficulty : Medium

Type : Loop

Trek

Departure : Post Office car park
Arrival : Post Office car park
Markings : PR
Cities : 1. Coupiac
2. Plaisance

Altimetric profile



Min elevation 373 m Max elevation 571 m

1. From the trail network information point, walk around the castle to the right and when you are in front of the steps of the castle take the road to St Exupère for 10 m and climb the steps leading up between two houses.
2. Walk across the road and carry on along a sunken path on the opposite side of the road, walk across another road on your right until you reach Cabressier on the tarmac track.
3. Walk across the farm and follow the path that leads to Mazern, then head along the road for 200 m. Turn left towards Regord and keep to the path that follows the contour line.
4. Before the path goes downhill turn on the hairpin bend towards St Laurent. Once you've reached this hamlet, turn to your left and follow the road up to la Cloutarié farm. Before the farm, turn right onto the path that leads to the farm and walk on the path to your left down to the old chapel of La Mole where you will see a Templar cross.
5. At the junction, carry straight on for 20 m, take the left hand trail for 800 m then follow the edge of the field on your left that leads down towards the road. Walk to your right towards a place called la Ventadouyre.
6. About 30 m after la Ventadouyre take a left hand dirt road that makes a sharp bend and carry straight on along a sunken path which goes through a wood down into the valley. Cross the bridge over the Mousse and walk back to the village

On your path...


COUPIAC
BRASC
PLAISANCE
Saint-Laurent
la Capelle
Verouls
Moussac
Esplas
Montcouyoul
la Claparie
la Cloutarie
Lamayous
Curvalle
Mialet
Monteillet
Coudayrolles
Loubac
Leaflet | Plan IGNV2 Carte © IGN/Geoportail
500 m

All useful information

⚠ Advices

Box tree moths are active from May to October. During the caterpillar phase, they feed on the leaves of box trees. They crawl down trees and move on long silken threads, although these threads are annoying when hiking they do not pose any health risk

Gear

Prévoir une réserve d’eau et une tenue adaptée

How to come ?

Transports

Travel by bus or train: https://lio.laregion.fr/

Carpooling : BlaBlaCar, Rézo Pouce, Mobicoop, Idvroom, LaRoueVerte, Roulez malin

Access

A 45 minute drive from Albi or from St Affrique.

From St Sernin sur Rance, take the D33 to Coupiac (about a 20 minute drive).

Starting point: Post Office car park situated in the centre of Coupiac.

Recommended car park

Advised parking

Post Office car park