Vérouls hiking path

Des falaises de Roquefort au Rougier



Village de Coupiac (Xavier Waerzeggers)



These very old country lanes will lead you, alongside fields and beech forests, throughout the Pays des Sept Vallons countryside with the babbling of brooks and waterfalls for companion.

The Coupiac hamlets, similar to erected islets and suddenly emerging from a hilly forested landscape, invite you to explore a timeless loop that provides the feeling of being transported back to the old rural life with its genuine wealth. The magnificent view over the village of Coupiac overlooked by its 15th century castle is the highlight of this hike.

Useful information

Practice : Trekking

Duration : 3 h 15

Length : 9.8 km

Trek ascent : 290 m

Difficulty : Medium

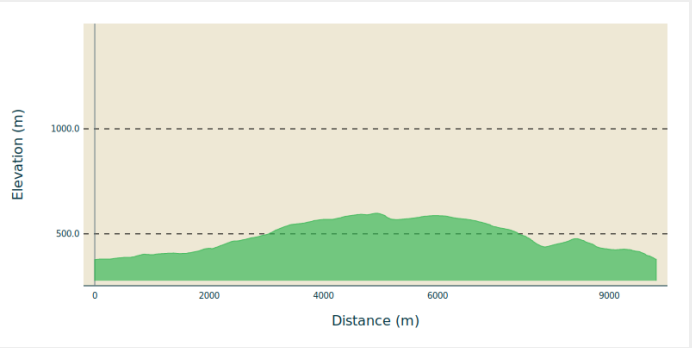
Type : Loop

Themes : Panorama, Water

Trek

Departure : Post Office car park
Arrival : Post Office car park
Cities : 1. Coupiac
2. Brasc

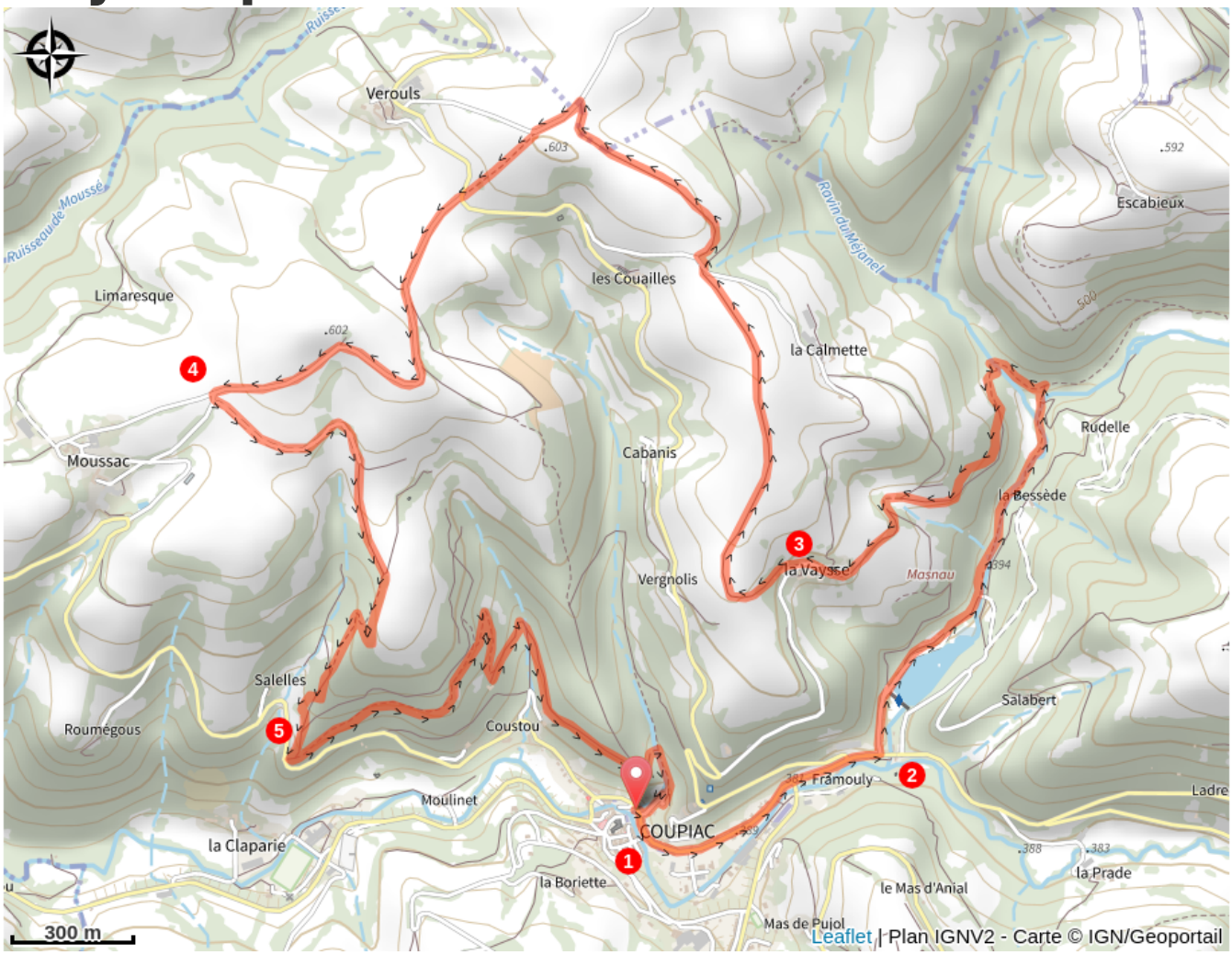
Altimetric profile



Min elevation 377 m Max elevation 598 m

1. From the Circuit Information point, take the R. Bel avenue towards Montclar. Just outside the village, turn left and head for the Masnaut outdoor activities centre.
2. Walk along the side of the lake up to the car park, then as you approach the gateway, walk beside the brook on its right bank. Where path and brook come together (don’t forget waterproof shoes in case of rainy weather) keep going ahead, then leave the path to turn onto a trail. At the junction take the left trail towards the hamlet of La Vaysse where you can enjoy the beautiful waterfall.
3. As you walk through the hamlet, pay attention to the marking so as not to miss a large stone Maltese cross. Once you reach it, walk to the right, which takes you towards the plateau. Walk across the road that gives access to la Calmette and keep going up to a road running alongside a wood of fir trees and beeches. Walk to the left, then turn left again along a fence to reach a Maltese cross where you cross the D194 to take the road towards Moussac. From there, you can see the hamlet of Vérouls.
4. 500 m before the hamlet of Moussac, notice a junction with a cross. Turn to the left on a path and make your way through the fields. Walk along the edge of the wood and follow a path to the right across the woodland.
5. Once you are deep inside the woods take the left hand trail going down to Coustou Le Haut where you will find an enclosed field. Follow the track for 50 m then take the left hand path through the undergrowth.

On your path...


Verouls
Limaresque
Moussac
Roumégous
Salelles
Coustou
Moulinet
la Claparie
la Boriette
COUPIAC
les Couailles
Cabanis
Vergnolis
la Vayssé
la Calmette
Masnau
Escabieux
Rudelle
la Bessède
Salabert
Framouly
Ladre
la Prade
le Mas d'Anial
Mas de Puiol
1
2
3
4
5
300 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

⚠ Advices

In case of rainy weather and a subsequent rise in water levels, do not embark on this circuit, because you will not be able to walk across the streams.
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

Coupiac is a 45 minute drive from Albi or St-Affrique.

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

Advised parking

Post Office car park in the centre of Coupiac