

De Salmanac à Ségonzac

Des falaises de Roquefort au Rougier - Vabres-l'Abbaye



Vue vers la vallée du Dourdou (Roquefort Tourisme)



This hiking loop which links two hamlets built in red sandstone, takes place in a landscape of ridges and oak groves interspersed with views over the Salmanac plain, the Rougier, the castle of Montaignut and the Merdelou mount.

The hamlet of Salmanac spreads across a plain which already heralds the rougiers sceneries and welcomes you to enjoy an immersive stroll towards Ségonzac, another village built in red sandstone and nestled unobtrusively in a small valley. Between those two havens of peacefulness, explore trails, hills and woodlands and experience the natural beauty of the place.

Useful information

Practice : Trekking

Duration : 2 h 40

Length : 8.4 km

Trek ascent : 347 m

Difficulty : Easy

Type : Loop

Themes : Panorama

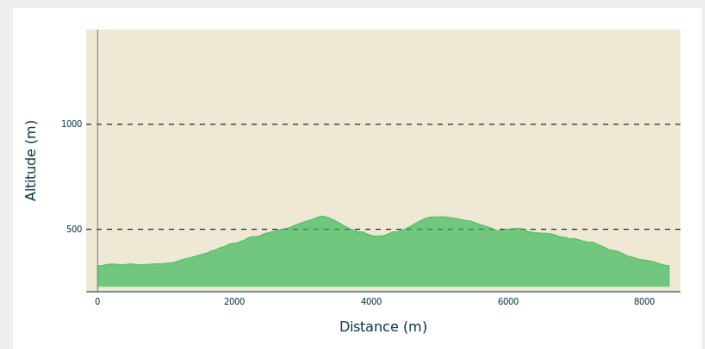
Trek

Departure : dans le hameau de Salmanac

Arrival : dans le hameau de Salmanac

Cities : 1. Vabres-l'Abbaye

Altimetric profile



Min elevation 327 m Max elevation 562 m

1. From the car park, walk to the hamlet entrance, cross the bridge and follow the rural path to the left which runs alongside Grays brook. After approximately 1 km cross the brook, and a little further on, take the extreme right path into the woodland. Your path follows the course of another brook and then rises up towards a crest and after a hair pin bend joins a trail.
2. Follow this trail to the left which takes you towards the farm la Gariette. Take a look at the ancient farm buildings, and then carry on along the tarmacked road for about 400 m.
3. Leave the road taking dirt path to your left which passes under a power line, then rises along a crest and eventually reaches the plateau and a second power line.
4. You will arrive at a fork in the track, *where you have the possibility of extending your hike with a brief diversion by carrying straight on the grassy trail (30 m), then you take a small path running down to the left towards the village of Ségonzac. After your visiting the village, retrace your way back to the second power line.* Follow the line southward. You will see a cross on the left hand side of the path, and eventually reach the road leading to le Taillierou. Turn left onto this road and walk past some buildings, then take a path running down to the East across the fields. Pass under the power line and enjoy the views over the landscape: to your left, la Gariette, in front of you, the Dourdou valley, a little further on, the castle of Montaigut, and in the far distance to your right the Merdélou crests. You will pass by two trails to your right, and keeping to the path you are on, walk beside a small pond to your left and then up a slope to the edge of the wood towards the summit (509 m). Now follow the path down a little to meet the small road which leads to a place called Le Bousquet.
5. Carry on this road for approximately 400 m. Just before the bend in the road (nice view over the Salmanac plain), take a hair pin bend on the left and follow a path that widens out into the woodland. Walk along the edge of a field on your left and then take again the path which joins a trail. Take that trail to the right, carry on down into the woodland, paying attention to the markings and reach Salmanac by a wider trail.

On your path...



👁 Viewpoint (A)

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

Sur la D999, 3,5 km au sud de Vabres l'Abbaye, tourner à droite direction Salmanac.

Advised parking

in the hamlet of Salmanac

Information desks

OT Pays du Roquefort

Avenue de Lauras, 12250 Roquefort/
Soulzon

contact@roquefort-tourisme.fr

Tel : 0565585600

<http://www.roquefort-tourisme.fr/>



On your path...



📍 Viewpoint (A)

View over the Salmanac plain

Attribution : Roquefort Tourisme