The three Valleys

Des falaises de Roquefort au Rougier - Saint-Izaire

Ferme Le Graudenc et sa croix (Roquefort Tourisme)

Starting from the village of Saint-Izaire which holds a medieval red sandstone jewel, explore this route along the Dourdou, Tarn and Gos valleys and enjoy many spectacular views and a tremendous historic heritage.

In the middle of a red soil and wooded glen landscape, a whole architectural and industrial heritage awaits you: the castle of Saint-Izaire, an ancient sand pit, a former railway line and the hamlet of Janolles with its 16th century buildings. A hike located at the confluence of the Dourdou, Gos and Tarn rivers and during which times are intertwined.

Useful information

Practice : Trekking

Duration : 4 h 30

Length : 16.7 km

Trek ascent : 516 m

Difficulty : Medium

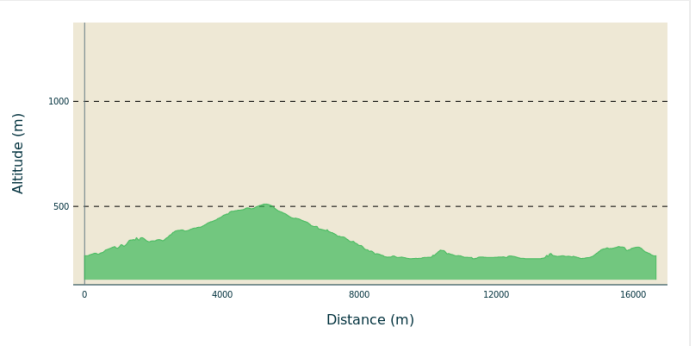
Type : Loop

Themes : Geology, History and heritage, Panorama

Trek

Departure : Village square in Saint-Izaire
Arrival : Village square in Saint-Izaire
Markings : PR
Cities : 1. Saint-Izaire

Altimetric profile



Min elevation 251 m Max elevation 511 m

1. Take the road towards Faveyrolles up to the first intersection, then fork to the right on a dirt road for 800 m (scenic view over the village). Reach the disused "Le Graudenc" farm building, carry on towards the culminating point at the foot of a high-voltage tower, then walk down the Gos creek valley and enjoy an extensive scenic view over the distant horizon.
2. After a steep slope between two fields, fork to the left at the intersection right by the small stone cross. Walk past dilapidated buildings and follow the track down to the valley. On the valley bottom, right at the intersection, take a hairpin bend to the right above the sandpit which can be seen 50 m further.
3. Walk along the shady bank of the Tarn river and through the hamlet of Les Alverhnes. After a 300 m section of tarmac road, go down to the left and pass under the stone bridge of the former railway.
4. Go to the left of the tunnel along the Dourdou river and carry straight on, leaving to the left a nice private bridge over the Dourdou river next to the hamlet of Janolles. Follow the river and pass under another bridge of the former railway, then get back to the tarmac road.
5. Take to the left towards the Mas de Gascuel. Walk along the farm and take the gently sloping dirt road that leads you back to the village of Saint-Izaire.

On your path...

📖 Village of Saint-Izaire (A)

All useful information

Advices

Box tree months 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

How to come ?

Transports

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

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

Access

From Vabres-l'Abbaye, follow the D25 up to the village of St-Izaire.

Advised parking

At the edge of the river Le Dourdou right after the bridge

Information desks

OT Pays du Roquefort
Avenue de Lauras, 12250 Roquefort/ Soulzon

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

Source

Communauté de communes du St-Affricain

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

On your path...

📖 Village of Saint-Izaire (A)

The history of this village is intertwined with that of the old Episcopalian castle, which was formerly the Bishop of Vabres summer palace. The name of the village was first made mention of in an official document dating back to 862 AD.

During the 12th century, continual invasions, acts of banditry and battles between feudal lords created a tremendous insecurity. This led to the building of battlements to improve the defensive system and providea safe haven to the neighbouring people during periods of turmoil. The castle and the fortified village date back to the time of the Vabres bishops who made the village their summer residence and a safe refuge.

When the religious wars were over and peace restored, the protective wall lost its primary function and so today the façade of the castle has windows inserted along its length. The fortified gates were also demolished to allow the passage of carts or to expand the neighbouring houses. The villagestreet, footpath and house pattern has remained unchanged since the Middle Ages, and the beautiful 15th century facades and windowscan still be seen in some streets today. The old church part of the battlements had its vault lowered in 1635 to provide housing to the schoolmaster and guards. In 1650 repair works were started by the Consuls.

Attribution : Office de Tourisme du Pays de Roquefort et du Saint-Affricain