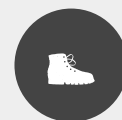


Saint-Laurent trail

Des falaises de Roquefort au Rougier - Plaisance



Plaisance (Roquefort Tourisme)



In the western edge of Aveyron, this rising slope that runs to the hamlet of Saint-Laurent makes its way across a landscape mainly covered by woodland and provides you with a stunning panorama over the village of Plaisance.

Saint-Laurent and its medieval church formerly a feudal then a templar possession, , await you a little away from the Rance valley, in the heart of a wooden and farming environment. This hiking loop is rather demanding but the scenic view over Plaisance is well worth the effort! In Saint-Laurent, the 14th century cross with engraved Occitan words must be seen.

Useful information

Practice : Trekking

Duration : 3 h 15

Length : 10.2 km

Trek ascent : 440 m

Difficulty : Medium

Type : Loop

Themes : Flora, History and heritage, Panorama

Trek

Departure : War memorial in Plaisance

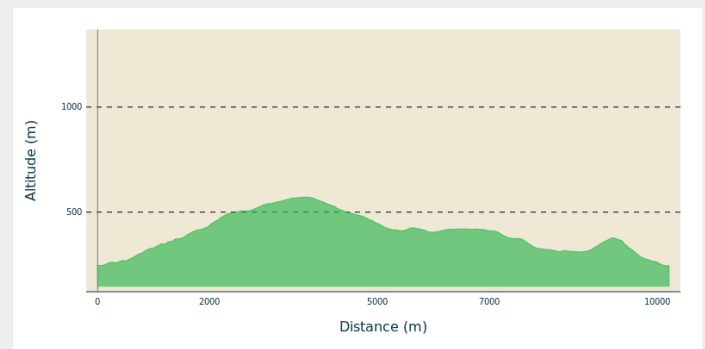
Arrival : War memorial in Plaisance

Markings : — PR

Cities : 1. Plaisance

2. Coupiac

Altimetric profile



Min elevation 245 m Max elevation 571 m

1. Walk to the village centre and turn to the right on road D106 in the direction of Fon DeMas, at the exit of the village turn to the left towards Lamayou. Approximately 30 m further, leave the road and take to the left a dirt road. Starting from the altitude of 250 m in Plaisance, you will reach 570 m in St-Laurent heading your way along a partly shady ascending slope. The path follows the road for approximately 150 m then turns to the right on a track towards la Borie.
2. From this place, walk away from the path a few moments and enjoy the scenic view over Plaisance. Then retrace your steps back to the trail that runs uphill to a place called Lamayous: from this location, head towards Saint-Laurent by a sunken path.
3. Turn to the right at the entrance of the hamlet, then turn left on the road and 140 m further, take to the right a track that goes down towards Camboussières. A short distance before this hamlet, do not take the path on the right that leads to Coupiac. Walk across Camboussières and le Mazet. 50 m further the exit of le Mazet do not miss the track on the right which runs through la Pilande Haute. Keep walking downhill to join the D33 road, which links Coupiac to Plaisance.
4. Take this road towards Plaisance up to Mialet. After the housing estate, turn to the left and walk a rising slope up to the last house. 100 m further, take to the right a path that runs down across woodland towards Plaisance.
5. At the village turn to the right and carry on towards Curevalle to reach the car park.

[illegible]

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

From St Sernin/Rance, take the D33 road up to Plaisance (approximately a 20 minute drive).

Advised parking

Carpark of the wine-press room in Plaisance

Information desks

OT Pays du Roquefort

Avenue de Lauras, 12250 Roquefort/
Soulzon

contact@roquefort-tourisme.fr

Tel : 0565585600

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

