

Trail running No. 25 Vabres- l'Abbaye - Montcamp

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



Monotrace (Roquefort Tourisme)



Between the Dourdou plain and the Rougier surroundings, enjoy running through a transitional landscape mainly covered by woodland, which from single-tracks to technical paths, gradually turns out to be a formidable playground for trail-runners.

This route offers an opportunity to be introduced to trail-running for two reasons. First, it features an accessible distance and goes in the heart of the Joncas, an unknown landscape displaying shimmering colours. Second, although the altimetric profile seems to be tranquil, with a 500m of positive elevation, this loop interspersed with ascents and gullied passages showcases all the challenges a trail-runner has to deal with.

Useful information

Practice : Trail

Duration : 1 h 30

Length : 10.3 km

Trek ascent : 462 m

Difficulty : Easy

Type : Loop

Themes : Panorama

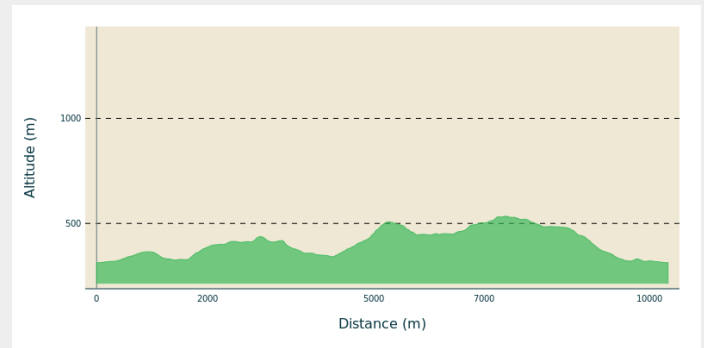
Trek

Departure : Car park of the campervan area In Vabres-l'Abbaye

Arrival : Car park of the campervan area In Vabres-l'Abbaye

Cities : 1. Vabres-l'Abbaye

Altimetric profile



Min elevation 313 m Max elevation 534 m

1. This circuit gently starts along a lovely path bordered by a low wall. After having forded the brook, run on 100 metres of road and forked a right-left, here we go to start on the beautiful rising slope of a technical and gullied path featuring 40m of positive elevation, just enough to find the right tempo.
2. We then tip over into the Dourbiette vale to tackle the foothills of Montcamp. And then, things become serious with stony paths, playful and winding single-tracks and gorgeous glowing trails. The Rougier is not far indeed, with sometimes gaps in the greenery to let us admire the municipality of Vabres stretching in the Dourdou valley.
3. Once past this wood of small oak trees, we get into a beautiful, soothing, and refreshing forest in summer. It's time to take a breath, for the final section gives total value to the circuit.
4. After a short stretch of road, we start a very technical ascent on the Joncas path, which has been planed by erosion. It requires caution and attention, providing sheer delight for trail-runners who are surprised to find out in the Vanière woodland a well-hidden and challenging spot, a precious little gem to enjoy.
5. When arriving at the Vieuzet farm, all you have to do is let yourself go back to the starting point whilst remaining cautious about your running through this residential area.

On your path...



All useful information

AdVICES

Water supply – energy food supply – appropriate shoes - rain jacket

Gear

Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Getting around by bus or train: <https://lio.laregion.fr/>

Carpooling : [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

Access

On the D999 road linking Millau to Albi, 4km after Saint-Affrique

Advised parking

Car park of the campervan area In Vabres-l'Abbaye

Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

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

