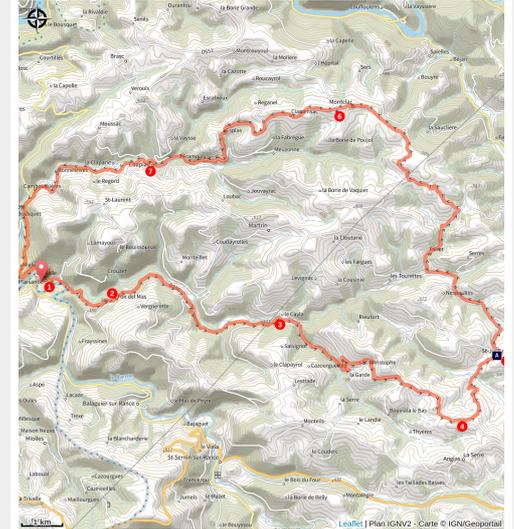


# The small valleys

Des falaises de Roquefort au Rougier - Plaisance



Eglise Plaisance (Roquefort Tourisme)



*Along a short loop, criss-cross the rural countryside in the pays des sept vallons, interspersed with hamlets and villages which emerge as small islands of peacefulness and rural life.*

As its name implies, this stroll is not lacking in relief! Some quite demanding uphill slopes await you along this route which runs in a mainly farming landscape. However, the highlight of this getaway is, without any doubt, the Montclar panoramic viewpoint with its 360° view over the Ségala, the Grands Causses and even on a clear day, the Aigoual massif.

## Useful information

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Practice : Cycling

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Duration : 2 h 30

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Length : 44.1 km

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Trek ascent : 1256 m

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Difficulty : Medium

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Type : Loop

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Themes : Agropastoralism,  
History and heritage, Panorama

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Accessibility : VTTAE

# Trek

**Departure** : winepress room in Plaisance

**Arrival** : winepress room in Plaisance

**Cities** : 1. Plaisance

2. Coupiac

3. Martrin

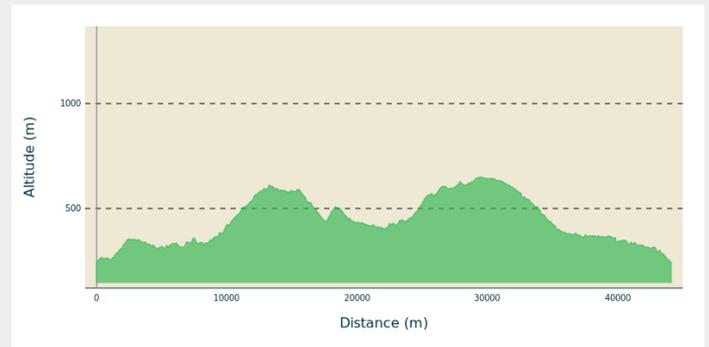
4. La Serre

5. Saint-Juéry

6. Montclar

7. Saint-Izaire

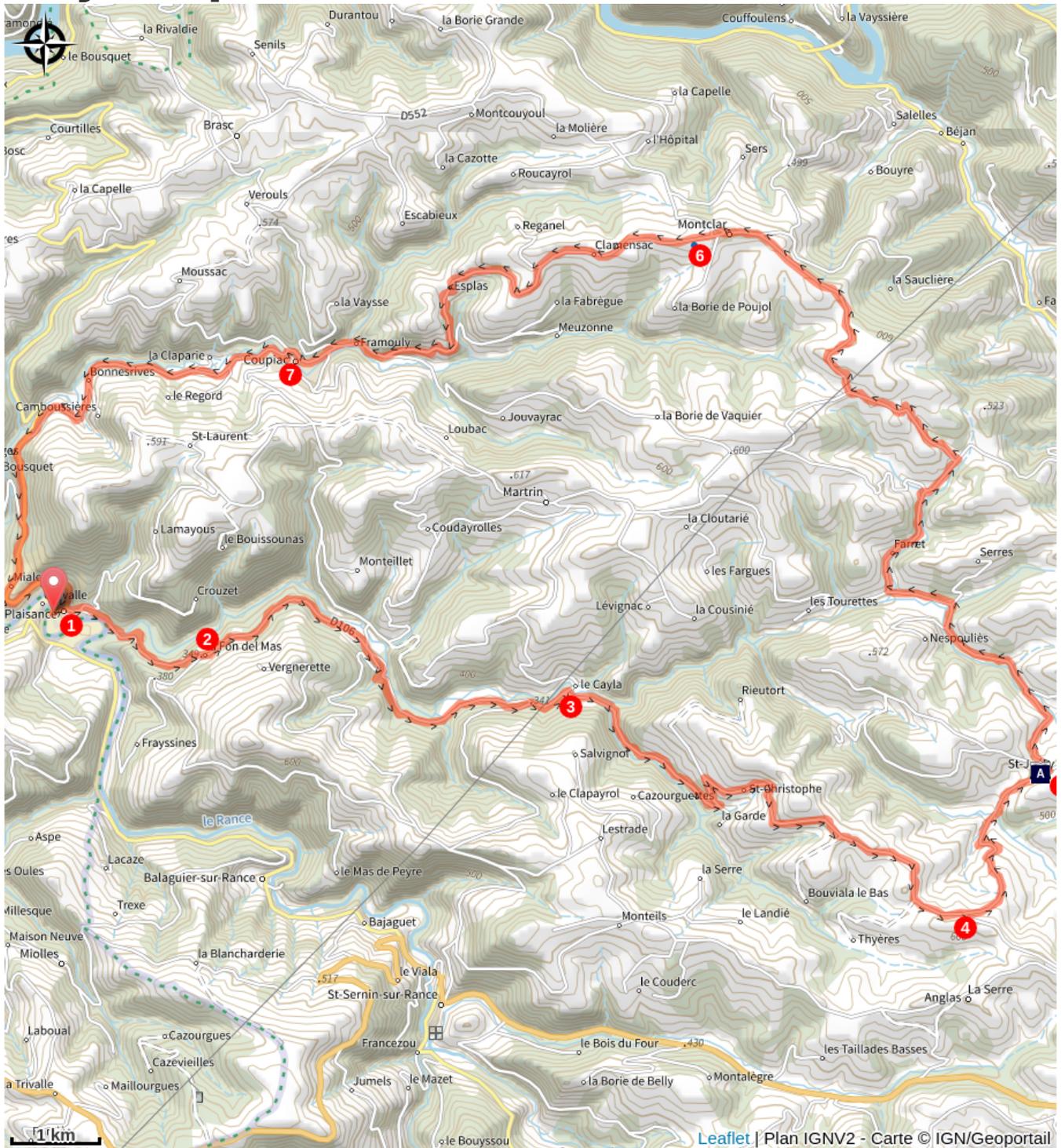
## Altimetric profile



Min elevation 245 m Max elevation 650 m

1. From the village centre, follow the direction of "La Fon Del Mas". A slight slope of 1km with an 8% gradient awaits you.
2. Cycle across the tiny hamlet, then keep riding the main road up to the Cayla.
3. Carry straight on the D501. You will notice the 4km ascent with a 6% gradient.
4. Fork to the left in the direction of Saint-Juéry.
5. Head towards Farret, then Montclar.
6. The Montclar viewing point is on your left and offers a stunning view to enjoy before carrying on your way to Coupiac.
7. A brief going there and back is possible to ride to the foot of the Coupiac castle. Get back to the D60 and head your way back down to Plaisance.

# On your path...



 Saint-Juéry Castle (A)

# All useful information

## Gear

Prévoir une réserve d'eau et une tenue adaptée

## How to come ?

### Transports

Getting around by bus or by 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 (a 20-minute drive approximately).

### Advised parking

car park of the winepress room in Plaisance

## Accessibility

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# On your path...

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## Saint-Juéry Castle (A)

The Castle is said to date from the second half of 16th century a time when Wars of Religion were raging throughout the region. The fortress comprises a rectangular-shaped main building with corners supported by round towers that stand out from the four curtain walls. The Castle defence was provided by a well-conceived system with musket loopholes distributed over four floors on either side of each tower. Legend has it that in former times there was a lord who wanted to accumulate too much power. The king at that time would have sent troops to dismantle a tower of the Castle as a punishment and a mark of disgrace... Long ago, the land of St-Juéry was part of the royal domain. An uninterrupted succession of noble families have lived in the Castle and most of the lords of St-Juéry were laid to rest in the former parish church.

Attribution : Roquefort Tourisme