From valleys to Rougier

Des falaises de Roquefort au Rougier - Plaisance

Combret sur Rance

From valley to valley, from village to village, a demanding and sportive cycling loop explores the pastoral landscapes of southwestern Aveyron, where the red sandstone has left its mark on the built heritage.

Which site to visit between Coupiac castle or the Combret mound, the Gos valley or the small valleys in the Belmont region? Whatever are your likings, one thing is for sure: after this enduring ride, linking several unmissable sites while taking you to an unexpected route, the pays des Sept Vallons, the vallée du Rance and the western edge of the Rougier will no longer hold any secrets for you.

Useful information

Practice : Cycling

Duration : 4 h 30

Length : 88.1 km

Trek ascent : 1908 m

Difficulty : Hard

Type : Loop

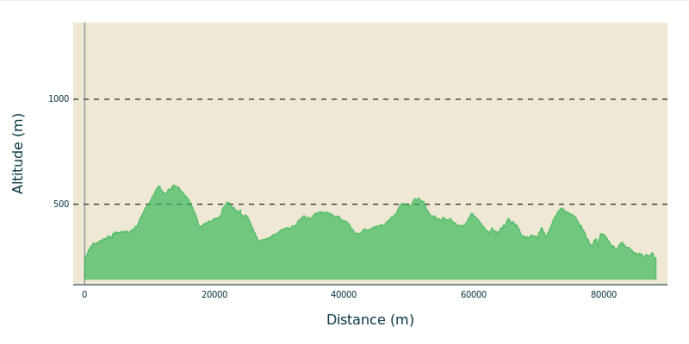
Themes : Agropastoralism, History and heritage, Panorama

Accessibility : VTTAE

Trek

Departure : winepress room in Plaisance
Arrival : winepress room in Plaisance
Cities : 1. Plaisance
2. Coupiac
3. Martrin
4. Saint-Juéry
5. Calmels-et-le-Viala
6. Vabres-l'Abbaye
7. Rebourguil
8. Montlaur
9. Camarès
10. Belmont-sur-Rance
11. Combret
12. Laval-Roquecezière
13. Pousthomy
14. Saint-Sernin-sur-Rance
15. Balaguier-sur-Rance
16. Curvalle

Altimetric profile



Min elevation 241 m Max elevation 592 m

1. From the village centre of Plaisance, ride towards Coupiac.
2. At the village entrance, take to the right to pass at the foot of the castle. Keep going on the main road up to Martrin, then to Saint-Juéry.
3. Turn left towards Ennous to reach the Gos valley.
4. Take a left, then cycle up to the D999 road after Rébourguil.
5. Ride across the D999 road and carry on to the D902 via the village of Verrières.
6. Turn right twice in a row, stay on the main road up to Belmont.
7. Once in the heart of the village, follow the direction of Combret.
8. Take to the right for a brief going there and back (500m) to the village centre, then retrace your steps back to follow the direction of Saint-Sernin.
9. A 1km round trip to visit the Notre Dame d'Orient monastery is possible. Then, keep cycling the road towards Saint-Sernin.
10. Take the D999 for 1 km, then turn to the right to get back to the starting point in Plaisance.

On your path...

1
2
3
4
5
6
7
8
9
10
Lincou
Brousse-le-Château
le Carayral
la Contie
Couffoulens
le Moulin du Len
le Bousquet
Brasc
D552
l'Hôpital
Béjan
St-Izaire
Bournac
la Capelle
Montclar
Sauveplane
le Cambon
Aspires
Esplas
la Sauclière
Faveyrolles
les Canacs
Bedos
Coupiac
D234
la Borie
St-Laurent
Bastide-Solages
Martrin
Calmels-et-le-Viala
le Viala du Dourdou
Farret
Mas de Gos
D106
le Cayla
Salmanac
Segonzac
Salvagnac
St-Juéry
St-Christophe
Balaguier-sur-Rance
Monteils
le Moulin Neuf
Miolles
St-Sernin-sur-Rance
La Serre
Anglas
Esplas
Rebourguil
la Trivalle
Montlaur
St-Pierre
D999
Bétirac
Buffières
la Lauze
Pousthomy
Verrières
St-Maurice
Galamans
Montfranc
Jouvens
Combret
St-Julien
Pourencas
la Verdolle
Lascazes
le Rance
Aérodrome de Saint-Affrique-Belmont
Belmont-sur-Rance
St-Vincent
le Cellier
St-Salvi-de-Carcavès
la Claparède
St-Crépin
Laval-Roquecezière
Vic
Prohencoux
la Loubière
Roquecezière
l'Albespy
Mounes-Prohen
le Masnau
St-Sever-du-Moustier
2 km
Linas
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

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

VTTAE