

Throughout the Rougier

Des falaises de Roquefort au Rougier - Camarès



Abbaye de Sylvanès (Roquefort Tourisme)



Explore a small Colorado in the heart of Occitania. The Rougier displays a landscape of burgundy hills and canals, surrounded by forests. Carved standing stones, human-shaped stelae, greet you as you pass by.

You can choose between two options: a 90 km loop which requires more stamina, and a shorter version featuring a 64 km long distance that cuts through the village of Fayet. In any case, be prepared for a formidable immersion in a strange landscape, sometimes barren, sometimes wooded, where an attractive heritage nestles. The daunting ascending slope to the Montaignut castle that heralds the end of the cycling loop requires you to save your energy.

Useful information

Practice : Cycling

Duration : 4 h 30

Length : 90.7 km

Trek ascent : 1767 m

Difficulty : Hard

Type : Loop

Themes : Savoir-faire, Agropastoralism, History and heritage, Panorama

Accessibility : VTTAE

Trek

Departure : Tourist Office in Saint-Affrique

Arrival : Tourist Office in Saint-Affrique

Cities : 1. Camarès

2. Montlaur

3. Gissac

4. Vabres-l'Abbaye

5. Saint-Affrique

6. Versols-et-Lapeyre

7. Sylvanès

8. Fayet

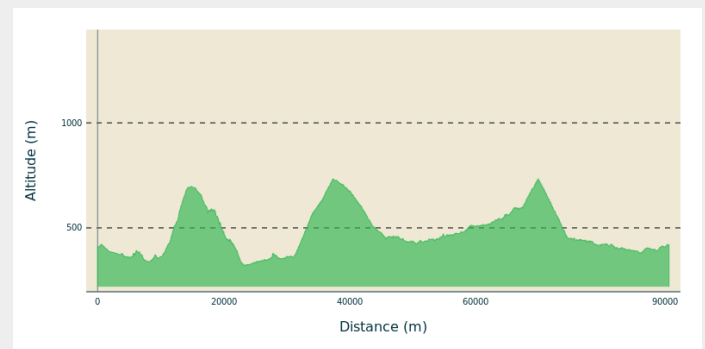
9. Montagnol

10. Tauriac-de-Camarès

11. Mélagues

12. Brusque

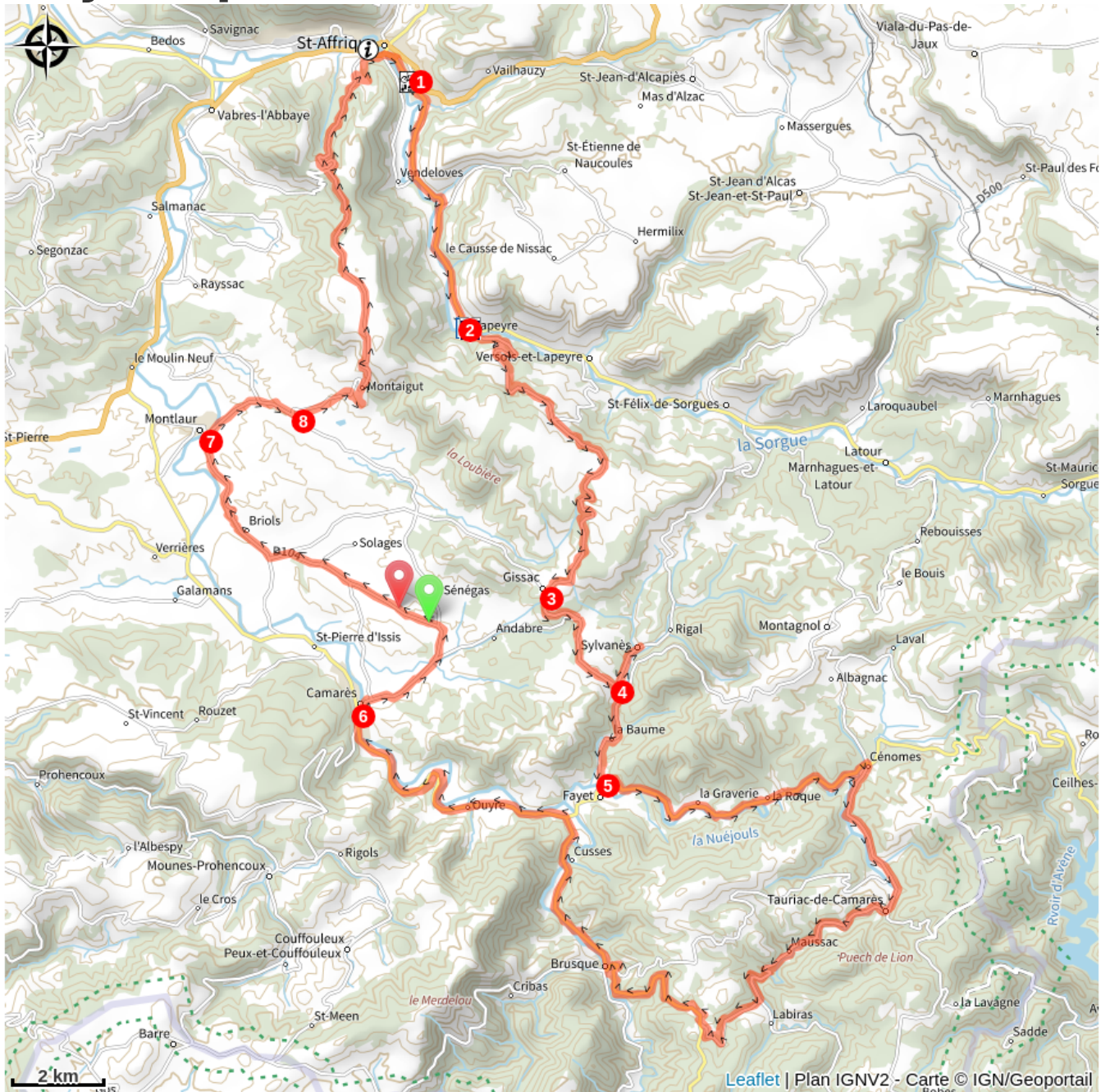
Altimetric profile



Min elevation 320 m Max elevation 733 m

1. From Saint-Affrique Tourist Office situated Boulevard Aristide Briand, take the D225 road in the direction of Millau.
2. Turn right onto the RD7 towards Vallée De la Sorgues, then ride along the stream up to Lapeyre.
3. Take a right to Gissac before a 5 km steady ascent (6%).
4. Once arriving at Gissac, take to the left the direction of Sylvanès.
5. At the roundabout, a brief going there and back will allow you to take a look at the Cistercian Abbey. Keep going towards Fayet for the rest of the circuit.
6. Turn to the left, then cycle along the stream to Cénômes. Then, ride through the village in the direction of Tauriac, Brusque and finally Camarès. Noteworthy is the possibility to shorten the circuit by passing directly through Fayet.
7. Cycle across the bridge to the right and follow the direction of Montlaur.
8. Before the bridge, take a right.
9. Turn left to Montaigut castle and its dreadful ascent (8.5%), before getting downhill towards Saint-Affrique.

On your path...



 Village of Lapeyre (A)

All useful information



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

Saint-Affrique is situated 31 km southwest of Millau via the D 992 and D 999 roads

Advised parking

Bus station car park, boulevard Aristide Briand in Saint-Affrique

Accessibility



Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

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



On your path...



Village of Lapeyre (A)

This village was controlled by the Templars Commandery during the 12th century and has kept much of its medieval architecture with its old houses clustered around the Tower. There is also the tombstone of Médora Leig, a daughter of the English poet Lord Byron which you can visit in the graveyard.

Attribution : Roquefort Tourisme