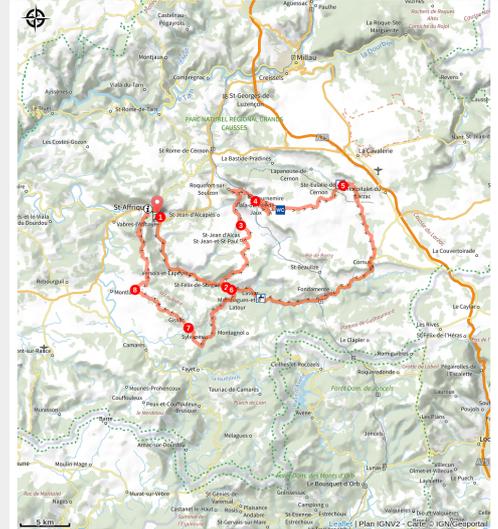


Major sites in Occitania

Des falaises de Roquefort au Rougier - Saint-Affrique



Abbaye de Sylvanès (Roquefort Tourisme)



Roquefort, the Templar Larzac and Sylvanès abbey: almost every high place listed as an Occitania Major Site are linked together by this big loop that you can achieve as you like it, in a sporty or leisurely way.

You have to earn a landscape awarded with the Occitania Major Site certification! From the Mascourbe plateau to the Aigüères pass, from the village of Roquefort to the Larzac causses, from the Cernon valley to the Sorgues valley, an incredible roller-coaster ride awaits you with sumptuous sceneries to enjoy. Manage your effort wisely to achieve the grand finale, the conquest of the castle of Montaigut.

Useful information

Practice : Cycling

Duration : 6 h

Length : 115.7 km

Trek ascent : 2274 m

Difficulty : Very hard

Type : Loop

Themes : Agropastoralism,
History and heritage, Panorama

Accessibility : VTTAE

Trek

Departure : Tourist Office in Saint-Affrique

Arrival : Tourist Office in Saint-Affrique

Cities : 1. Saint-Affrique

2. Versols-et-Lapeyre

3. Saint-Félix-de-Sorgues

4. Saint-Jean-et-Saint-Paul

5. Roquefort-sur-Soulzon

6. Tournemire

7. Viala-du-Pas-de-Jaux

8. Sainte-Eulalie-de-Cernon

9. Cornus

10. Fondamente

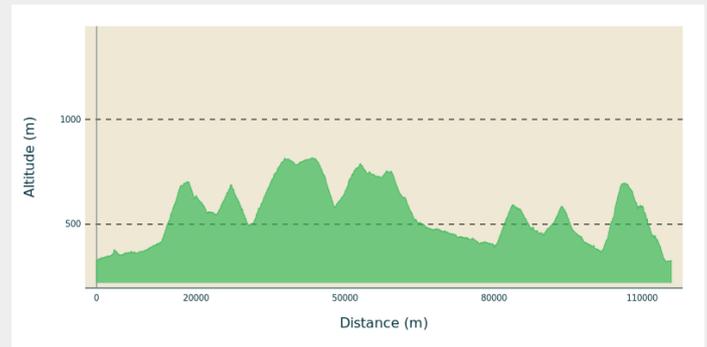
11. Marnhagues-et-Latour

12. Sylvanès

13. Gissac

14. Vabres-l'Abbaye

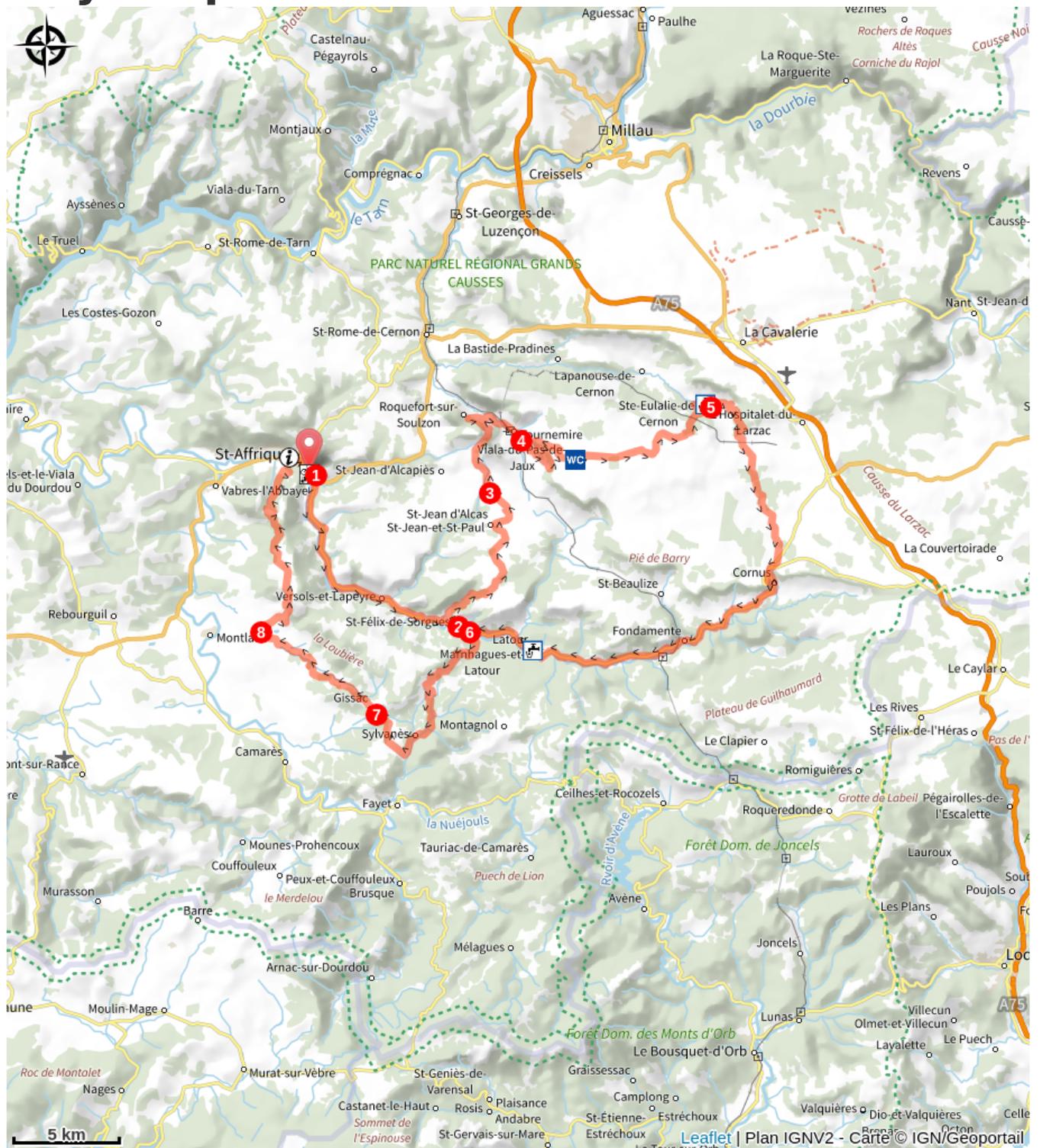
Altimetric profile



Min elevation 320 m Max elevation 816 m

1. From the Tourist Office situated on Boulevard Aristide Briand in Saint-Affrique, take the D225 road in the direction of Millau.
2. Turn right onto RD7 towards Vallée de la Sorgues, then ride along the stream up to Saint-Félix.
3. At the village entrance, begin to your left the ascending section towards Mascourbes (4km with a 7% gradient) before heading downhill to Saint-Jean d'Alcas.
4. At the junction, take a right to Roquefort. The top of the Aigüères pass (3km with a 4% gradient) will offer you a beautiful panorama over the Tournemire amphitheatre that you will reach further down.
5. The ascent to the Larzac awaits you at the village exit (6km with a 5% gradient) before cycling downhill to Ste-Eulalie-de-Cernon.
6. Ride across the village toward la Cavalerie. After that, reach Cornus, then Fondamente and Saint-Félix via the vallée de la Sorgues.
7. Turn to the left to get to Sylvanès, at the price of a steep ascent (3km with a 6% gradient).
8. At the runabout, head your way towards Gissac, then Montlaur.
9. Lastly, turn to the right in the direction of Montaigut castle and its challenging ascent (8.5%) before heading back down to Saint-Affrique.

On your path...



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

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



VTTAE

Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

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

