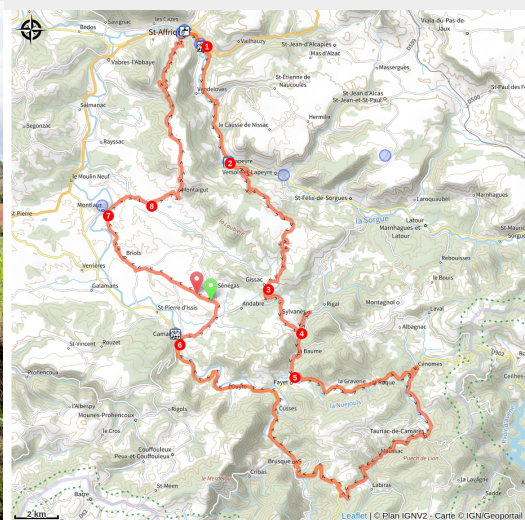


Throughout the Rougier

Aveyron



(Xavier Waerzeggers)



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 Montaigut castle that heralds the end of the cycling loop requires you to save your energy.

Useful information

Practice : Cyclo

Duration : 4 h 30

Length : 90.7 km

Trek ascent : 1462 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme, Savoir-faire

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

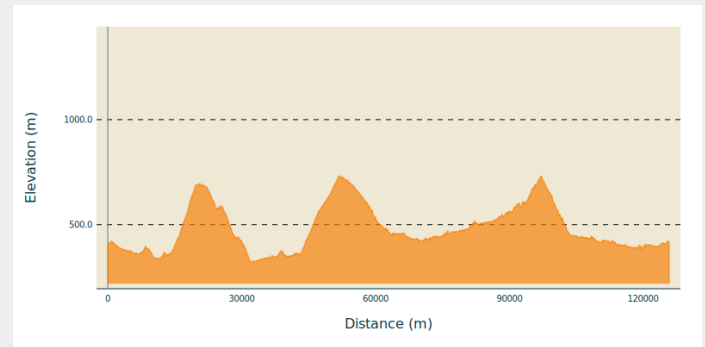
9. Montagnol

10. Tauriac-de-Camarès

11. Mélagues

12. Brusque

Altimetric profile



Min elevation 320 m Max elevation 732 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...



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

VTTAE