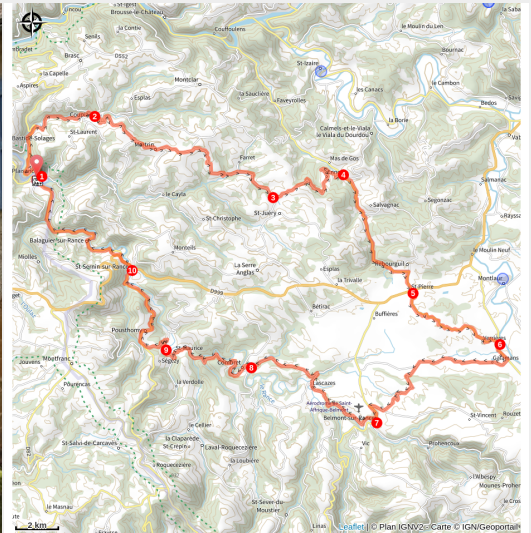


From valleys to Rougier

Aveyron



Monastère Notre-Dame d'Orient (OT RAS)



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 : Cyclo

Duration : 4 h 30

Length : 88.1 km

Trek ascent : 1581 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

Accessibility : VTTAE

Trek

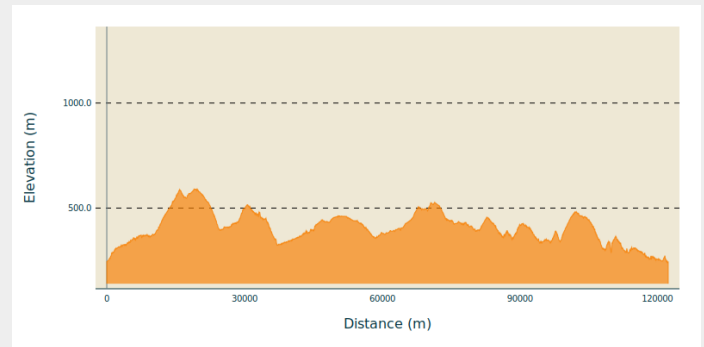
Departure : winepress room in Plaisance

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

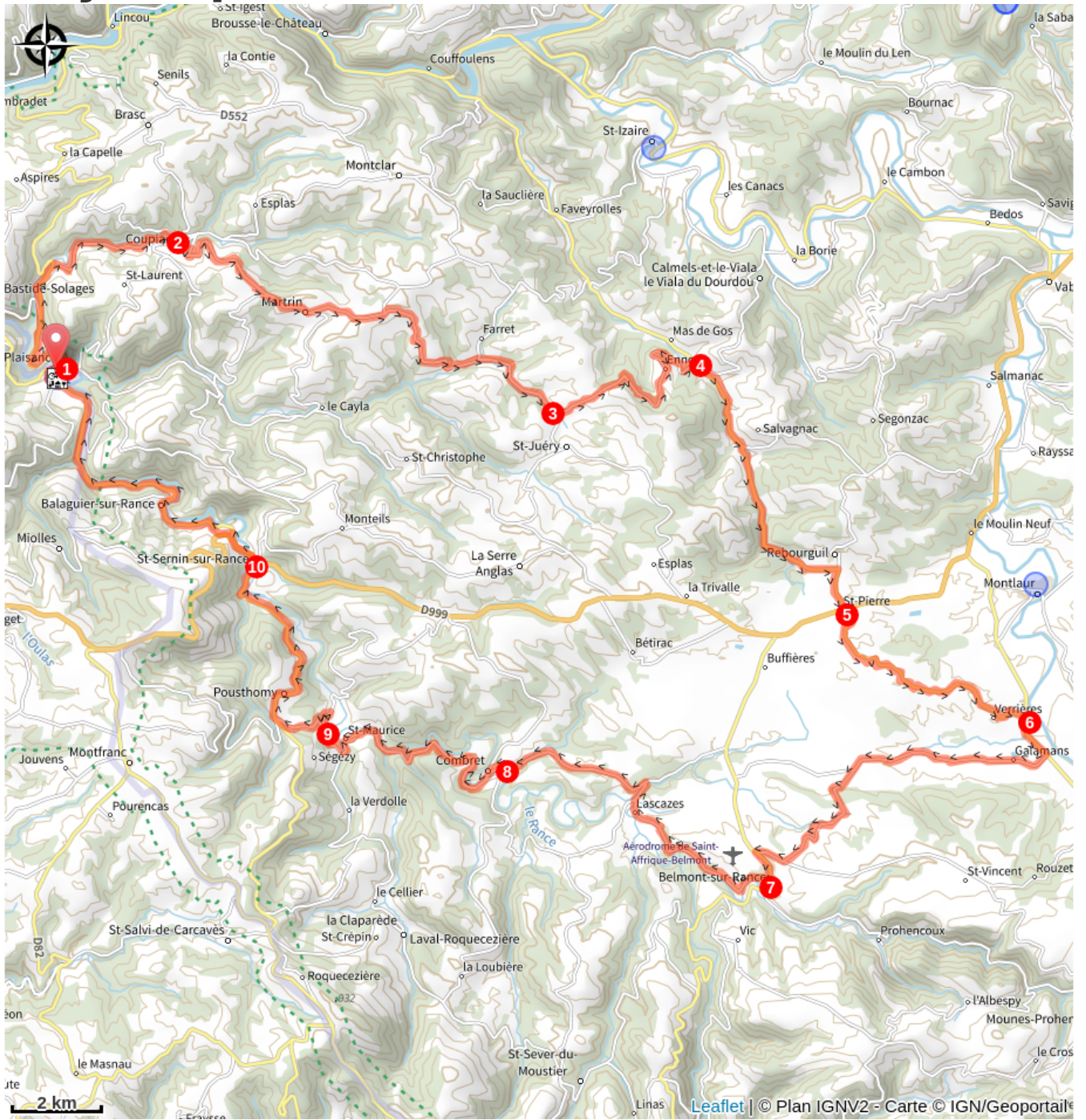
Altimetric profile



Min elevation 243 m Max elevation 591 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...



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

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