

From Causse to Rougier

Aveyron



Plateau de la Loubière (CB PNR Grands Causses)

This large loop provides a feeling of change of scene and, in two ascents, carries you from one landscape to another, from the stony scenery of the Causse d’Hermilix to the wine-coloured valleys of the Rougier de Camarès.

The circuit features moderate difficulties, only a few sections where you need to shoulder the bike on the Loubière plateau, a surprising natural wall stretching beneath the Causse sky. The loop begins with a green lane and gently ascends to the upland before switching between tracks and roads. An accessible outing throughout colourful landscapes!

Useful information

Practice : Gravel

Duration : 3 h 30

Length : 47.3 km

Trek ascent : 1060 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

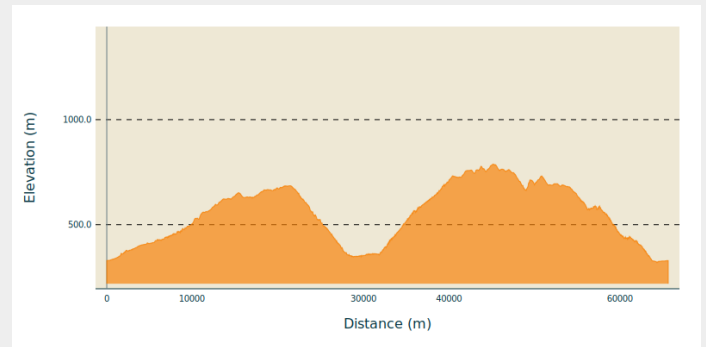
Trek

Departure : Tourist Office, Boulevard Aristide Briand in Saint-Affrique

Arrival : Tourist Office, Boulevard Aristide Briand in Saint-Affrique

Cities : 1. Saint-Affrique
2. Saint-Jean-d'Alcapiès
3. Saint-Jean-et-Saint-Paul
4. Versols-et-Lapeyre
5. Gissac
6. Vabres-l'Abbaye

Altimetric profile



Min elevation 320 m Max elevation 785 m

1. The circuit starts smoothly from Saint-Affrique via the green lane towards St-Jean-d'Alcapiès.
2. Then you have to follow a lovely trail that runs through the cause and leads you to Hermilix, where you will enjoy a 360° scenic view before cycling down towards the Sorgues valley.
3. Finally, after a long uphill, you will crisscross the Loubière plateau that offers a stunning view over

the Rougier plains and the castel of Montaigut.

Points of interest:

Hamlet of Hermilix and its lavogne (cycling there and back 200m) Km 13

Village of Lapeyre (heritage) Km 25n

Loubière Plateau (scenic viewpoint) Km 36

Distinctive features:

The bike has to be shouldered for 100 m at km 38

Cycling time according to your level of practice: 2h30 to 4h

All useful information



Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Toutes les informations sur le site de [l'office de tourisme](#)

Access

Saint-Affrique is located 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