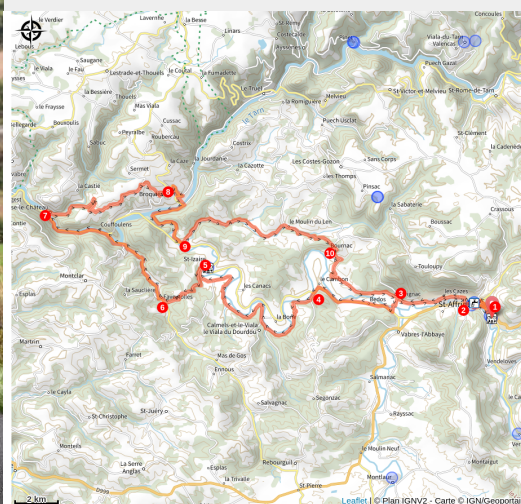


The three valleys

Aveyron



(Xavier Waerzeggers)



This undulating loop extends from the red lands of the Saint-Affrique area to the sumptuous medieval village of Brousse-le-Château. It is irrigated along the way by the Dourdou, Tarn and Len rivers.

This long getaway has several demanding ascents, curves, and hairpin bends in store for you, but at each elevation and each turn, a new reward awaits you. The red sandstone village of Saint-Izaire, the fortress of Brousse and the three rivers with their meanders intersperse this very refreshing route situated in the heart of a landscape displaying a fantastic variety.

Useful information

Practice : Cyclo

Duration : 3 h 30

Length : 72.2 km

Trek ascent : 1156 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

Accessibility : VTTAE

Trek

Departure : Tourist Office in Saint-Affrique

Arrival : Tourist Office in Saint-Affrique

Cities : 1. Saint-Affrique

2. Vabres-l'Abbaye

3. Calmels-et-le-Viala

4. Saint-Izaire

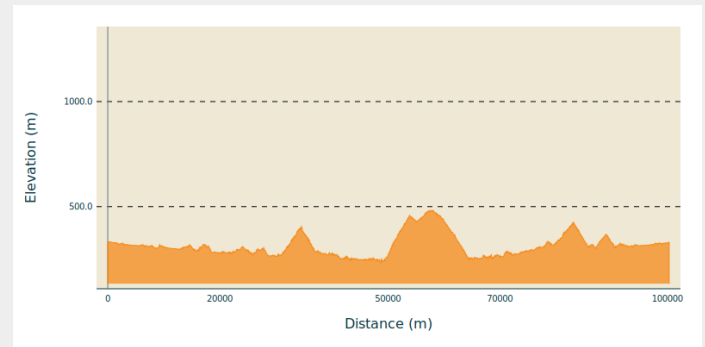
5. Brousse-le-Château

6. Montclar

7. Broquiès

8. Les Costes-Gozon

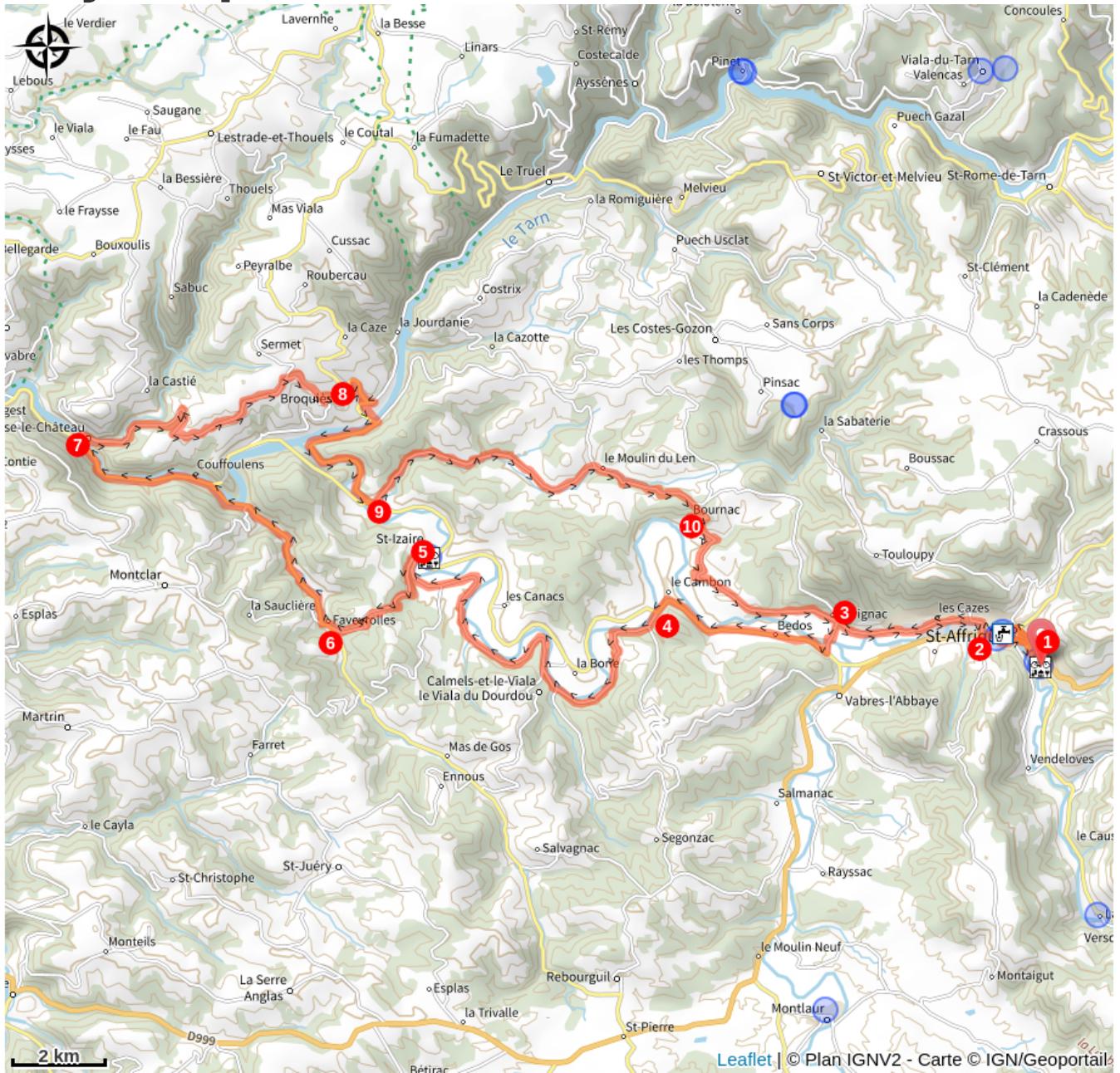
Altimetric profile



Min elevation 239 m Max elevation 480 m

1. From the Tourist Office located on Boulevard Aristide Briand in Saint-Affrique, take a right towards the RD54 and the hamlet of Savignac.
2. Turn to the left, cycle across the walkway, then turn right onto RD25.
3. Cycle across the village of Le Cambon, then before the stone bridge, carry straight on to «Ourtiguët ». A small winding road will lead you up to Saint-Izaire.
4. The ascent to Faveyrolles (2 km with a 5% gradient) awaits you on the left side at the hairpin bend.
5. Take a right, then ride along the Gos and the Tarn up to the splendid village of Brousse le Château.
6. Ride across the village before starting the ascent (3.5 km with a 6% gradient) to Broquiès.
7. Once in Broquiès, carry on towards Saint-Izaire.
8. Turn to the left, then ride along the Len towards Bournac.
9. At a place called Moulin du Len, turn to the right in the direction of Bournac, then stay on the main road up to 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