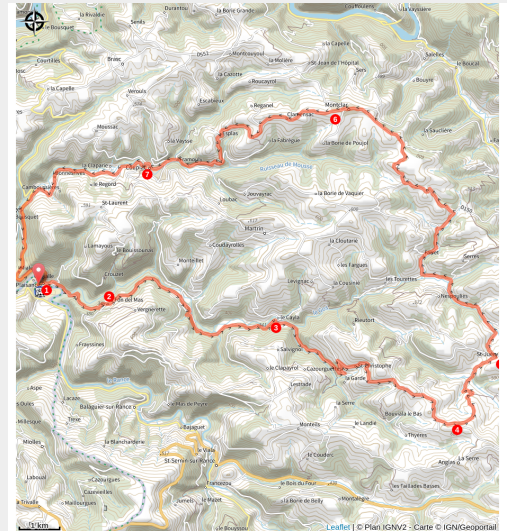


# The small valleys

Aveyron



Panorama des vallons (Xavier Waerzeggers)



Along a short loop, criss-cross the rural countryside in the pays des sept vallons, interspersed with hamlets and villages which emerge as small islands of peacefulness and rural life.

As its name implies, this stroll is not lacking in relief! Some quite demanding uphill slopes await you along this route which runs in a mainly farming landscape. However, the highlight of this getaway is, without any doubt, the Montclar panoramic viewpoint with its 360° view over the Ségala, the Grands Causses and even on a clear day, the Aigoual massif.

## Useful information

Practice : Cyclo

Duration : 2 h 30

Length : 44.1 km

Trek ascent : 1041 m

Difficulty : Bleu (facile)

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

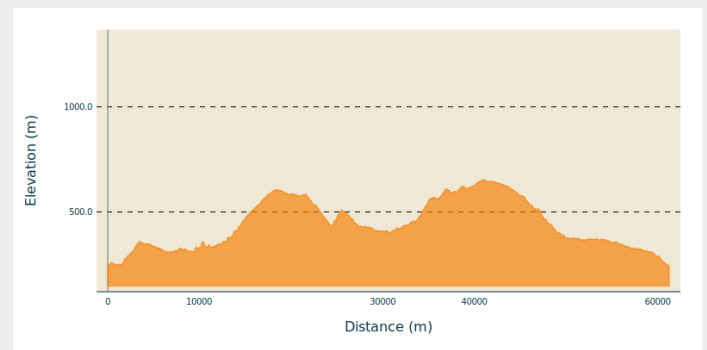
4. La Serre

5. Saint-Juéry

6. Montclar

7. Saint-Izaire

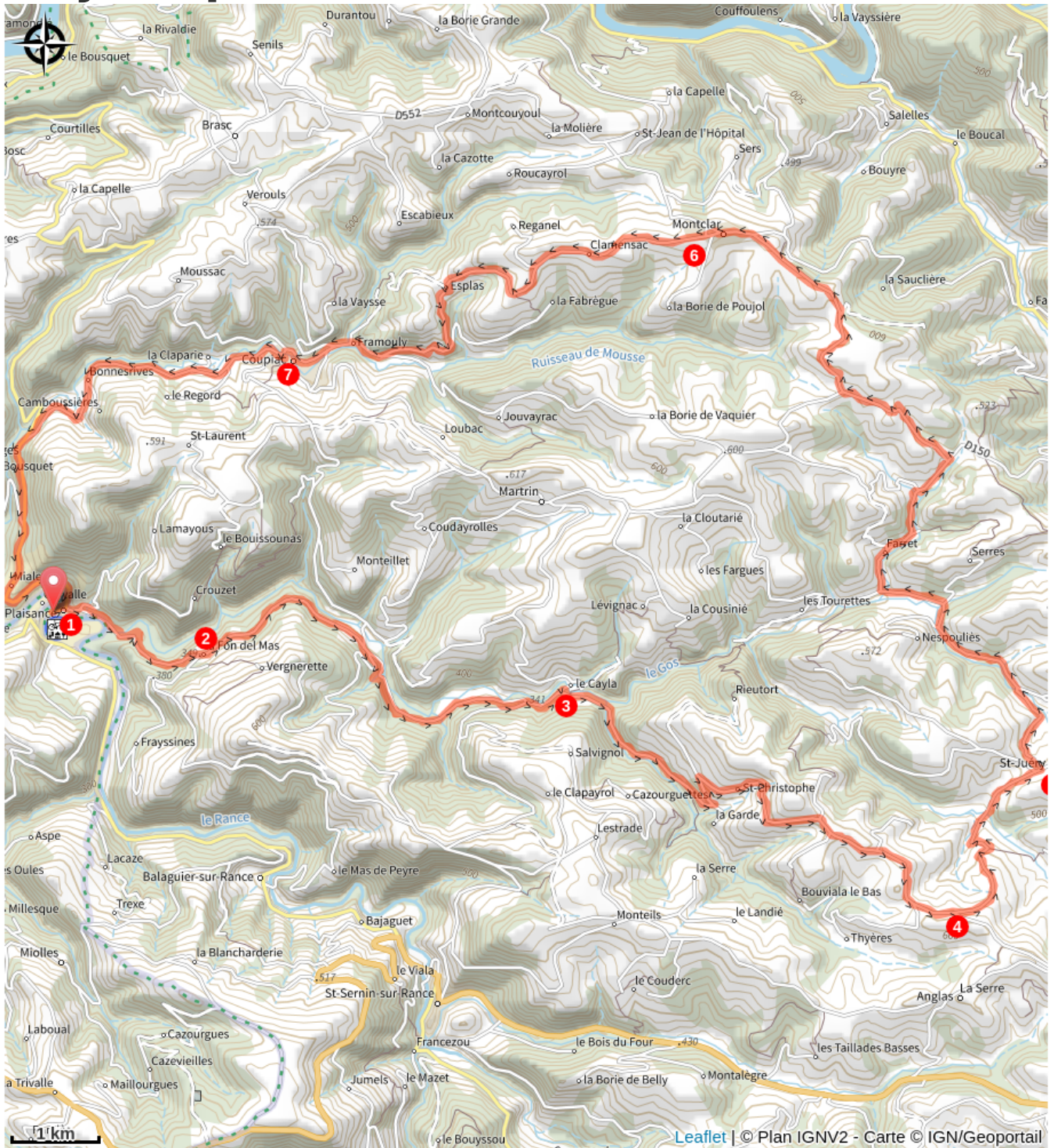
## Altimetric profile



Min elevation 246 m Max elevation 650 m

1. From the village centre, follow the direction of "La Fon Del Mas". A slight slope of 1km with an 8% gradient awaits you.
2. Cycle across the tiny hamlet, then keep riding the main road up to the Cayla.
3. Carry straight on the D501. You will notice the 4km ascent with a 6% gradient.
4. Fork to the left in the direction of Saint-Juéry.
5. Head towards Farret, then Montclar.
6. The Montclar viewing point is on your left and offers a stunning view to enjoy before carrying on your way to Coupiac.
7. A brief going there and back is possible to ride to the foot of the Coupiac castle. Get back to the D60 and head your way back down to 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

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VTTAE