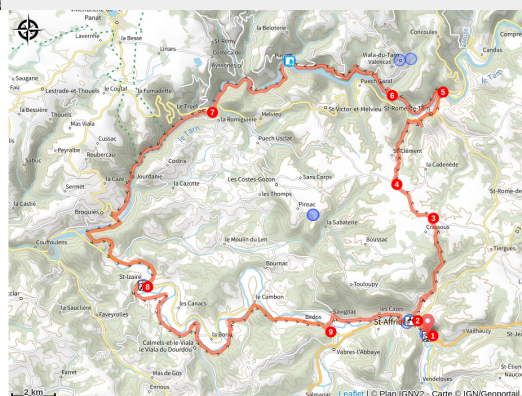


# The Raspes du Tarn and the Dourdou valley

Aveyron



Saint-Rome-de-Tarn (Virginie Govignon)



The Raspes escarpments are a balcony of rocks overlooking the Tarn. They provide you with a series of uphill and downhill sections interspersed with majestic sceneries—an atypical route dedicated to experienced riders.

From the outset, the ascent to the Cause of Saint-Affrique sets the tone for this long-enduring and exhilarating loop. Gradually, you enter deep inside the Raspes, this wild canyon surrounding the meanders of the river Tarn. Finally, after a substantial effort, the Dourdou valley, villages, and red sandstone colours hold a gentle and well-deserved finish for you!

## Useful information

Practice : Cyclo

Duration : 3 h 30

Length : 73.3 km

Trek ascent : 1218 m

Difficulty : Rouge (difficile)

Type : Loop

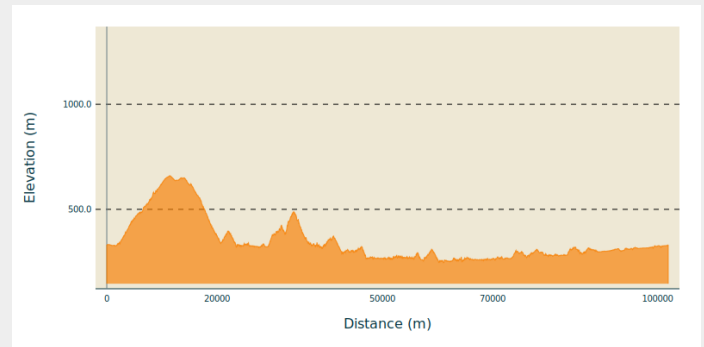
# Trek

**Departure** : Tourist Office in Saint-Affrique

**Arrival** : Tourist Office in Saint-Affrique

- Cities** :
1. Saint-Affrique
  2. Saint-Rome-de-Tarn
  3. Viala-du-Tarn
  4. Saint-Victor-et-Melviu
  5. Le Truel
  6. Villefranche-de-Panat
  7. Broquiès
  8. Saint-Izaire
  9. Calmels-et-le-Viala
  10. Vabres-l'Abbaye

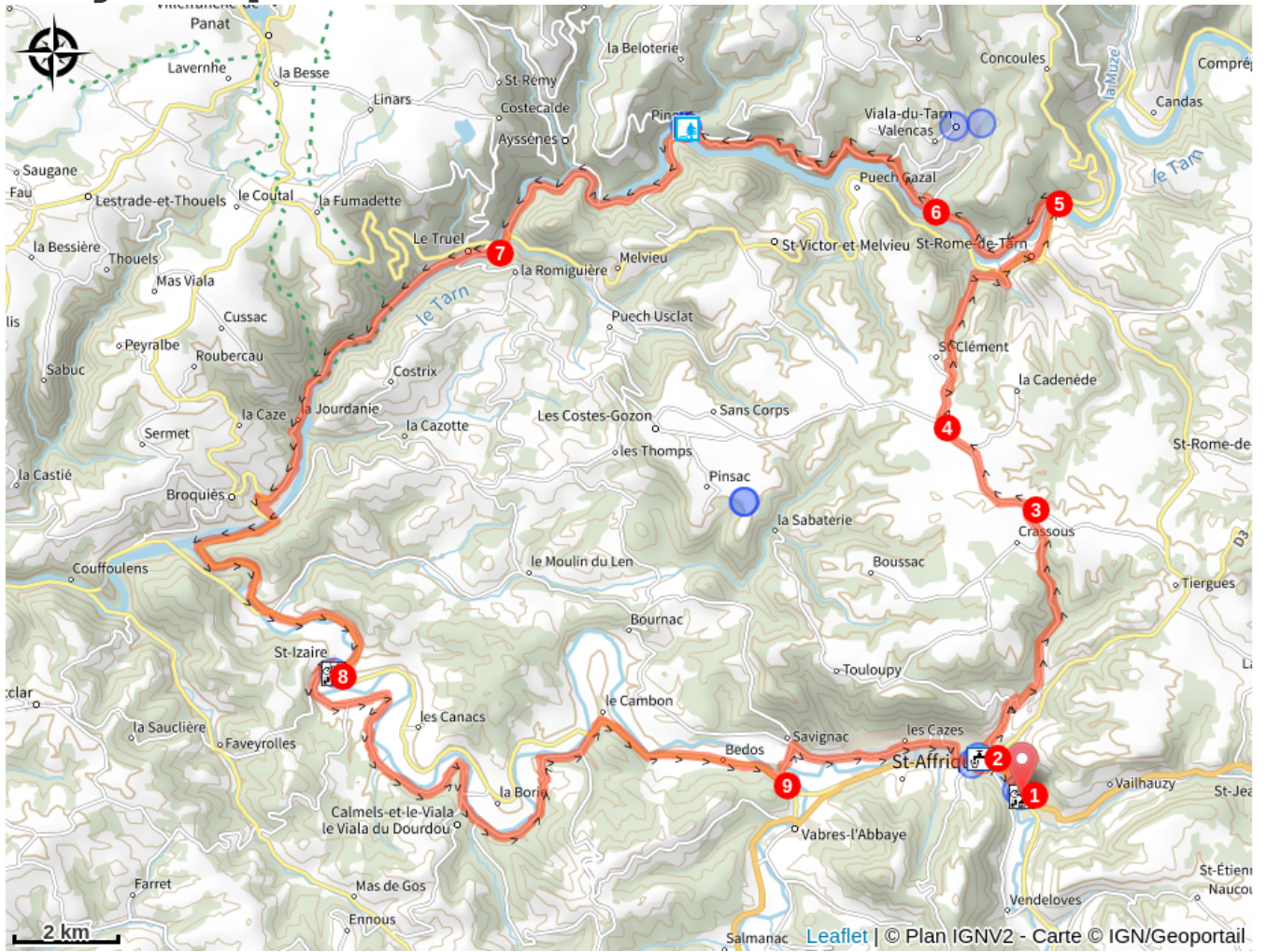
## Altimetric profile



Min elevation 250 m Max elevation 659 m

1. From the Tourist Office situated on Boulevard Aristide Briand in Saint-Affrique, follow the direction of Rodez.
2. At the intersection with the RD993, carry straight on, then take the first road to the right in the direction of Ayssennes / Le Truel to begin the ascent toward the plateau (6km with a 5% gradient).
3. At the top of the slope, take a left towards Saint-Victor et Melviu.
4. After the Dolmen de Foncouverte area, head towards Saint-Rome de Tarn. Then ride across the village in the direction of Rodez.
5. Once you've crossed the bridge, turn to the left to Le Viala du Tarn.
6. After that, follow the direction of Ayssennes - Broquiès. Then, cycle along the Tarn up to the village of Le Truel.
7. After the bridge, turn to the left to Broquiès, then to Saint-Izaire.
8. Ride across the village of Saint-Izaire to reach the cycling route - a green lane that runs along the Dourdou river up to the Cambon.
9. Turn to the left, go across the walkway of Savignac, then ride back to Saint-Affrique via the RD54.

# On your path...



# All useful information



Prévoir une réserve d'eau et une tenue adaptée

## How to come ?

### Transports

Se déplacer en bus ou en train : <https://lio.laregion.fr/>

Covoiturage : [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