

N°4 Causses and Valleys

Aveyron



VTT sur piste des Avant Causses (Virginie Govignon)

This very pleasant circuit is the ideal way to explore the avants-causses and the agropastoral heritage: fortified caussenard farms, buissières, lavognes.

This ride offers a variety of terrain types and sceneries: trails and singletrack paths, breathtaking views over the town of Saint-Affrique and the Larzac foothills. The route can be taken whatever the weather conditions may be, even during rainfalls.

Useful information

Practice : Mountain Bike

Duration : 3 h 30

Length : 40.9 km

Trek ascent : 823 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

Trek

Departure : From the tourist office join the place François Fabié

Arrival : At the tourist office

Markings : VTT Parc

Cities : 1. Saint-Affrique

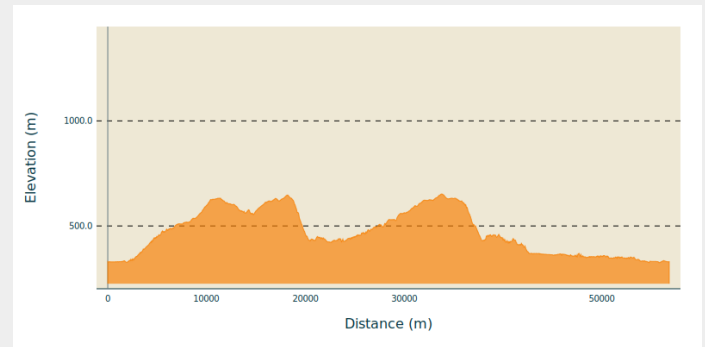
2. Roquefort-sur-Soulzon

3. Saint-Jean-d'Alcapiès

4. Saint-Jean-et-Saint-Paul

5. Versols-et-Lapeyre

Altimetric profile



Min elevation 324 m Max elevation 651 m

From the F. Fabié square, take the D50 (usually called the graveyard road) for 2.5 km up to the Moulin du Juge.

1. Before crossing the small bridge, take the path on the right hand side (2nd signpost). Cycle up the vale to the road intersection close to the famous **dolmen de Tiergues**. Then follow a wide path that leads to the hamlet of Tiergues. When you leave the hamlet, cycle up to the crest by the path leading West.
2. Carry on 100 m until you reach an intersection where you will a cross. Take the left hand path which runs alongside a road. Cross the road and cycle to the Canissac farm.
3. Cycle around the left side of the farm following a wide trail. Enjoy the views over the avant-Causse among which is Mont Combalou that shelters the village of Roquefort made world famous by its cheese.
4. A path lined with box trees (bouissière) leads you up to the edge of the plateau towards the village of Vailhauzy. In the village, 50 m after the church take the small road to your left. After a rather steep ramp, carry on along a single track path and cycle down towards the disco carpark.
5. Cross the road and cycle uphill for 50 m then take a path to your right and follow a track to your left below the retaining wall carrying the road. Cross the brook and ride up to the bridge of the old railway line.
6. Reach the old railway track-bed and cycle up along it for 2 km
7. Just before a little bridge, take a path to the right side which joins the road that leads to Castel Cremat and Bages. Head towards the Causanuéjous farm (you will see a nice **lavogne** (a man made pond where sheep drink - it is a 400 m ride there and back to have a look at it), leave the farm on your left.
8. Now take the path which runs along the edge of the plateau and take time to enjoy the views over the **Verzolet valley** that you will reach after you have passed through the hamlet of Hermélix.
9. When you reach the bottom of the slope, take the turning to your right, then cross the bridge to the left and cycle across the dry brook. Keep riding on the left bank path up to Versols (**medieval castle**).
10. From the left bank of the river Sorgues you will reach Lapeyre and eventually Saint-Affrique.

On your path...



All useful information

Advices

Box tree moths are active from May to October. During the caterpillar phase, they feed on the leaves of box trees. They crawl down trees and move on long silken threads, although these threads are annoying when hiking they do not pose any health risk

Gear

Prévoir une réserve d'eau et une tenue adaptée.

How to come ?

Transports

Travel by bus or train: <http://www.mobimipy.fr/>

Carpooling : [BlaBlaCar](#), [Rézo Pouce](#), [Covoiturage-libre](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

Access

Saint-Affrique, 31 km south-west of Millau by the D 992 and D 999

Advised parking

Place of Marshal Foch