

Causse de Nissac N°5 VTT

Aveyron



Saint-Jean d'Alcapiès (Virginie Govignon)



A ride on the avant-causses with splendid 360° views.

The agropastoral heritage displayed along this circuit is rich and well preserved: jasses, lavogne, buissières and caussenard buildings. This circuit will allow you to explore the trees and plants typical of the area: box trees, oaks, blackthorns and thistles, together with the local terrain, which is sometimes stony, and at others sandy. The little difference in elevation makes it accessible to all.

Useful information

Practice : Mountain Bike

Duration : 1 h 15

Length : 18.7 km

Trek ascent : 352 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme, Savoir-faire

Trek

Departure : the bend at the entrance of St-Etienne de Naucoules

Arrival : St-Etienne de Nature

Markings : VTT Parc

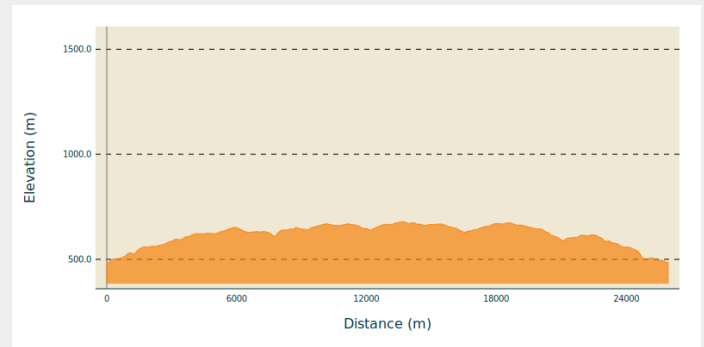
Cities : 1. Saint-Jean-d'Alcapiès

2. Saint-Jean-et-Saint-Paul

3. Versols-et-Lapeyre

4. Saint-Affrique

Altimetric profile

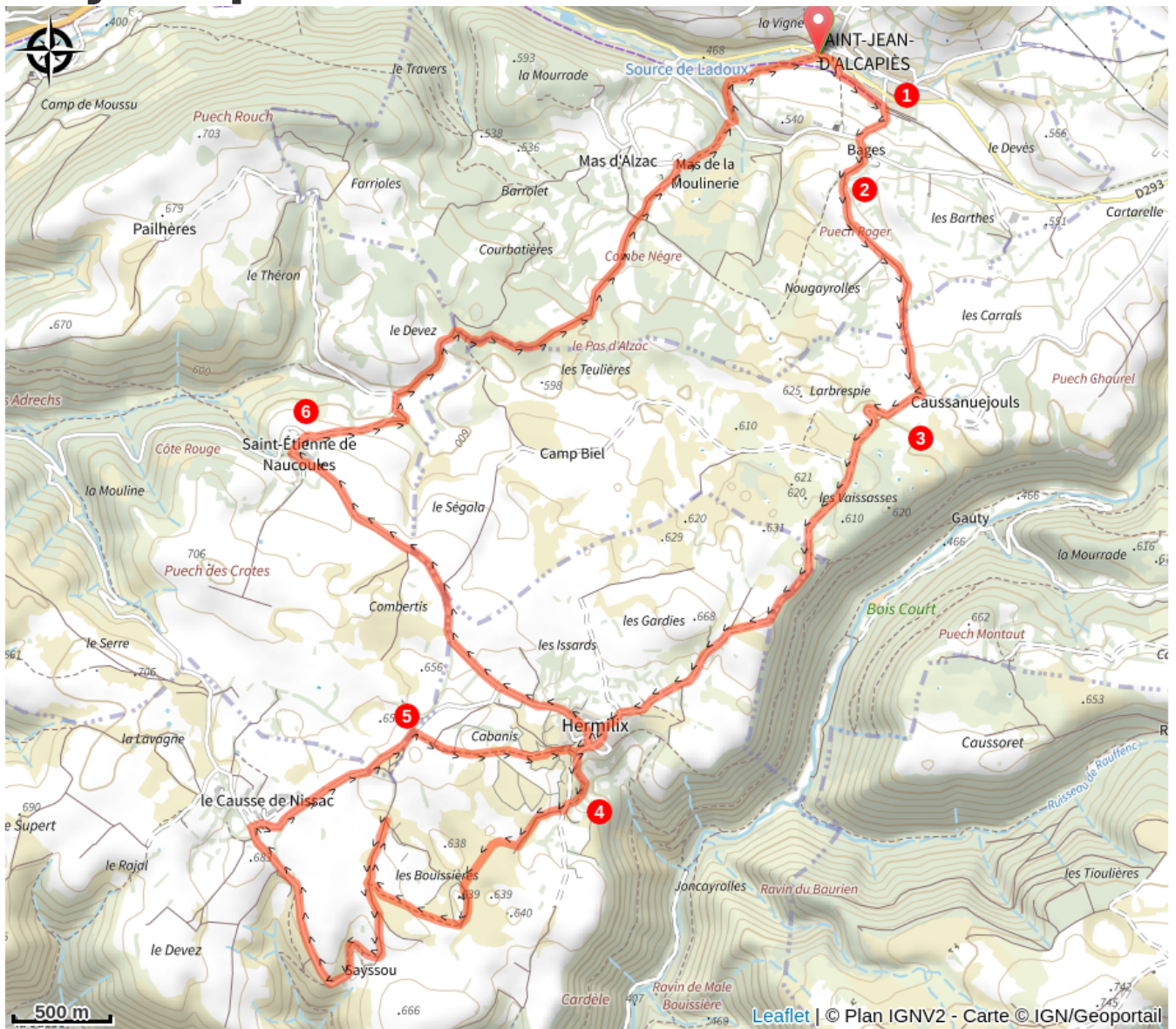


Min elevation 495 m Max elevation 679 m

As you cycle around the bend on entering the hamlet of Saint Etienne de Naucoules, take the path to your left that runs to the North down into the valley. Take a right turn at the first three forks in the path.

1. Then turn left towards the East. You will pass along a deserted farm called **“Camp Biel”**, which has a splendid vaulted U shaped building open towards the South. This circuit will allow you to explore the trees and plants typical of the area: box trees, oaks, blackthorns and thistles, together with the local terrain, which is sometimes stony, and at others sandy.
2. At the Eastern end of the plateau, you need to take a right hand turn **to join circuit n° 4**. Here, the two circuits share the same path up to Hermélix where you can enjoy the view over the Verzolet valley. Carry on this path towards a place called Sayssou
3. You can pause here to look at some **dolmens** that are partly hidden among the box tree hedges. Coming on to the road leading to the hamlet of “Causse de Nissac”, you will see the impressive **château de Montalègre** beyond the Sorgues valley.
4. On entering the hamlet, take the first right and follow this path until you reach a disused power transformer.
5. It conceals the entrance to the bouissière (a path lined with box trees) which will lead you to the **dolmen** and the **lavogne** (a man made pond where sheep drink) of Hermélix. From here you can cycle back on the road to your starting point, Saint Etienne de Naucoules and enjoy the beautiful **360 degree views**.

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

De Saint-affrique, prendre la D999, direction Millau. Après 6 km tourner à droite sur la D293, direction Saint-Jean-d'Alcapiès.

Advised parking

Parking de la salle des fêtes, Saint-Jean d'Alcapiès