

N°9 The castle trail

Aveyron



Vue sur le Tarn (Roquefort Tourisme)



Three valleys are the guideline of this biking tour which starts from a castle and enables you to combine physical activity with heritage sight-seeing.

Right from the beginning and throughout your riding, you will enjoy beautiful scenic viewpoints over Saint-Izaire and the Dourdou meanders. This circuit offers plenty of shade.

Useful information

Practice : Mountain Bike

Duration : 2 h 15

Length : 16.6 km

Trek ascent : 442 m

Difficulty : Bleu (facile)

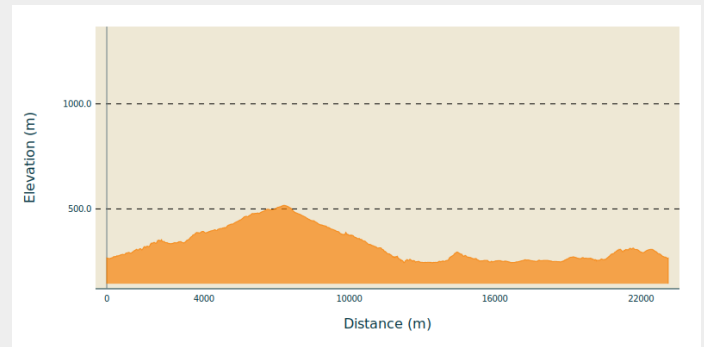
Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

Trek

Departure : Saint-Izaire
Arrival : Saint-Izaire
Markings : VTT Parc
Cities : 1. Saint-Izaire

Altimetric profile



Min elevation 251 m Max elevation 511 m

This circuit which has easy gradients can be combined with circuit n° 10 “Le Bois Noir”. The two circuits share the same starting point.

Follow the road towards Faveyrolles for about 1 km.

1. Take the path to your right and enjoy the beautiful view overlooking the village. Pass alongside the deserted farm of Graudenc, then carry on along a path that picks its way through the undergrowth. Pass under the high voltage line and then cycle down towards the valley de Gos. Take your time to enjoy the nice views over the Dourdou valley on the eastern side. The Tarn valley is to the North and the Gos valley to the SW.
2. Cycle up to a cross by the side of the trail, leave the trail here taking the path to the left that runs across a field up to some woodland.
3. After a hairpin bend, cycle towards the sandpit and the banks of the Tarn river. Carry on alongside the shady bank on the left side of the river, pass along the hamlet of les Alvernhes, and then follow the road for 300 m.
4. Cycle down under the stone bridge of the former railway line. Then take the trail alongside the railway line that enables you to bypass the old tunnel by way of a 16th century house called Janolles. Follow the river and cycle under the bridge to reach the farm Mas de Gascuel from the left hand side. You will eventually end the circuit by cycling along a path which slopes gently down to Saint-Izaire.

Saint-Izaire: Former residence of the Vabres l’Abbaye bishops, the castle and the village are built in red sandstone. The castle dates from the 9th century, and was remodeled during the 14th century by the bishop who was to become Pope John XXII. The Bishops’ bedroom with its magnificent wooden floor and fine frescoes is the gem of the castle. The lovely houses and dovecotes that you will see in the village are built in the style of the Albigeois period.

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: <https://lio.laregion.fr/>

Carpooling : [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

Access

Starting from Millau via the D992 road first, then via the D999 road up to the roundabout before Vabres l'Abbaye. Starting from Albi follow the D999 up to Vabres where you turn right onto the D25 road that leads to St-Izaire which is a 16 km drive from Vabres.

Advised parking

Recommended car park : By the Dourdou riverbank, on the right side next to the bridge.