

The black wood N°10 VTT

Aveyron



Village de Saint-Izaire (Virginie Govignon)

This circuit offers to get back in time along the paths of history: episcopalian castle, carved standing stones, former railway line, native home of abbot Hermet the well-known archeologist. All of these bear witness to the rich and diverse cultural past of the region.

Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 13.6 km

Trek ascent : 468 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine

This easy biking tour follows rather playful trails that wind their way through the undergrowth and a few singletrack paths

Trek

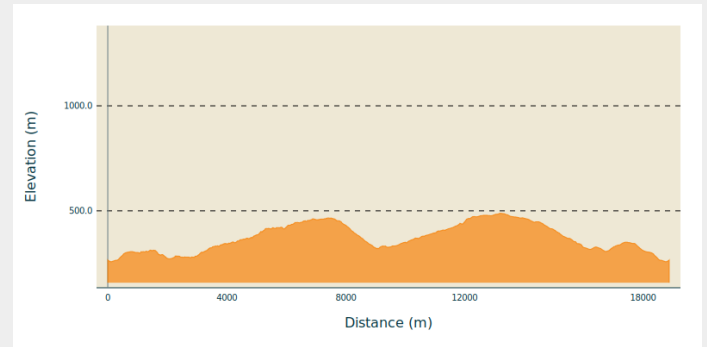
Departure : In St. Izaire the bridge side viillage

Arrival : In St. Izaire

Markings : VTT Parc

Cities : 1. Saint-Izaire
2. Calmels-et-le-Viala

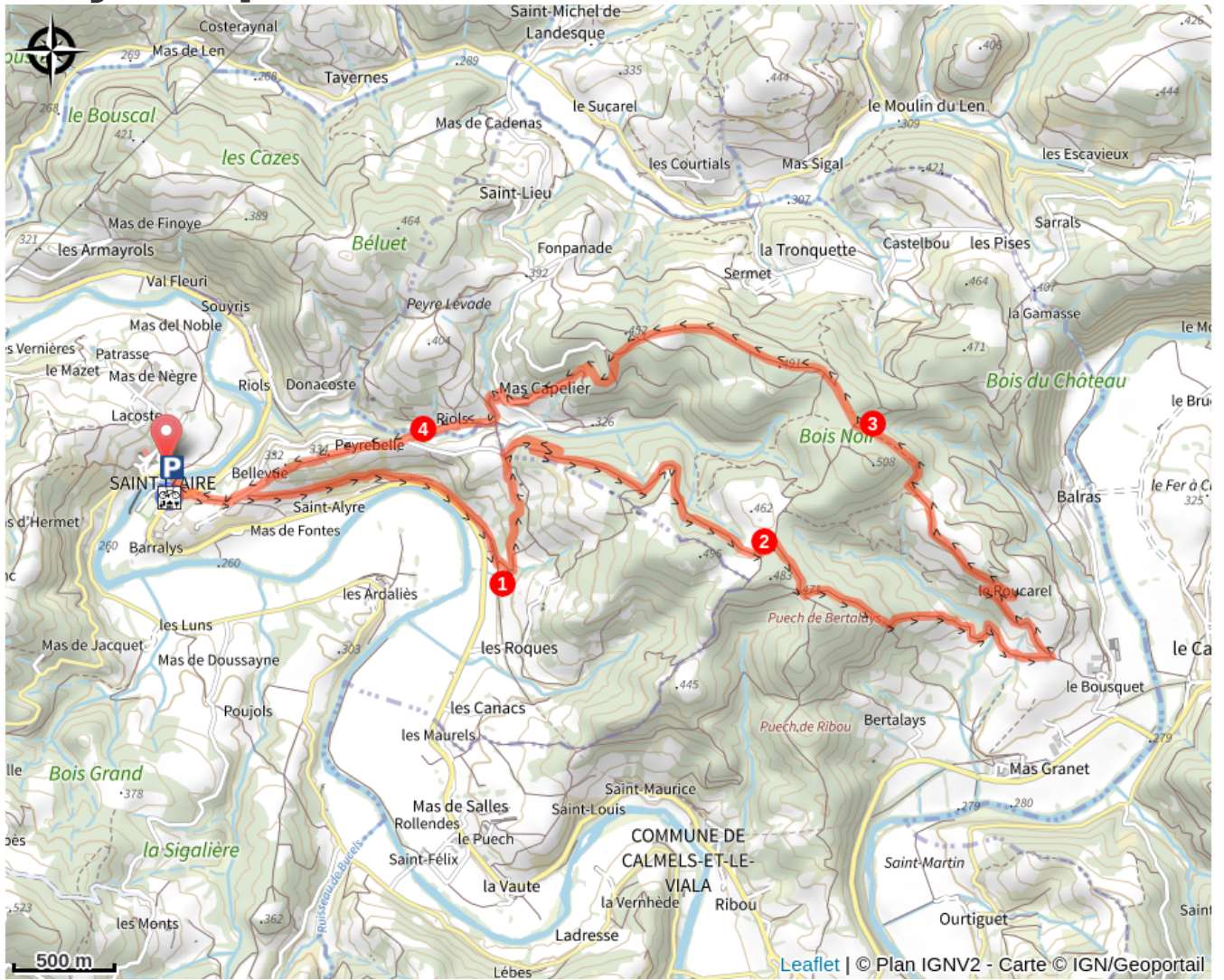
Altimetric profile



Cycle up to the chapel of Notre Dame de Grâce, go round to the left of the chapel and join the former railway line. Carry on along this line which leads towards the hamlet des Roques.

1. Follow a red earth trail on the hillside until you reach a carved standing stone. Take the path to your right that leads you to the top of the woodland
2. Head East, before cycling down towards the Cambon plain, which is close to the Bousquet farm. Follow the trail to the left which takes you back to the top of the "Bois Noir".
3. A shady path then takes you back towards the Mas de Capelier, which is the house where Abbot Hermet was born. Carry on until you reach a road. Cross that road and cycle through the hamlet of Riol.
4. Farther along the road, a path to your left allows you to cycle back to the chapel and to enjoy the view overlooking the village of Saint-Izaire.

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

From St-Affrique head towards Albi up to the roundabout before Vabres l'Abbaye where you take a right turn onto the D25 road that leads to St-Izaire.

Advised parking

Apprenez à prononcer At the edge of the river Le Dourdou right after the bridge