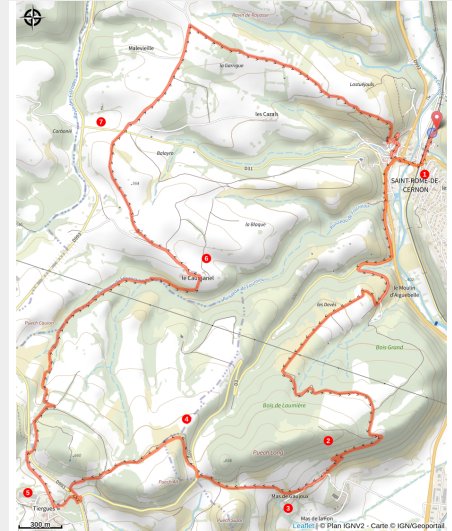


N°12 The Castles circuit

Aveyron



Saint-Rome-de-Cernon (Virginie Govignon)



The area displays a rich architectural heritage with several castles scattered all along this biking tour.

At the beginning and at the end of the circuit, you cycle across devèzes (meadows left uncut) which are enclosed by noteworthy dry stone walls, some of them including hidden cazelles (dry-stone hut used as a shelter by shepherds when it rains). You ride from soft and playful terrains to stony and technical ones and enjoy fine views over the Millau Viaduct and the Rocher du Combalou which conceals the famous Roquefort maturing caves.

Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 15.3 km

Trek ascent : 411 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine

Trek

Departure : Saint-Rome de Cernon

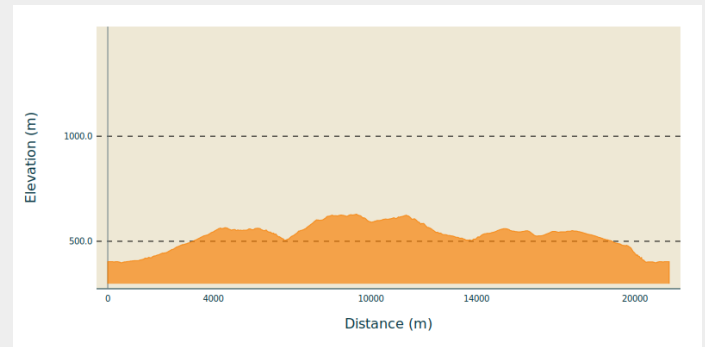
Arrival : Saint-Rome de Cernon

Markings : VTT Parc

Cities : 1. Saint-Rome-de-Cernon

2. Saint-Affrique

Altimetric profile



Min elevation 411 m Max elevation 636 m

You start from the Fontaine square

1. And then follow the D999 towards Saint-Affrique for 300 m. Now take the second road to your right (D3) and after 600m turn left onto a small road, then cycle along a trail which runs uphill, firstly among plots of land enclosed with low walls, then through woodland. At the bottom of the hill, you can enjoy the view of Laumière castle
2. And then ride to your right uphill for 1 km and pass close to a well and a cross.
3. Take the D3 to your right for 50 m, then get on to the trail which slopes up to the left. A beautiful view opens up and on the horizon is the Bouloc relay mast the top of which is over 1000 m above sea level. Bellow, you can see, the castle of the Mas Rougier hidden among oak trees
4. The route leads to the hamlet of Tiergues
5. Where you can end your tour by taking one of the mountain biking circuits n° 1-2-3 or 4. Circuit n° 12 heads due north and runs under the road via the oviduct (tunnel that allows ewe flocks to cross a road safely), thus reaches the farm of the Caussanel
6. By a pleasant and shady track. Cycle up the road for approximately 500 m, and then take the trail to your right that follows the crest line up to the D31
7. Cycle across the road cautiously and head towards the farm of des Axous. 1 km further on, take the turning to the right along a trail lined with high oaks and which turns into in a stony path. Cycle downhill along this tricky path which will lead you right below the castle of Saint-Rome de Cernon, and then to the village centre.

All useful information

Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

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

Situated 15 km from Saint-Affrique and 18 km from Millau via the D992 and the D 999 roads.

Advised parking

Opposite the Village Hall