

# VTT N°13 - From La Baraque froide to Belvezet to Belvezet

Aveyron



Le village templier de La Couvertoirade (© Olivier Octobre / GTMC-VTT)



A landscape of steppes and moors as far as the eye can see forms the case of this accessible to everyone ride on the southern Larzac. In the middle, a jewel : the templar village of La Couvertoirade.

Following rolling tracks and single-track trails, this family loop takes you to the heart of the Larzac and its agropastoral tradition. The cobbled watering place of La Baraque Froide, the typical farms of Gaillac and La Salvetat, the village of La Couvertoirade, one of the most beautiful villages of France, mark this route. Fill up on great outdoors!

## Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 14.9 km

Trek ascent : 149 m

Difficulty : Vert (très facile)

Type : Loop

Themes : Agropastoralisme

Accessibility : VTTAE

# Trek

**Departure** : La Baraque Froide

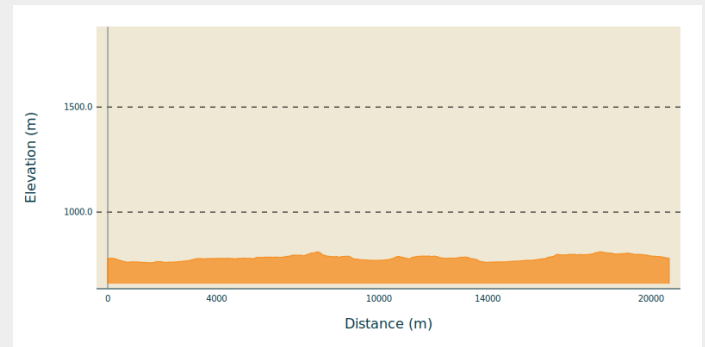
**Arrival** : La Baraque Froide

**Markings** : VTT Parc

**Cities** : 1. La Couvertoirade

2. Sauclières

## Altimetric profile



Min elevation 759 m Max elevation 812 m

1. From the car park, go on the track towards south-east to cross the Cazejourdes plain and arrive to the road D55. Cross the road and take the path that is almost in front to ride on a track for about 1km before meeting the road that goes to the "Domaine de Gaillac" (equestrian center, museum of Southern Aveyron Traditions and restaurant).
2. Cross it and continue on a succession of tracks and singles to the road that leads to the famous fortified village of La Couvertoirade (follow it on the left to visit the Templar and Hospitaller site).
3. Turn right to get to the D55 and go straight on the road D185 towards "La Pezade" for 700m then take a track on the right for about 2,5km.
4. Before arriving to La Salvetat, turn right on the track to Belvezet (typical hamlet of the Larzac Causse). Go through the hamlet then follow the road and take right to join the D7.
5. Take it to the right to reach the starting point.

# On your path...



# 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**

Cet itinéraire traverse des zones de pâturages et des chiens de protection sont dans les troupeaux pour les protéger.

En présence de chiens de protection :

- arrêtez-vous et descendez du vélo pour qu'ils vous identifient, restez calme et passif, ne les menacez pas, ne les caressez pas
- contournez largement le troupeau et gardez vos distances afin de le déranger le moins possible
- repartez en marchant à côté du vélo
- tenez vos chiens en laisse.

[En savoir plus](#)

## **How to come ?**

### Transports

To travel [by bus or train](#): by carpooling [Aires de covoiturage](#) and hitchhiking [Rezopouce](#)

### Access

From Millau by the D809, then the D7.

From the motoway A75, exit 48, take the direction of Nant.

### Advised parking

At La Baraque Froide, near the cobbled watering place

## **Accessibility**

## Source



C.C. Larzac et Vallées - Site VTT-FFC N°269



Site VTT cofinancé par l'Union Européenne.