

# MTB route no.31 Larroque



② Easy ⌚ 2 h <> 18.5km ↗ 333m ↘ -334m 📍 Loop

**Departure** : Town Hall Square in Milhars

**Arrival** : Same place as the start

**Markings** : 🚩 VTT

**Cities** : 1. Milhars

2. Le Riols

3. Saint-Martin-Laguépie

Pleasant yet challenging rolling route to discover the Le Riols enclave.

## 🏆 Labellisé Site VTT-FFC®

Ce circuit fait partie d'un Site VTT-FFC®, reconnu par la Fédération Française de Cyclisme comme un territoire regroupant une offre VTT de qualité.

## 📍 Information Desks

### Office de tourisme - Accueil de Cordes-sur-Ciel

Maison Fonpeyrouse, 34 Grand rue Raimond VII,  
81170 Cordes-sur-Ciel

[info@latoscaneoccitane.com](mailto:info@latoscaneoccitane.com)

Tel : 0 805 400 828

<https://www.la-toscane-occitane.com/>

### Office de tourisme - Accueil de Milhars

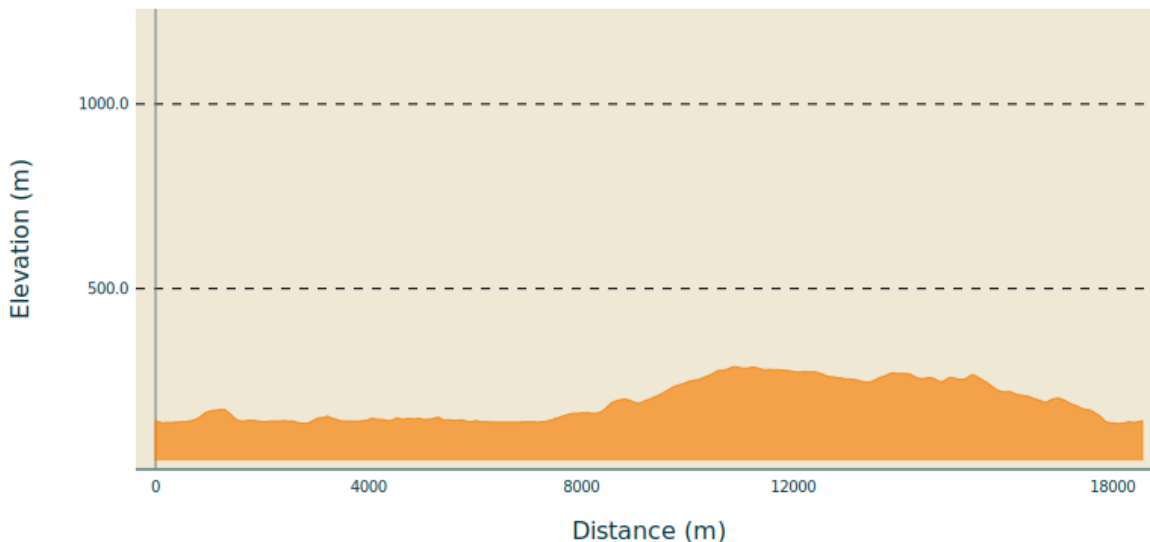
10 route de Cordes, 81170 Milhars

[info@latoscaneoccitane.com](mailto:info@latoscaneoccitane.com)

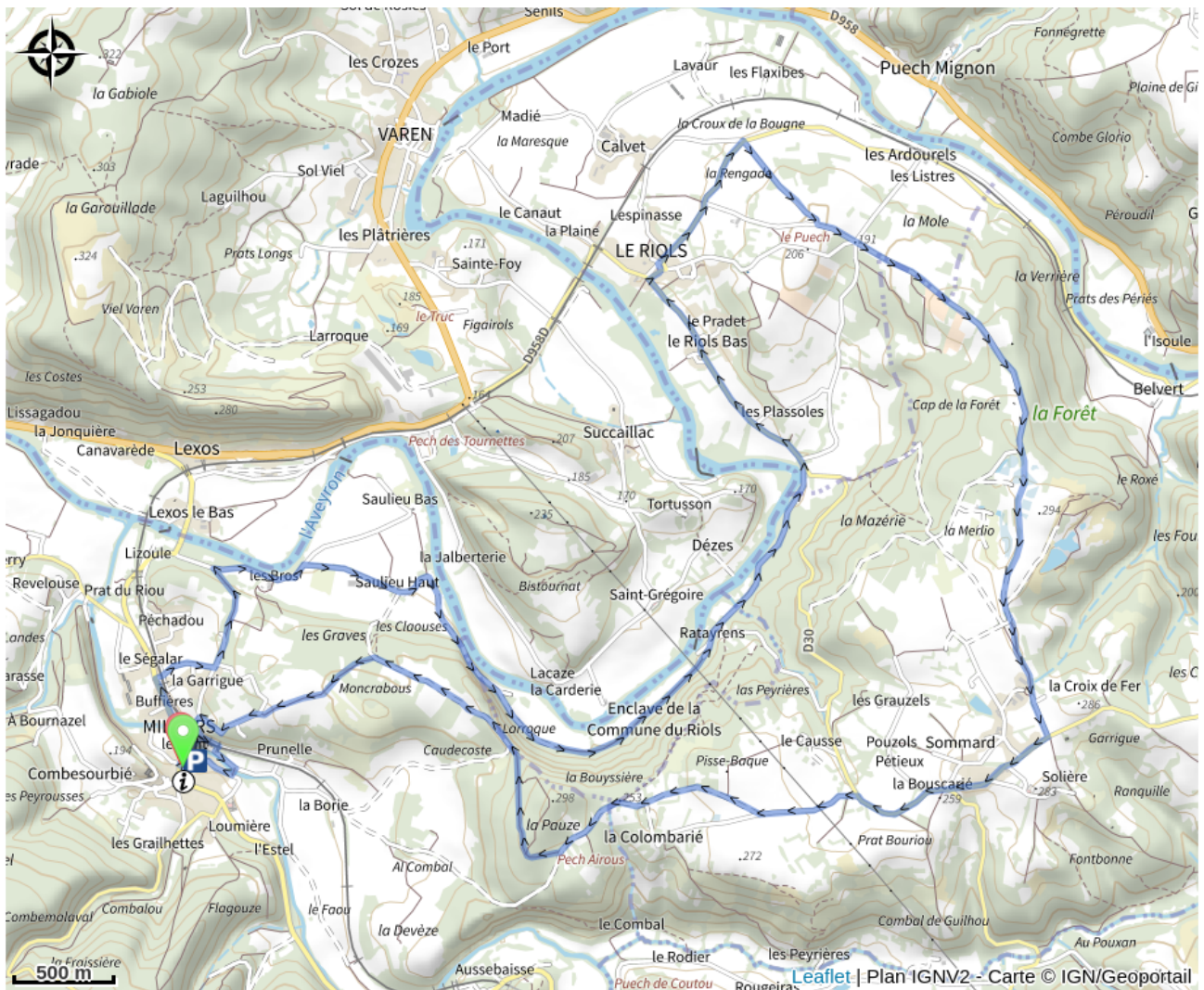
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## Altimetric Profile



Min elevation 134 m Max elevation 288 m



## Description

Starting from Milhars, you ascend via the road to La Garrigue and follow the path through the woods until you reach the Saulieu road. Turn right and continue towards Saulieu Haut, which you pass through, then take the rocky path to the church of Larroque. Continue on the gravel road to Ratiyrens, and from there, proceed to the hamlet of Riols Bas, then to the village of Le Riols.

Upon exiting the village after the cemetery, at the crossroads on the right with a charming small painted wrought iron cross, take the paved road and ascend from there to the heights and towards the sand and gravel quarry, which you cross to continue towards the village of Sommard. On the descent after the village, take the road to La Colombarié on the left, then turn right onto the gravel path. Then, descend back towards Milhars through woods and fields. Finally, after crossing the Cérou via the footbridge, you return to Town Hall Square.