

# MTB route no.32 Le Riols



① Very easy ⌚ 1 h <> 7.5km ⬆️ 46m ⬇️ -48m 📍 Loop

**Departure** : Le Riols Village Hall

**Arrival** : Same place as the start

**Markings** : 🚩 VTT

**Cities** : 1. Le Riols

2. Saint-Martin-Laguépie

Countryside route for family rides.

## 🏆 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

Tel : 0 805 400 828

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

### Office de tourisme - Accueil de Milhars

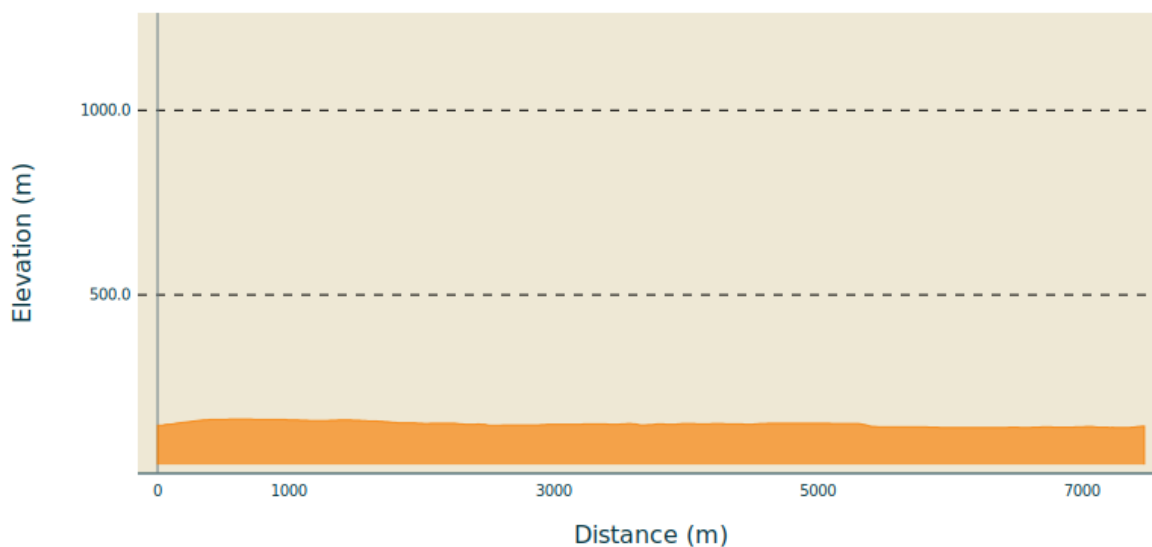
10 route de Cordes, 81170 Milhars

info@latoscaneoccitane.com

Tel : 0 805 400 828

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

## 📈 Altimetric Profile



Min elevation 140 m Max elevation 163 m



## Description

Starting from Le Riols, pass by the cemetery and follow the RD9 to the hamlet of Ardourels. Cross the railway tracks and turn immediately left to follow the dirt path. Continue through fields and woods until you reach the hamlet of Lavaur. At the next crossroads, turn right and descend on the small paved road, following the curve of the Aveyron River. Finally, make your way back to the village.