# Circuit VTT n°22 Vaour-Milhars

4 Hard | 3 h 45 | 35.1km | 1123m | -1123m | Loop

**Departure** : Intersection between the town hall and the church.
**Arrival** : Same place as the start
**Markings** : VTT
**Cities** : 1. Vaour
2. Roussayrolles
3. Tonnac
4. Marnaves
5. Milhars
6. Montrosier
7. Féneyrols
8. Saint-Michel-de-Vax

A compilation to ensure you don’t miss a thing! The trail is challenging but offers varied landscapes, with the option to shorten it by skipping the Marnaves loop.

## Information Desks

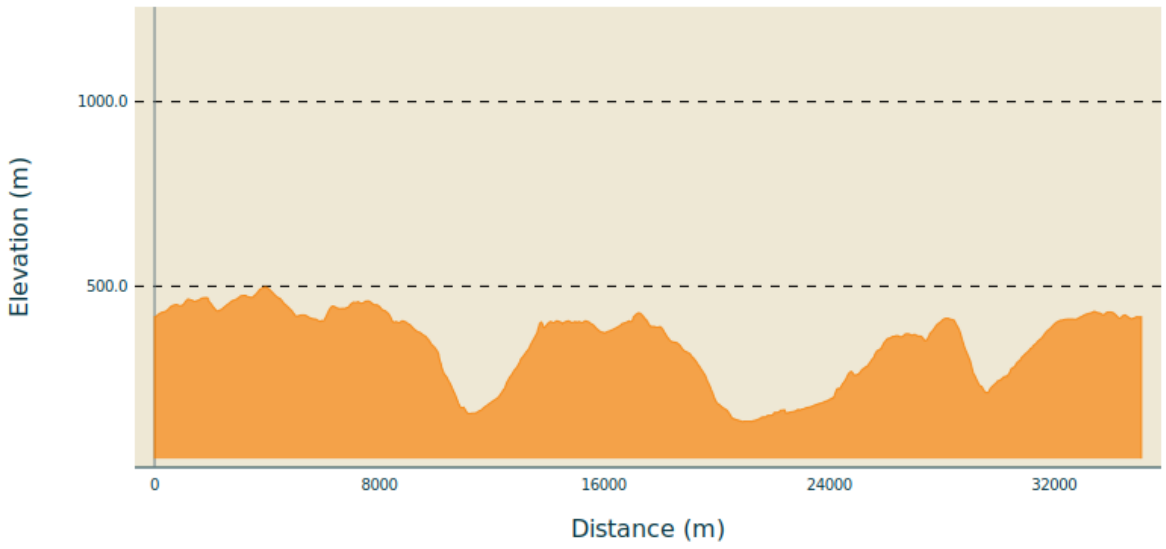
**Office de tourisme - Accueil de Cordes-sur-Ciel**
Maison Fonpeyrouse, 34 Grand rue Raimond VII,
81170 Cordes-sur-Ciel

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 133 m  Max elevation 498 m

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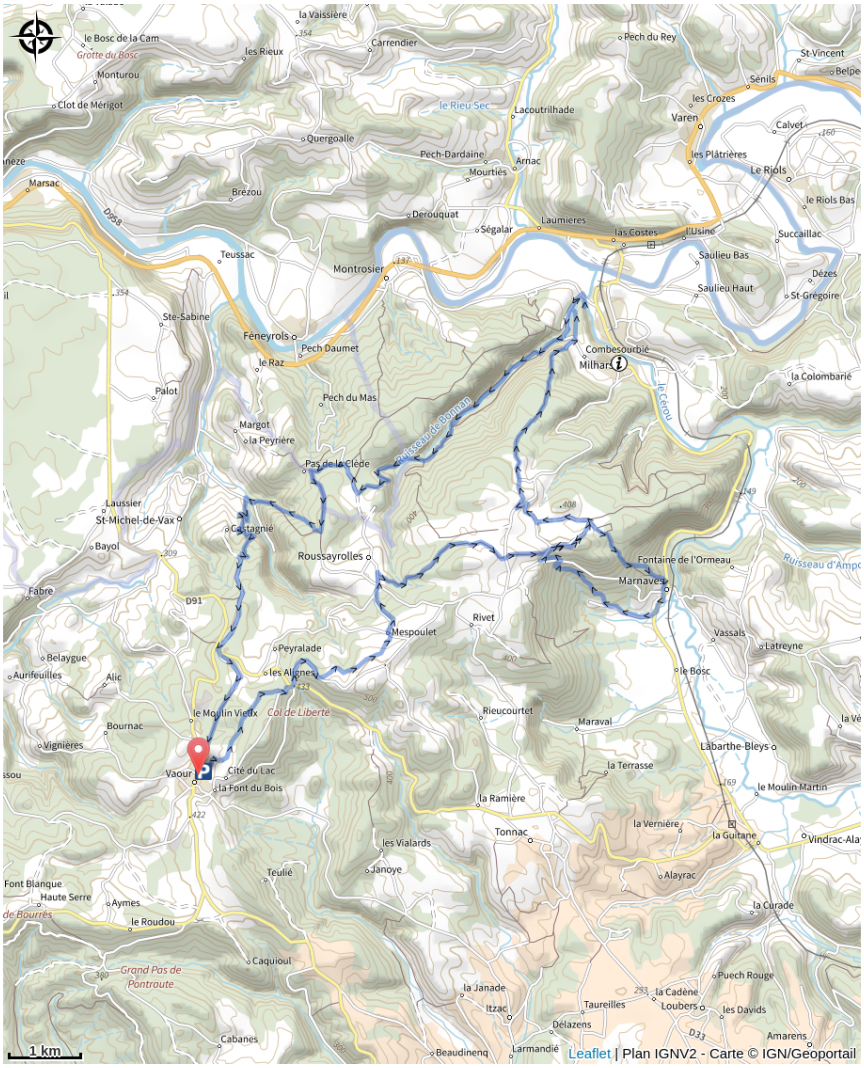
SIGNALER UN PROBLÈME
sentinelles.sportsdenature.fr




## Description

Starting from Vaour, head up towards Col de Liberté via the chemin du Ribatou. Upon reaching the place called "La Fleur de Lys," descend towards the hamlet of Mespoulet and turn towards the Fontaine "Mère de Dieu" before arriving at the village of Roussayrolles.

From there, pass through the Forêt de Grézelles and then descend to the village of Marnaves via the GR de Pays Cordes-Penne. After crossing the village, climb up the road to Lissart and follow the red earth trails beneath the Château de La Prune up to the heights.

Once you reach the hamlet of Mayrin, descend to Milhars via the causse trails. Follow the Cérou River out of the village and climb up the Vallée de Bonnan to Pas de la Clède. Finally, descend towards the Vallée de Laussière and ascend via the forest track to the Dolmen de Vaour before finishing and arriving back at the village.

Le Département du Tarn s’engage pour le développement maîtrisé des sports et activités de nature, en proposant une offre qualifiée. Retrouvez l’intégralité de cette offre sur le site et l’application mobile gratuite Tarn Pleine Nature