

Flagnac / Villecomtal

Lot Valley Cycle Route

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Départ Conques-en-Rouergue	Arrivée Villecomtal
Durée 3 h 00 min	Distance 45,18 Km
Niveau I cycle a lot	Thématique Canals & intimate rivers

Grand-Vabre is the starting point for the iconic Chemin de Conques, which winds its way up the Dourdou valley to Bozouls and on to Espalion. This stage is marked by the exceptional village of Conques: its Romanesque abbey church and the pilgrims' bridge, listed as a Unesco World Heritage site as part of the Pilgrim's Way to Santiago de Compostela, are worth the trip in themselves. The cycle route climbs slowly up the wide D 901. Then it's on to the small roads that meander along the Dourdou to the "rougier", the red earth that gives the buildings of Nauviale and Villecomtal their unforgettable colors.

The cycle route

Signposted La vallée du Lot à vélo - voie de Conques (V 86).

D901 on the right bank of the Dourdou on a winding road along the river with a moderate, gradual gradient. Beware of coaches, vans and camper vans in tourist season. Low-traffic local road from Moulin de Sanhes, then D46 and D22 to Nauviale. D22 from Nauviale to Villecomtal with coaches, vans and motorhomes in tourist season.

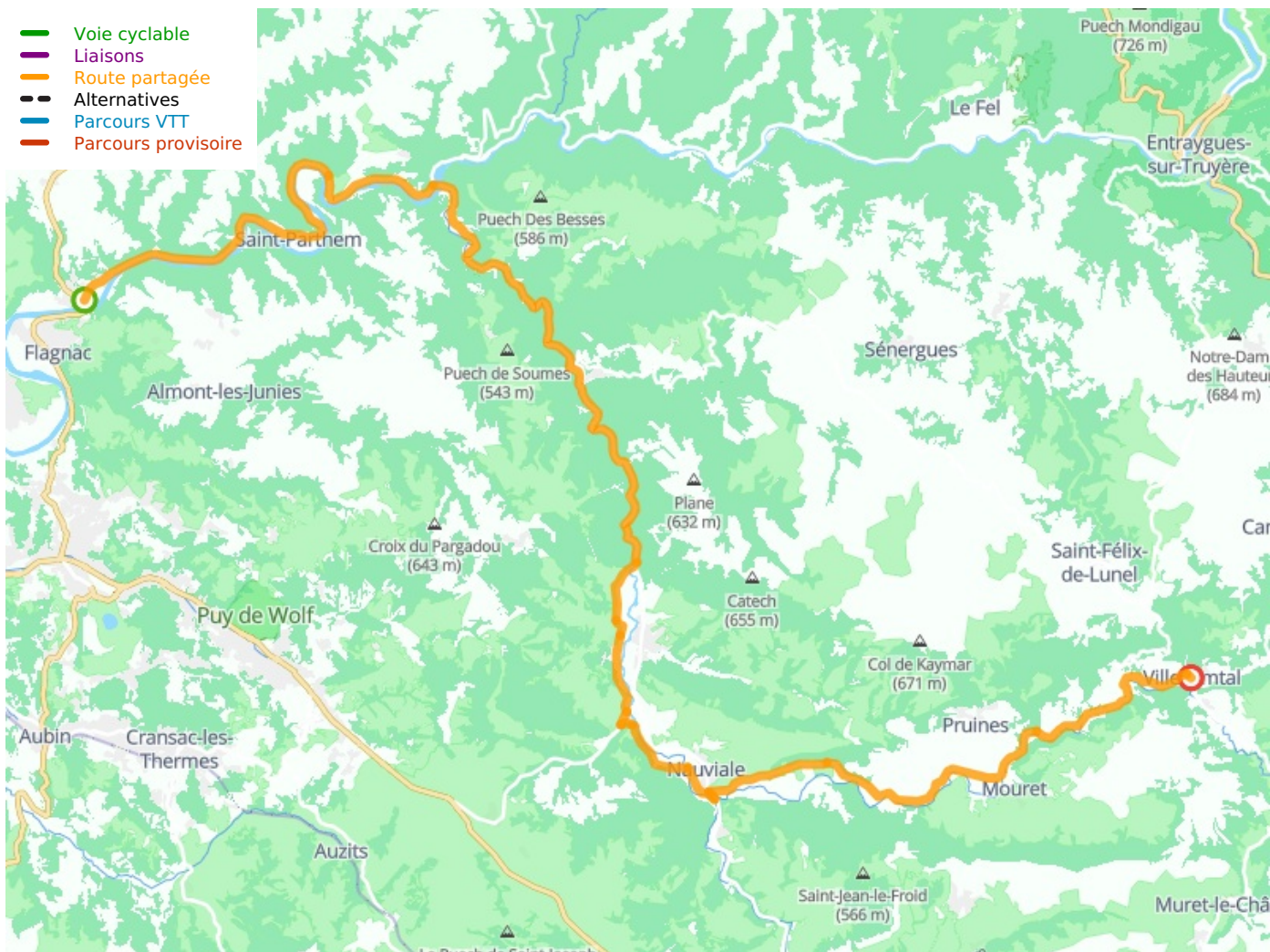
Very short stretch with gradient >10% between the bridge over the Lot and Grand Vabre, then a steady climb to Villecomtal with a few short stretches >4-5%.

Train station

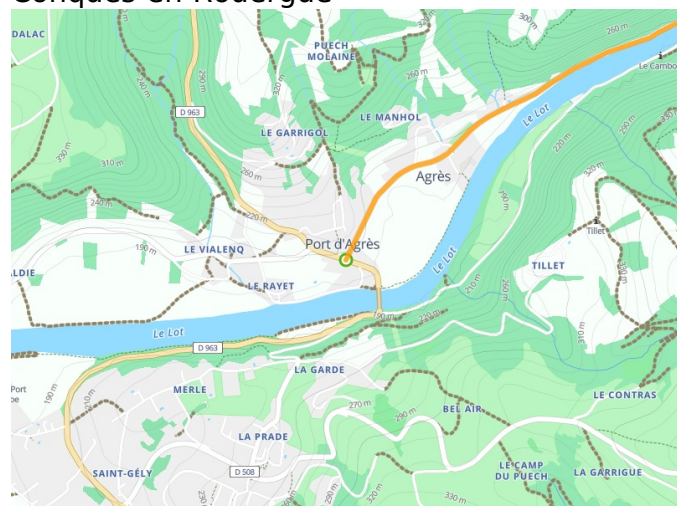
- [Saint Christophe train station \(Occitanie\)](#) : TER Rodez, Intercités Paris-Austerlitz

Buses

- [Bus LIO \(ligne 223\)](#) : from April to October from Rodez to Conques, 2 round trips per day from Monday to Sunday and on public holidays.



Départ
Conques-en-Rouergue



Arrivée
Villecomtal

