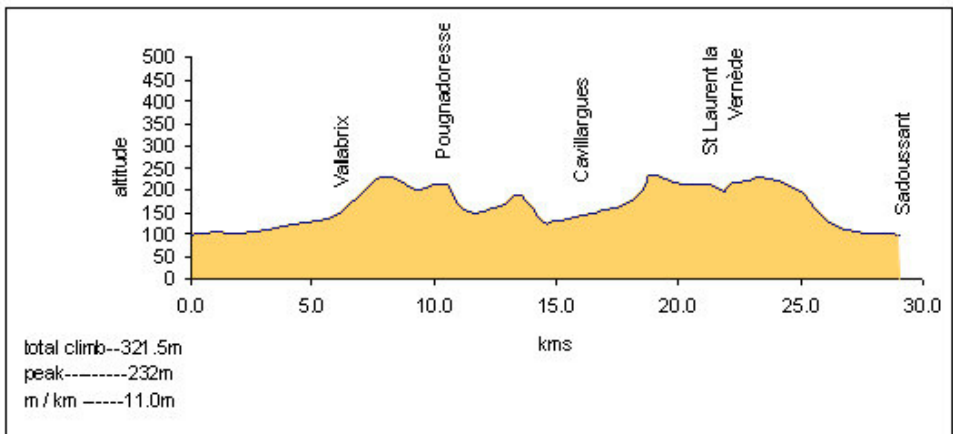


dir	instruction	road	dist	agg. dist
N	← Sadoussant	D23	0.60	0.6
N	↑ junc by school	Rue D'Uzès	0.20	0.8
E	→ Place fournalin	av. Leon Pintard	0.30	1.1
E	← roundabout by cemetery	D125	0.90	2.0
N + NE	← crossroads at D5 (dir. Vallabrix)	D5	2.75	4.8
NNE	↑ Vallabrix (dir. Bagnols)	D5	4.40	9.2
NW	← junc with D166 (dir. Pognadoresse)	D166	0.90	10.1
W	← t-junc by cemetery (dir. Pognadoresse)	D166	0.10	10.2
W	↑ 1st junc with D211	D166	0.15	10.3
N	→ 2nd junc (dir Cavillargues)	D166	0.25	10.6
N	↑ past Pognadoresse (down hill)	D166	1.00	11.6
E + N	→ after River Tave bridge	D166	3.75	15.3
W	← Cavillargues, junc with D9 (dir. Ales)	D9	1.00	16.3
SW	← junc with D144 (dir. St Laurent la V.)	D144	4.75	21.1
W	↑ St-Laurent-la-Vernède	D144	0.40	21.5
S	← junc with D23 (dir. St Quentin la P)	D23	7.90	29.4

Sadoussant

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## Pognadoresse & Cavillargues

### Ride notes

- When going through St Quentin take the road up to the right of the school, then turn right at Place Fournalin. This will take you past la Poste, which will be on your left.
- **Cavillargues** – situated in a fertile valley, irrigated by the Auzigue. Although it is in the region of Languedoc-Rousillon (Septimanie), it shares a cultural identity with neighbouring Provence. Although the old ramparts were destroyed in 1793, the two castles that were connected to these fortifications have been renovated. The castle of La Fare, reconstructed in 1570, has a renaissance façade and a winding staircase. The castle of Nicolay, begun in 1590, is flanked by two round towers, and it features a banistered staircase and a monumental Renaissance doorway.
- **St-Laurent-la-Vernède** – this small village spreads out over the hillsides that run along the left bank of the Tave Valley. The well-preserved communal fort dates from the 15th century. It comprises four round towers, an indented great door, its original alleys, and the Romanesque bell-tower adjacent to the church.
- Take care coming down the mechant pass, its very steep with some sharp turns

