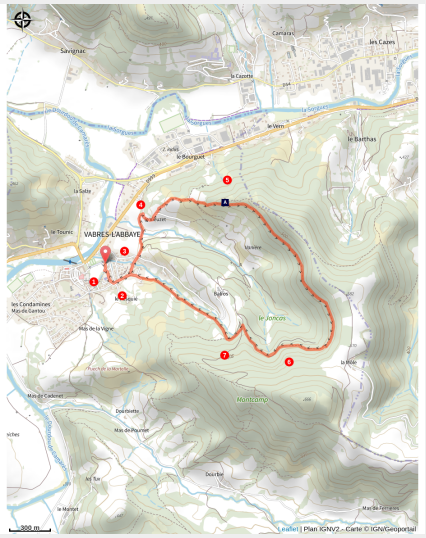
The Joncas

Des falaises de Roquefort au Rougier



Le Joncas (Roquefort Tourisme)



A peaceful and family hiking starting from the ancient Vabres cathedral up to the site of the Joncas, which intermingles typical colours, pastoral landscape and human heritage

The Vabres area which is a green and fertile region dedicated to market gardening invites you to head off the beaten path and reach the site of the Joncas with its bright colours resulting from an ancient quarrying. Visigoth tombs and views over the Sorgues and Dourdou valleys intersperse this very accessible hiking loop.

Useful information

Practice : Trekking

Duration : 2 h

Length : 5.4 km

Trek ascent : 230 m

Difficulty : Easy

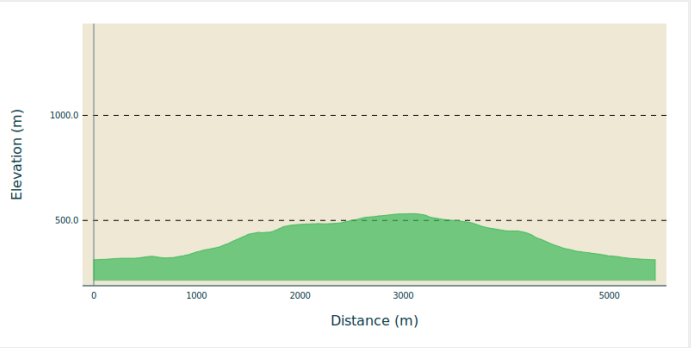
Type : Loop

Themes : History and heritage, Panorama

Trek

Departure : the car park situated on the Town Hall Square in Vabres-l'Abbaye
Arrival : the car park situated on the Town Hall Square in Vabres-l'Abbaye
Markings : PR
Cities : 1. Vabres-l'Abbaye

Altimetric profile

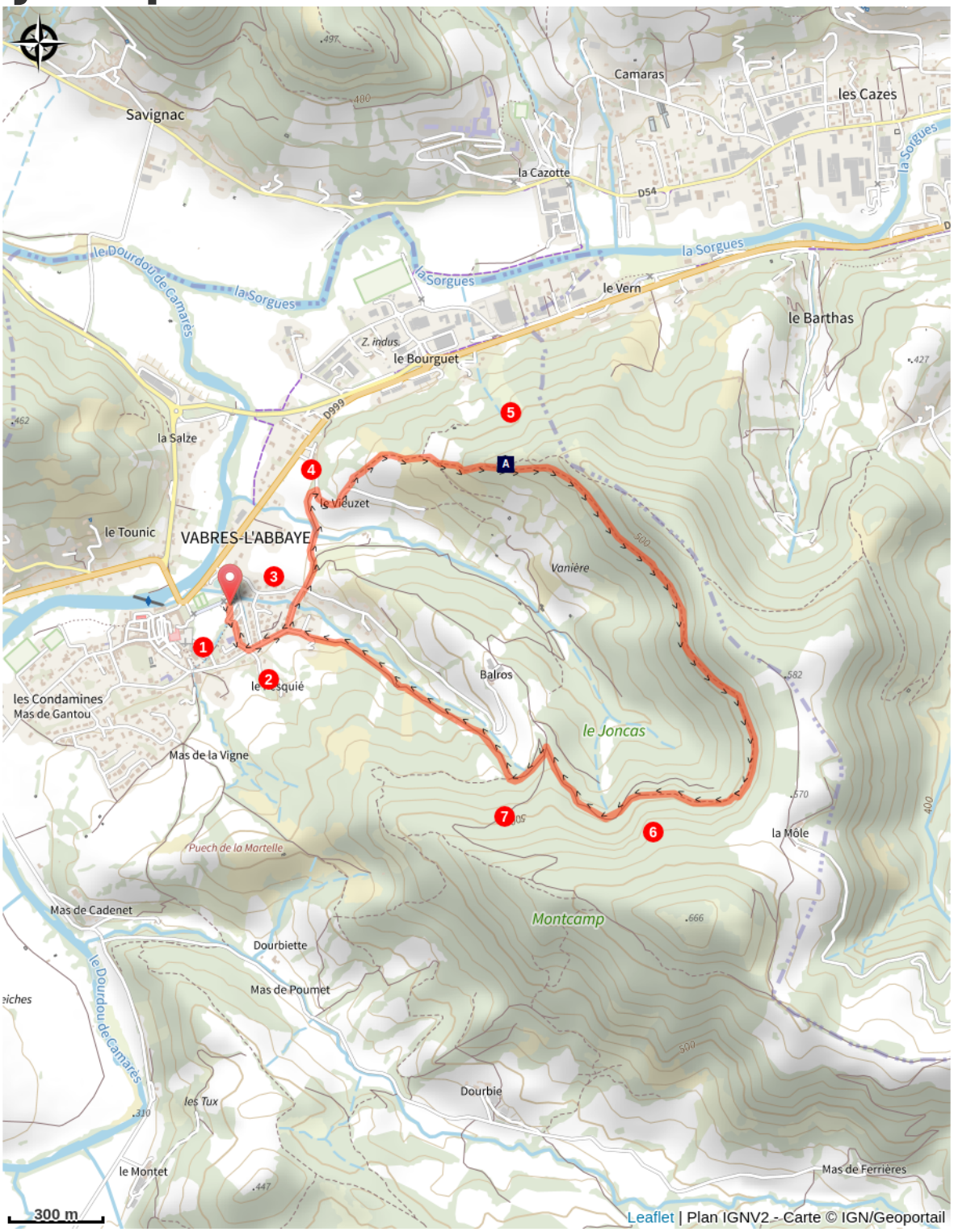


Min elevation 313 m Max elevation 532 m

From the car park situated on the Town Hall Square, take the rue des Marronniers, then carry on opposite by the rue de la Murette and follow the rue du Pasquié up to the Balros intersection.

1. Once at the crossroads, take opposite the stone pathway for 100 m, then turn to your left on the dirt track.
2. Arriving at the junction with the road, turn right and walk up to the first houses, then follow the path that slopes up across brooms up to the graves. Carry on by the ridge line to reach the viewpoint and enjoy the scenic views over the Sorgues and the Dourdou valleys.
3. From there, join the Joncas path and notice further down the particular soil colour due to the former quarry when it was still in operation and to a 19th century plaster furnace.
4. Follow the logging trail that extends the path and walk through the Joncas wetland. Slightly after the ruined house, take right for 20 m, then left on a path that goes along the edge of the wood.
5. As you enter the woodland, take right the Pesquié trail that runs along the brook of the same name, up to the village.

On your path...



The tombs (Visigothic graves) (A)

All useful information

Advices

Box tree moths are active from May to October. During the caterpillar phase, they feed on the leaves of box trees. They crawl down trees and move on long silken threads, although these threads are annoying when hiking they do not pose any health risk

Gear

Prévoir une réserve d’eau et une tenue adaptée

How to come ?

Transports

Travel by bus or train: https://lio.laregion.fr/

Carpooling : BlaBlaCar, Rézo Pouce, Mobicoop, Idvroom, LaRoueVerte, Roulez malin

Access

On the D999 road that links Millau to Albi, 4 km after your driving out of Saint-Affrique towards Albi

Advised parking

Town Hall Square in Vabres-l'Abbaye

Information desks

OT Pays du Roquefort
Avenue de Lauras, 12250 Roquefort/ Soulzon

contact@roquefort-tourisme.fr
Tel : 0565585600
http://www.roquefort-tourisme.fr/



Source



Communauté de communes du St-Affricain

http://www.roquefort-tourisme.fr/

On your path...



The tombs (Visigothic graves) (A)

In Vabres-l’Abbaye, two groups of Visigothic rock-cut tombs (5th–7th centuries) can be seen on a plateau overlooking the village. Carved into the rock, these graves – often designed for two people – provide information about the average stature of the inhabitants at the time (about 1.62 m for men and 1.54 m for women). Studied by the Société Archéologique du Rougier et des Avant-Causses, this site offers a valuable insight into funerary practices and local life during the Visigothic period.

Attribution : Roquefort Tourisme