

N°1 Vale and crest of Tiergues

Des falaises de Roquefort au Rougier



VTT (Roquefort Tourisme)



This mountain biking tour you will permit to discover two relic of the past: the Rock of Caylus on which was built the castle overlooking the city and the Dolmen Tiergues historical monument.

It first follows a road, then a trail and eventually a singletrack rising gently up to the village of Tiergues where you will be able to enjoy a typical caussenarde architecture. The way back which goes along a ridge line provides a wonderful 360-degree view and a nice downhill ride to the Caylus Rock which overlooks Saint-Affrique.

Useful information

Practice : VTT

Duration : 1 h 15

Length : 17.6 km

Trek ascent : 396 m

Difficulty : Medium

Type : Loop

Themes : History and heritage,
Panorama, Water

Trek

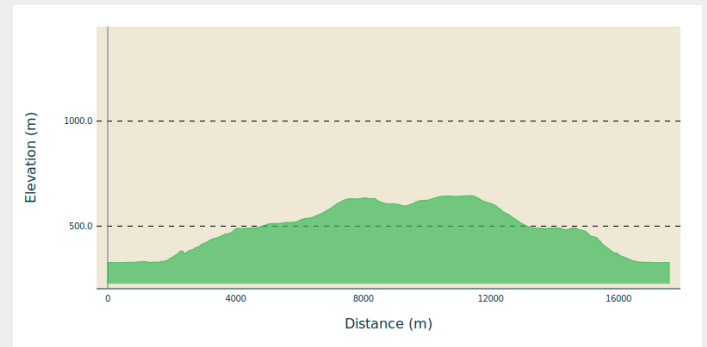
Departure : From the tourist office join the place François Fabié

Arrival : At the tourist office

Markings : ➤ VTT Parc 📍 Sites VTT FFC

Cities : 1. Saint-Affrique

Altimetric profile



Min elevation 326 m Max elevation 645 m

From the F. Fabié square, take the D50 (usually called the graveyard road) for 2.5 km up to the Moulin du Juge.

1. Before crossing the small bridge, take the path on the left hand side (2nd marker).
2. Cycle up the vale to the road intersection close to the well known **dolmen de Tiergues** (it is a 2 km ride there and back to have a look at it). Then take a wide and steeper path which leads to the hamlet of Tiergues.
3. When you leave the hamlet, cycle up to the crest of the path towards the East.

This section of the route provides you with beautiful views over the surrounding landscape: **the avant Causse du Larzac** towards the East, **the Monts de Lacaune** to the South and **the Rougier de Camares** to the West. To the North, is the village of Bouloc with its relay mast rising to more than 1000m above sea level marking the horizon. The way back to Saint-Affrique is mostly a descent except for the approach to **the Rocher de Caylus** which requires a little extra energy, but the discovery of this site, which resembles a petrified fortress watching over the “villotte” is worth the effort.

On your path...



 Tiergues dolmen (A)

 The Rock of Caylus (B)

All useful information



Is in the midst of the park

This itinerary is located in the World Heritage zone Causses and Cévennes, mediterranean agropastoral cultural landscape.

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

Saint-Affrique is situated 31 km South West from Millau via the D992 and D999 roads.

When driving from Clermont-Ferrand or Montpellier via the A75, take exit n°46, then follow the road D999 up to Saint-Affrique.

From Toulouse/Albi follow the road D999 up to Saint-Affrique.

Advised parking

Recommended carparks: on Maréchal Foch square or on Général de Gaulle square

i Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

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



On your path...



Tiergues dolmen (A)

With nearly 1,000 dolmens, Aveyron is the French department with the highest number of these prehistoric monuments. Contrary to popular belief, they were not built by the Celts, but by Neolithic communities more than 4,500 years ago.

The word “dolmen,” meaning “stone table” in Breton, refers to prehistoric collective burial sites. Listed as a historic monument, the Tiergues dolmen is one of the most remarkable in Aveyron. Explored in the 20th century by archaeologist Émile Cartailhac, it bears witness to the beliefs and funeral practices of our distant ancestors. Nestled in a preserved natural setting, this site offers a true journey into the heart of prehistory.

Attribution : David Potron



The Rock of Caylus (B)

Perched at an altitude of 519 meters, the Rock of Caylus once supported the castle of the Counts of Caylus, built in the 11th century. Destroyed in 1238, the castle was the heart of a fortified complex that protected the local population. In 1808, the last remaining sections of the fortifications were dismantled to make way for the road to Tiergues. This site reveals a lesser-known chapter of Aveyron’s feudal history and power struggles.

Attribution : Virginie Govignon
