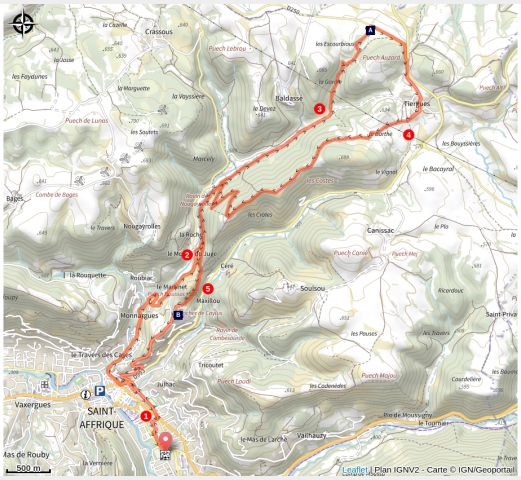
VTT N°01 - Tiergues Valley and Ridge

Des falaises de Roquefort au Rougier



VTT (Roquefort Tourisme)



Along ridge and cross-country trails, taking in captivating panoramic views along the way, connect two iconic remnants of Saint-Affrique's history : the Tiergues dolmen and the imposing Rock of Caylus.

A gentle climb through the rolling hills overlooking Saint-Affrique... and a journey back in time, from the Neolithic era to the Middle Ages. Make your way to the Tiergues dolmen, one of Aveyron's famous megaliths, and the Rock of Caylus, the remains of a former lordly residence. From the ridge, a 360° panorama over the Lévézou, the Rougier and the Lacaune Mountains awaits.

Useful information

Practice : VTT

Duration : 1 h 15

Length : 17.6 km

Trek ascent : 396 m

Difficulty : Medium

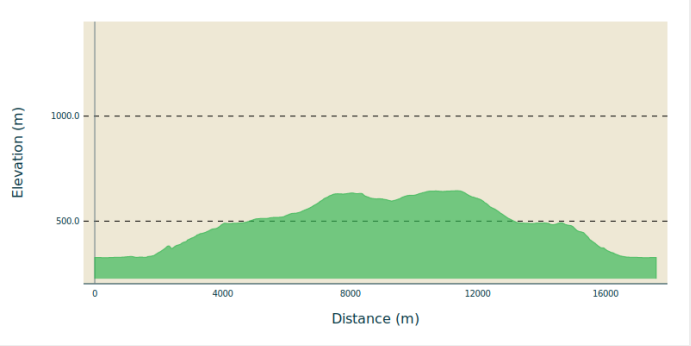
Type : Loop

Themes : History and heritage, Panorama, Water

Trek

Departure : Mountain Bike Station, rue du 12 Étoiles, Saint-Affrique
Arrival : Mountain Bike Station, rue du 12 Étoiles, Saint-Affrique
Markings : VTT Parc
Cities : 1. Saint-Affrique

Altimetric profile

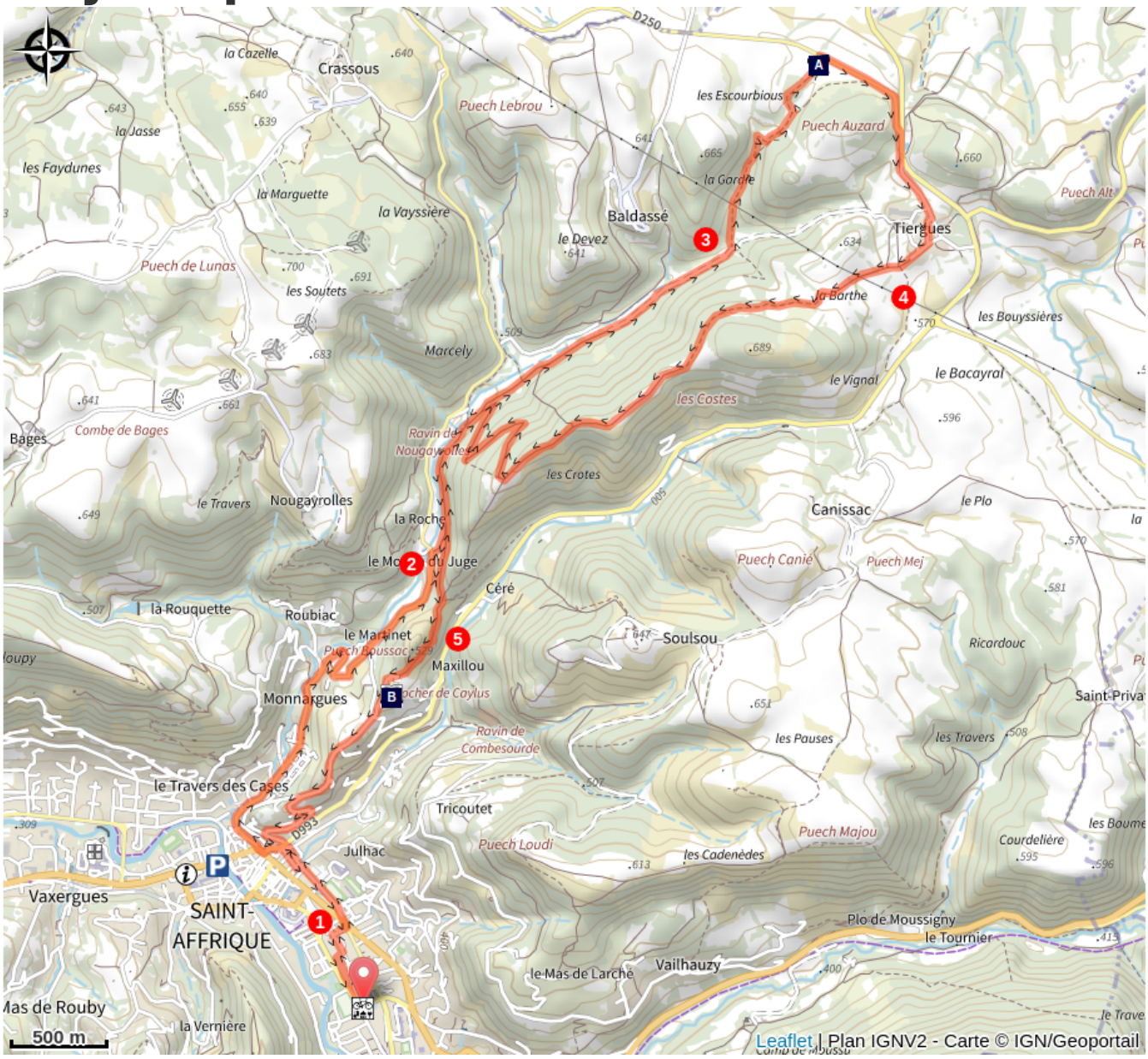


Min elevation 326 m Max elevation 645 m

The recommended starting point is on Rue du 12 Étoiles, at the mountain bike station. You can also start directly from Place François Fabié.

1. Take the greenway towards Saint-Affrique, then follow the MTB signs until you reach the D50. Continue for 2.5 km to Moulin du Juge.
2. Just before the small stone bridge, take the trail on your right.
3. After climbing back up the valley, take the trail on your left towards the Tiergues dolmen. Once you have passed the dolmen, turn right onto the road to reach the village of Tiergues.
4. Leave the village via the ridge trail heading west. Take this section of the route to enjoy the beautiful views: the foothills of the Larzac Causse to the east, the Lacaune Mountains to the south and the Rougier de Camarès to the west. To the north, the horizon is marked by the village of Bouloc and its relay tower, rising to over 1,000 m.
5. The return to Saint-Affrique is mostly downhill, except as you approach the Rocher de Caylus, where a final short effort is needed to discover this petrified fortress watching over the "villotte".

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.

Gear

Bring a supply of water and suitable clothing.

How to come ?

Transports

All the information is available on the Tourist Office website.

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

Car park at the 12 étoiles gymnasium

Information desks

Saint-Affrique Tourist Office
Boulevard Aristide Briand, 12400 Saint-Affrique

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



Source

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