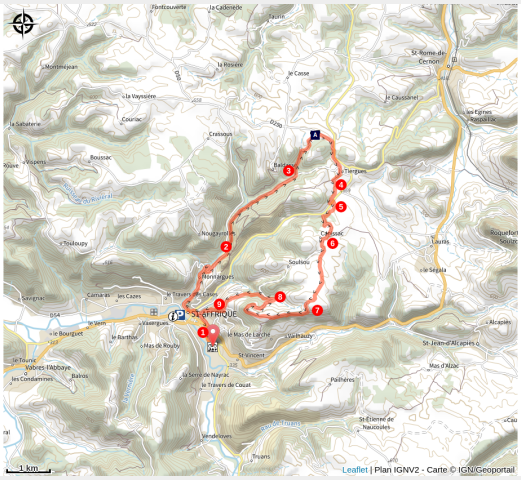
VTT N°03 - The English Mountain

Des falaises de Roquefort au Rougier





Plateau de la Quille (Virginie Govignon)

An adventure to the English Montain, one of Saint-Affrique's seven hills, with a slightly technical but highly rewarding descent to Vailhauzy.

A climb through a valley accessible to all, a detour to the Tiergues dolmen, then across the plateau, where flocks of sheep may accompany you near the farms, followed by a buissière... The rocky descent to Vailhauzy and its château is the only slightly challenging section of this route, which rewards you with beautiful panoramic views over the foothills of the Causses.

Useful information

Practice : VTT

Duration : 1 h 30

Length : 19.4 km

Trek ascent : 453 m

Difficulty : Medium

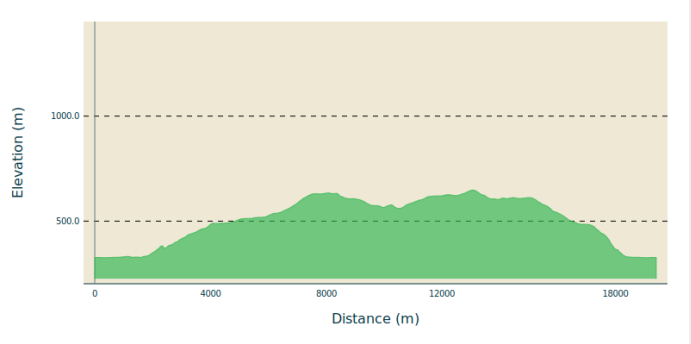
Type : Loop

Themes : History and heritage, Panorama

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

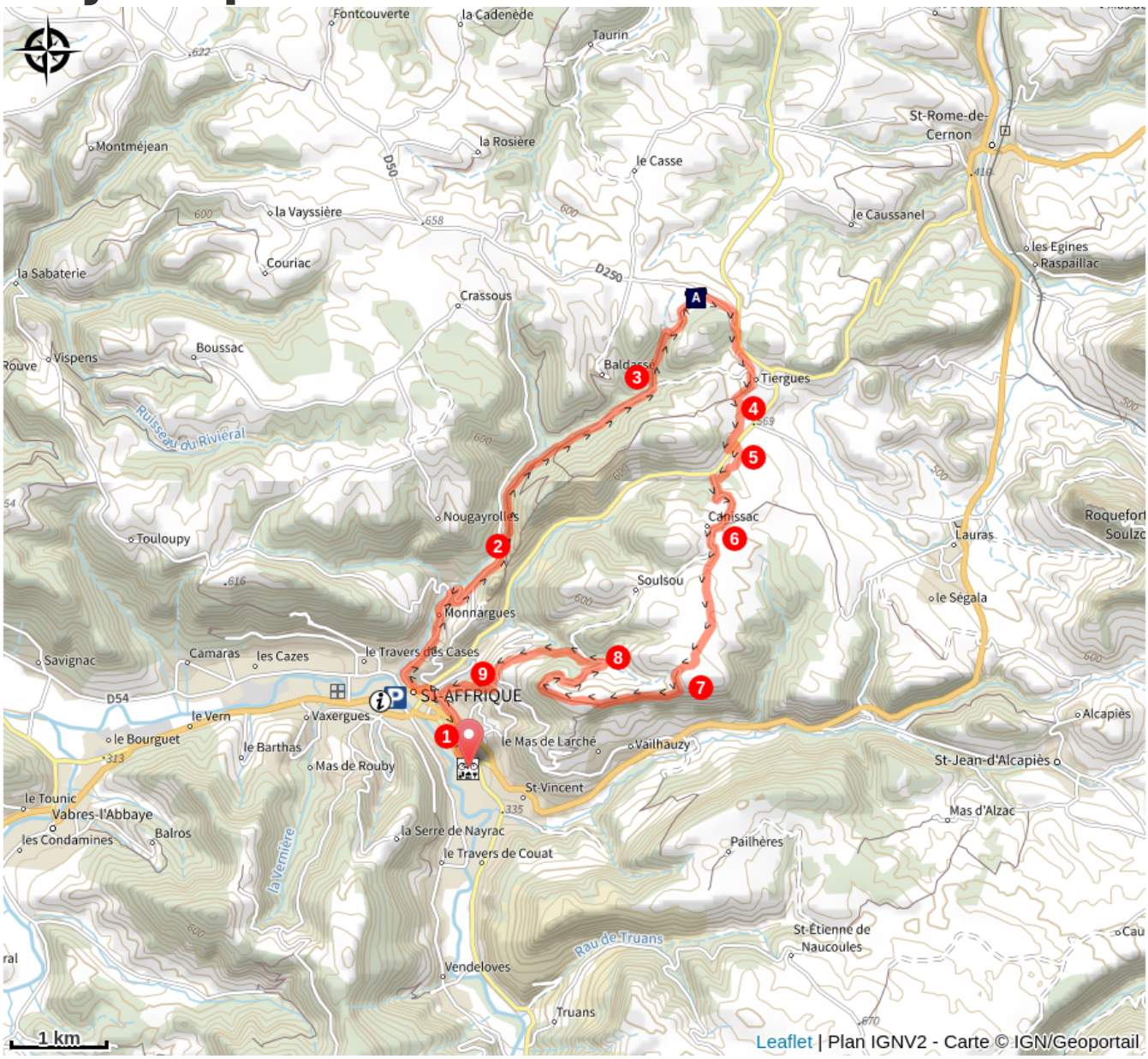


Min elevation 326 m Max elevation 648 m

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. Before crossing the small 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. Go through the village, then at the next junction turn left towards Canissac.
5. Cross the road to reach the Canissac farm.
6. Go around the farm on the left, joining a wide track. Take the opportunity to admire the foothills of the Causses, including Combalou, home to the village of Roquefort, famous for its renowned cheese.
7. A buissière, a trail lined with boxwood, leads you to the edge of the plateau. Then take the wide track on your right towards the Puech Loudi pylon. Enjoy the stunning views over Saint-Affrique and the surrounding area.
8. On the descent, follow a wide track for 1 km before a left-hand bend takes you onto a superb woodland singletrack.
9. At the end of the singletrack, take the road on your left and follow the signs towards Saint-Affrique.

On your path...



Tiergues dolmen (A)

All useful information

Advices

Crossing of the D993.
Technical descent to Vailhauzy, don’t hesitate to get off your bike.

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, 31 km south-west of Millau via the D992 and D999.
From Clermont-Ferrand and Montpellier, take the A75, exit 46, then the D999.
From Toulouse/Albi, take the D999.

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