The grave walking tour via Saint-Apolit

Des falaises de Roquefort au Rougier



Les tombes (Roquefort Tourisme)



A hike that runs on gentle slopes between the Sorgues and Dourdou valleys, throughout a landscape with stunning colours and where the past has left its mark: graves dating from the early Middle Ages and an old quarry.

Throughout broom bushes and woodlands of the Joncas, this hiking loop which features a very accessible difference in altitude (343m) invites you to take a stroll back in time with Visigoth tombs, a disused sand quarry and the Saint-Apolit cave. The highlight of the hike is to be enjoyed on a ridge: a panoramic viewpoint over

Useful information

Practice : Trekking

Duration : 2 h

Length : 7.3 km

Trek ascent : 306 m

Difficulty : Easy

Type : Loop

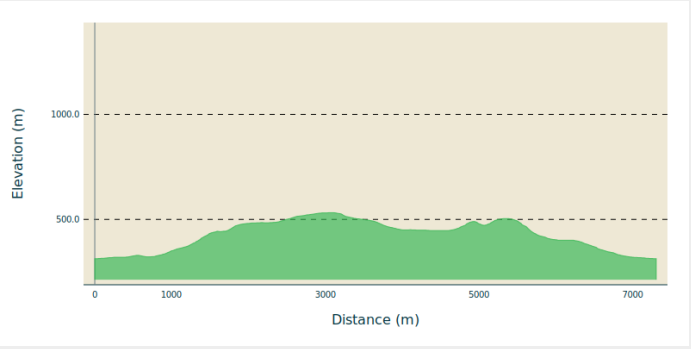
Themes : History and heritage, Panorama

the shimmering landscapes of the Sorgues and Dourdou valleys.

Trek

Departure : Camper van parking in Vabres l'Abbaye
Arrival : Camper van parking in Vabres l'Abbaye
Markings : PR
Cities : 1. Vabres-l'Abbaye

Altimetric profile



Min elevation 313 m Max elevation 532 m

1. From the Camper van parking lot which is the starting point, take right the prohibited direction, walk behind the school and along the graveyard.
2. In the Garelle district, turn to the left and follow the tarmac road up to the Balros intersection.
3. At the Balros intersection, carry straight on towards Vanière, the Vieuzet, the Tombes, and the Joncas.
4. At the edge of the Vieuzet, leave the tarmac road and take to the left a track that goes towards the Tombes and the Joncas.
5. After walking 10 minutes on this path, you will find on the left side, a big marked rock on which are the Visigoth tombs. Carry on the path towards the Joncas.
6. At the signpost ‘’Balros sud-est n°10 ‘’, turn to the left and walk for 30 m, then take to the right.
7. At the signpost ‘’Balros sud-est n°12 “, carry straight on towards the panoramic viewpoint.
8. After 600 m, take the path that ascends to the left.
9. After 150 m of uphill walking, you can enjoy the beautiful panorama. Turn to the left when leaving the viewpoint.
10. At 100 m from the viewpoint on the right of the path is a signpost indicating a cave, 120 m further. This cave is an old sand quarry.
11. At 160 m from the viewpoint is a signpost of ‘’Puech de la Martelle n°11’’, turn to the right towards Vabres via Saint-Apolit.
12. At the signpost ‘’Saint-Apolit n°14’’ take right towards Vabres.
13. On the way, pay attention to the large cypress tree planted against the Saint-Apolit cross.
14. At the entrance of Vabres is the signpost ‘’Balise n°15‘’, turn to the right and walk downhill by the schoolchildren's path.
15. At the signpost ‘’le Pesquier n°7‘’ in the la Garelle street, return your way by the small bridge, take to the right the small cemented road and walk back to the cars.

On your path...


Savignac
Camaras
les Cazes
la Cazotte
D54
la Sorgues
le Dourdou de Camarès
le Vern
le Barthas
Z. indus.
le Bourguet
D999
la Salze
le Tounic
VABRES-L'ABBAYE
le Vieuzet
Vanière
le Pesquié
Balros
les Condamines
Mas de Gantou
Mas de la Vigne
le Joncas
la Môle
Puech de la Martelle
Mas de Cadenet
Montcamp
Dourbiette
Mas de Poumet
Teiches
Dourbie
les Tux
le Montet
Mas de Ferrières
300 m
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

Advices

Box tree months 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

How to come ?

Transports

Getting around by bus or by train: https://lio.laregion.fr/

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

Access

On the D999 which links Millau to Albi, 4 km after Saint-Affrique exit

Advised parking

Camper van parking 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/

