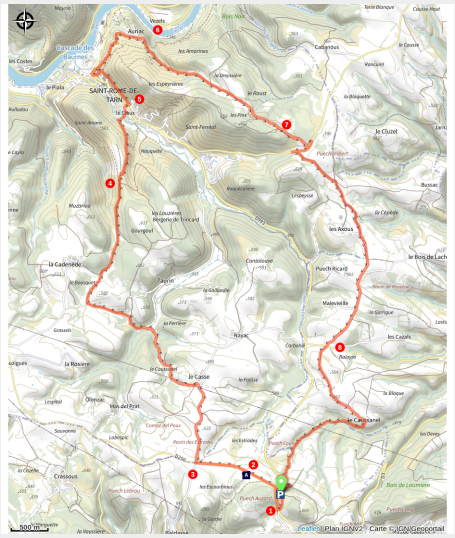
The postman path

Des falaises de Roquefort au Rougier



Vue sur le Tarn (Roquefort Tourisme)



This « postman’s round » is unlike any other, matching the vastness of the saint-affrique causse. It goes across the plateau linking two sites steeped in history: the Tiergues dolmen and the old medieval seigneury of Auriac.

A good stamina is required to complete this long hiking loop that runs down into the Tarn valley only to climb back onto the causse, and on up to the promontory of Auriac. An incredible walking tour that winds its way throughout a little known area of the causse. A vast expanse of space and silence overlooking the village of Saint-Rome-de-Tarn. Don’t worry, the postman did not have to complete the whole route!

Useful information

Practice : Trekking

Duration : 5 h 30

Length : 21.1 km

Trek ascent : 509 m

Difficulty : Hard

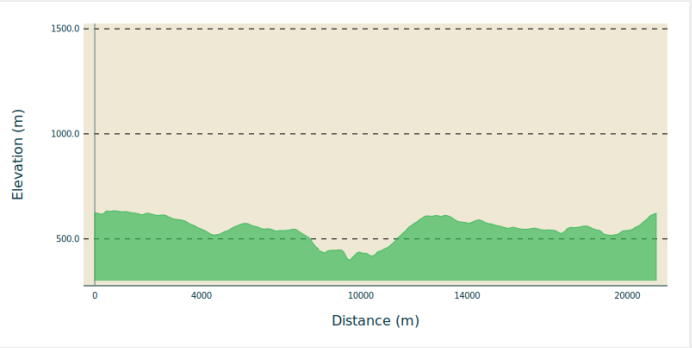
Type : Loop

Themes : Fauna, History and heritage, Panorama

Trek

Departure : Car park in Tiergues, near to the waste reprocessing building
Arrival : Car park in Tiergues, near to the waste reprocessing building
Markings : PR
Cities : 1. Saint-Affrique
2. Saint-Rome-de-Tarn
3. Saint-Rome-de-Cernon

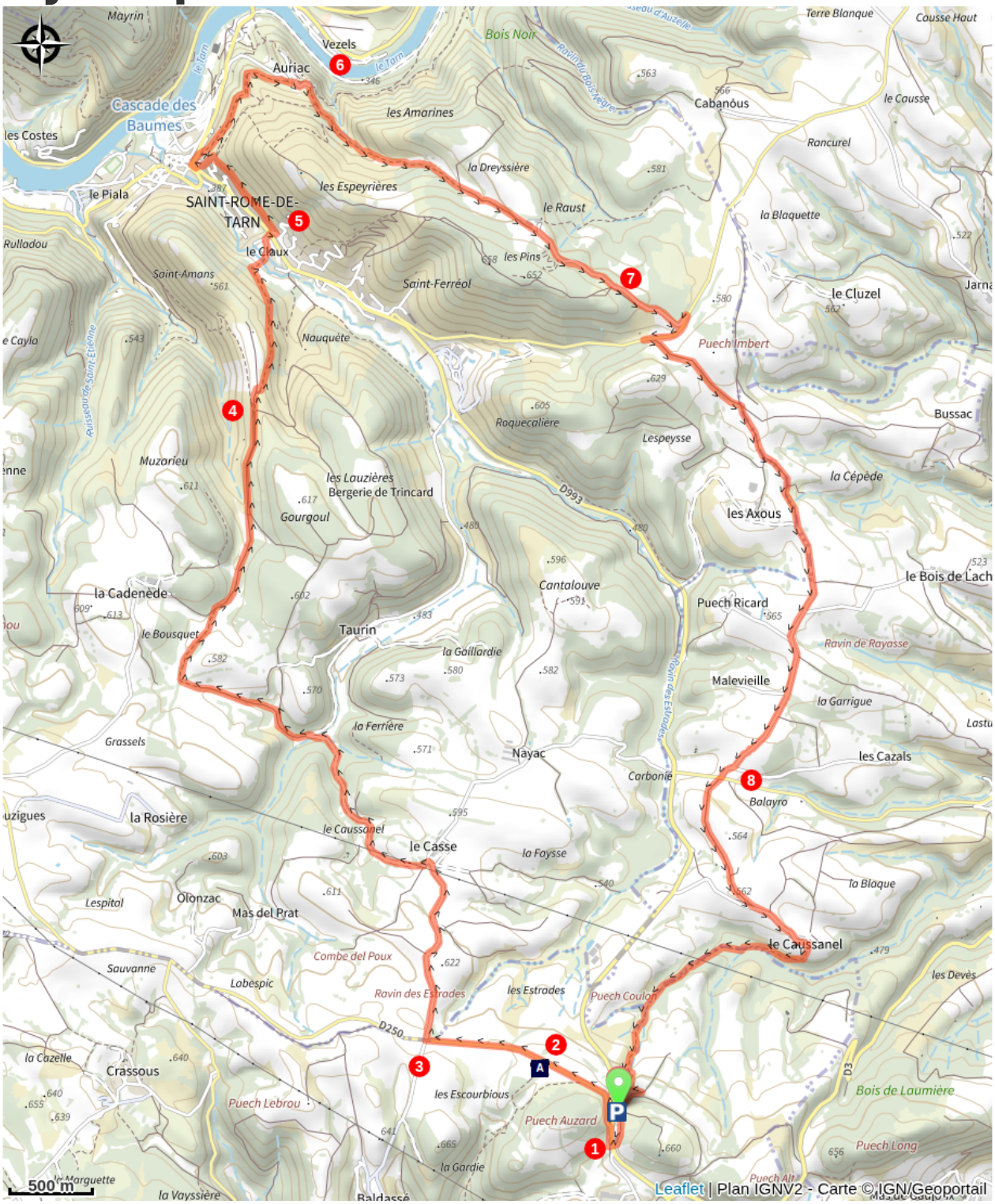
Altimetric profile



Min elevation 401 m Max elevation 634 m

1. From the carpark, walk round to the left of the waste reprocessing buildings and go through the tunnel which is under the road. Turn to the right and carry on along the D 250 road.
2. From the dolmen, continue to the West towards Saint Victor until you reach the cross of Baldassé.
3. Head towards the Casse and follow the small tarred road up to the farm. Take a dirt road to the left which is almost parallel to the high voltage power line. Follow this path that runs gently downhill and goes between the undergrowth up to a transformer. Keep going straight on and 500 m further on leave the path that rises to the right. Walk along the base of a field and join the old path linking Saint-Rome-de-Tarn to the Rosière, called "chemin du facteur" (the postman's path). Carry on between two cultivated fields lined with trees. Leave the Cadenède path that you will see on coming from the left. Keep walking between the undergrowth by following a stony path until you reach the plateau.
4. Start to walk downhill towards Saint-Rome de Tarn. Ford the Lévejac brook, and carry on until you reach road D993 which you cross.
5. Take to the left fork towards the North-West, on the path that overlooks the road. Fork south to drop down towards Saint-Rome de Tarn. Get back on to the D993 which you take to the right. After the hairpin bend, climb the steps to the right leading to a path which rises up to Auriac.
6. From the highest point of Auriac which provides outstanding scenic views over the Tarn valley, take the "le circuit des pins" (pine circuit) that ascends among the shadbushes and junipers. Once you reach a track suitable for vehicles, follow it and join the TV relay trail.
7. Continue straight ahead up to a small road. Take this road to the right for 100 m and leave it to your left by a recently opened path, then a trail and a tarred road. Ignore the paths that lead to the Axous and Puech Ricard. Instead keep walking until you reach the D 31 road.
8. Take the path opposite that leads to the Caussanel farm. Join the trail which runs parallel to the Fourniou brook. Cross the brook and continue between some undergrowth. At the edge of the undergrowth, cross the rec, and after a hairpin bend, you reach a trail. Follow this trail to the right until you reach the front of the waste sorting centre.

On your path...



Tiergues dolmen (A)

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

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

Via Tiergues which is situated 10 km from Saint-Affrique on road D 250

Advised parking

Parking de Tiergues, près du bâtiment de retraitement des déchêts

Information desks

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

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