# Track Menhir

Des falaises de Roquefort au Rougier



Sentier du Mehnir (Xavier Waerzeggers)




At the foot of the renowned Roquefort, a village with a long-standing cheese tradition, let yourself be charmed by a hiking loop which goes into the Soulzon valley through a refreshing undergrowth: a family getaway along the banks of the brook.

You will see on the creek bank an impressive 3 m metre high stone stuck in the ground. Different interpretations have been given about it: is it a mere remnant of the Combalou's fallen rocks, upon which two crosses were carved in the medieval times to turn it say, into a boundary stone between the Montclarat and the Tournemire communities? Or is it an ancient menhir that was Christianised as so many other megaliths were? In any case, this stone is an

## Useful information

Practice : Trekking

Duration : 1 h 30

Length : 3.4 km

Trek ascent : 125 m

Difficulty : Very easy

Type : Loop

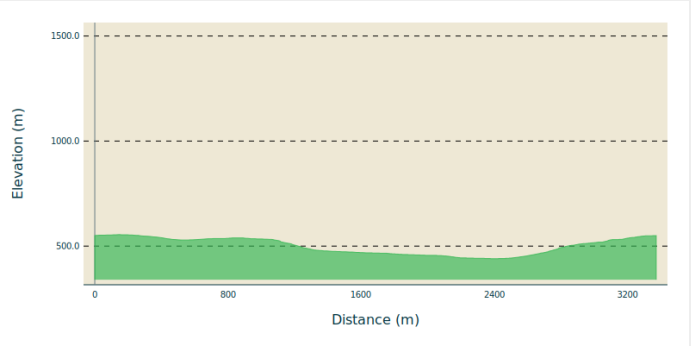
Themes : Geology

enthralling excuse to explore the Soulzon valley throughout a maze of rocks and lush vegetation.

# Trek

**Departure** : Roquefort Tourist Office
**Arrival** : Roquefort Tourist Office
**Markings** : PR
**Cities** : 1. Roquefort-sur-Soulzon

## Altimetric profile




Min elevation 440 m  Max elevation 555 m

1 - When you come out of the Tourist Office, turn right alongside the Conteynes wood to the drinking water fountain. Take the little path on the right, and pass through the housing estate on a tarmac road. Continue straight on to a large green and white building.

2 - Leave this on your right and head left behind the municipal workshops, then take a left down a little shaded pathway.

At the end of this path, go left down to the crossroads with a wide path and turn left until you reach the sharp bends.

Before crossing the river over the footbridge, you can take a return trip to the menhir which is further downstream.

3- Walk along the river on the bank opposite the menhir to the second footbridge.

Cross the river again. After 300 m and a small slope, turn left to get back onto the road.

4 - Cross this road to take a path up to the Tourist Office through the Conteynes wood.

# On your path...




Conteynes Wood and Fitness Trail (A)

Soulzon Menhir (C)

Buissière (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

Roquefort-sur-Soulzon, à 25 km au Sud-Ouest de Millau par les D 992, D 999 et D 23.
A 14 km de St-Affrique par la D999 en direction de Millau. Bifurquer à droite après Lauras (D23).

### Advised parking

Tourist Office

## Information desks

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

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



# On your path...



## Conteynes Wood and Fitness Trail (A)

Conteynes Wood is a dense forest where oaks stand proudly. Nature thrives here, hosting a variety of plants and animals. This area also helps protect the soil and regulate water. To enjoy it fully, a 600-meter fitness trail, which takes about an hour to complete, allows visitors to stroll, relax, and discover the wildlife and plants that make this forest so vibrant.

Attribution : Roquefort Tourisme



## Buissière (B)

A buissière is a path lined with boxwood hedges forming a narrow green corridor typical of the Causses, adapted to a harsh and contrasting climate. These dense double hedges once protected livestock from wind, winter snow, and summer heat, while preventing animals from straying.

Used by shepherds, local inhabitants, and carts alike, the buissière made travel easier between hamlets, pastures, sheepfolds, and water sources, bearing witness to traditional agricultural practices.

Today, the box tree moth, active from May to October, threatens these hedges by stripping them of their leaves. Although the caterpillars can be a nuisance for hikers, they are harmless.

Attribution : Xavier Waerzeggers



## Soulzon Menhir (C)

The Soulzon menhir is a large stone over three meters high, locally called a "menhir," even though it does not display all the usual characteristics of a traditional menhir. This type of standing stone dates back to the Bronze Age, and its exact role in the ancient landscape remains a subject of debate. Some believe it is simply a natural remnant of the Combalou, on which a cross may have been engraved during the Middle Ages, possibly to mark a territorial boundary. Others suggest it could be a prehistoric menhir that was Christianized, a common practice in the region. The two deeply carved crosses on its faces support this latter interpretation.

Attribution : Xavier Waerzeggers