

# Bouissières and dolmens N°2 VTT

Des falaises de Roquefort au Rougier



Rocher de Caylus (Virginie Govignon)



The riding through the buissières is very pleasant and appears to be a nice reward after the rather demanding beginning of the circuit.

You will enjoy scenic views over Saint-Affrique and the surrounding valleys, the avant-causses and the Millau Viaduct. The series of buissières, singletracks through oak woodlands and ridge lines are moments of sheer delight.

## Useful information

Practice : VTT

Duration : 2 h 30

Length : 26.0 km

Trek ascent : 591 m

Difficulty : Hard

Type : Loop

Themes : History and heritage,  
Panorama, Water

# Trek

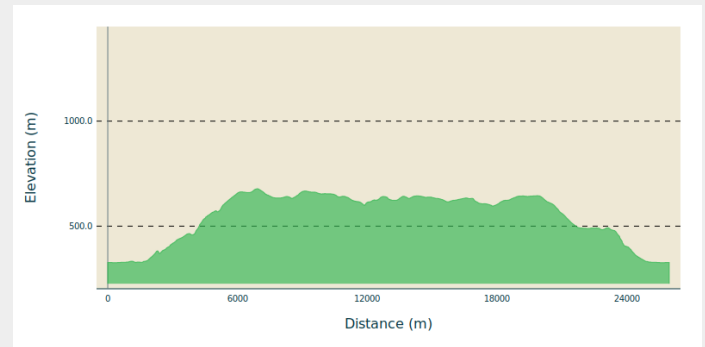
**Departure** : From the tourist office join the place François Fabié

**Arrival** : At the Tourist Office

**Markings** : ➤ VTT Parc

**Cities** : 1. Saint-Affrique  
2. Saint-Rome-de-Tarn

## Altimetric profile

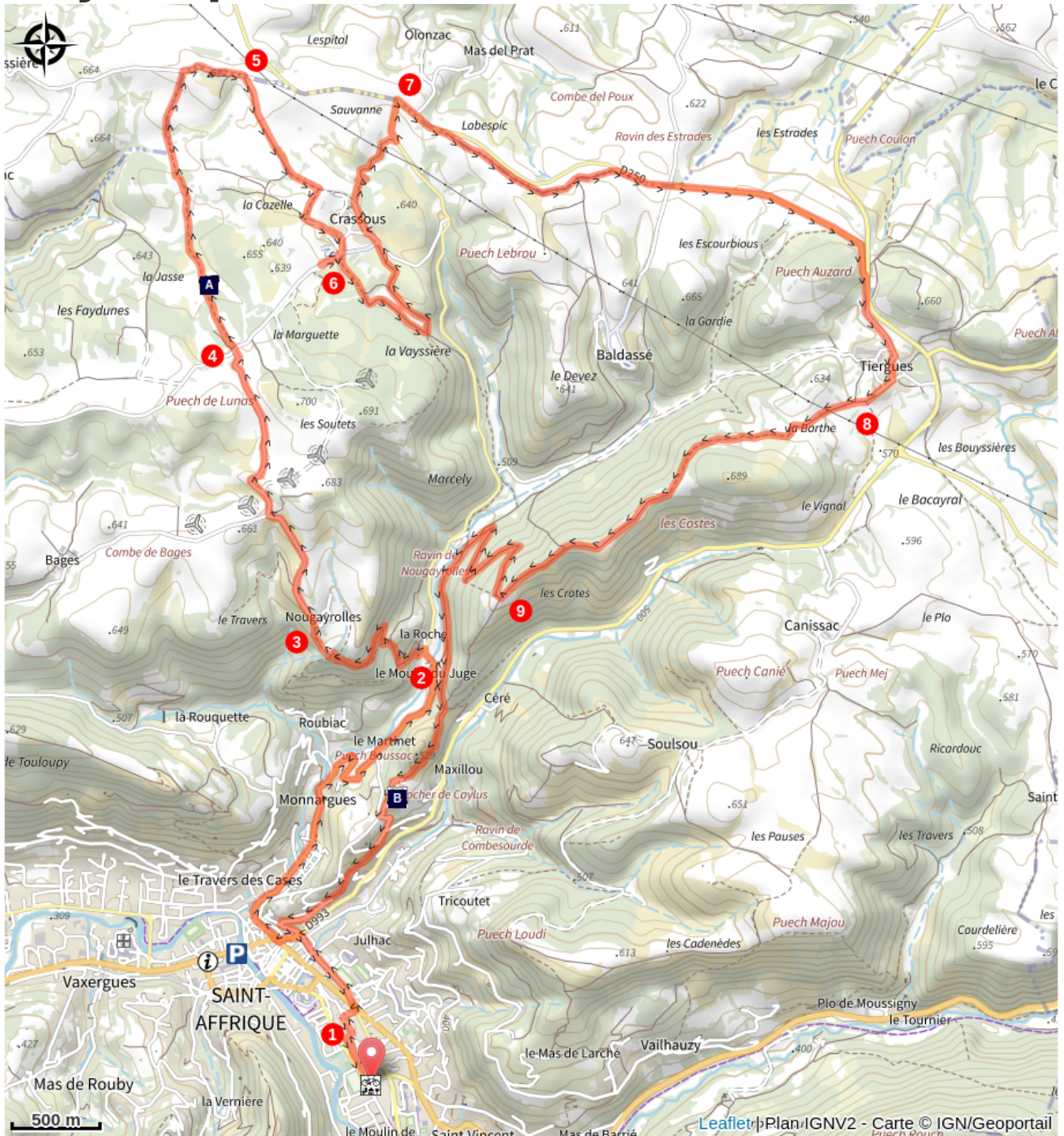


Min elevation 326 m Max elevation 678 m

Take the road which leads to Saint-Victor (D 50) for 3 km.

1. When you arrive at the “Moulin du Juge” (signpost), just after the bridge, take a left turn to a place called “La Roche” and go up to the Domaine de Nougayrolles cycling a trail, which begins under the shade of oak and chestnut trees, and then provides a stunning view over Saint-Affrique.
2. Join up with the road which runs along a ridge towards the North. Carry on cycling along this road for approximately 2 km.
3. Leave the road when you arrive at the bottom of a short slope and ride straight onto a “bouissière” (a narrow passage defined by two rows of box trees). You will see a dolmen close by.
4. Carry on northward and re-join the ridge road from which you will see the famous Millau Viaduct.
5. Shortly after you will see a water tower, take the turn to your right, which is a small path running along a trail that leads to a “lavogne” (a man made pond where ewes drink), there is also a well, nearby a quarry. Keep following this track until you reach the road that leads to Crassous. Follow this road to your right for 100m.
6. Before following the small path opposite, you can cycle to your right on the road to the dolmen and back. Then ride up through the “bouissières” which are located S.E of Crassous. When you reach a calvary cross, take the turning to your right a small road for 200 m and then a grassy path.
7. Cycle up the road towards Tiergues, then follow the path to your right which eventually re-joins the road. Carry on this road until you see the dolmen situated 100 m further on the right. Cycle through the village of Tiergues and you will come back to Saint-Affrique along the crest of the hill above the town.

# On your path...



 Puech Ibilie Dolmen (A)

 The Rock of Caylus (B)

# All useful information

## **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](#), [ldvroom](#), [LaRoueVerte](#), [Roulez malin](#)

### Access

Depuis Millau : D992 et D999 ; de Clermont-Ferrand et Montpellier, par A75, sortie 46 puis D999 ; de Toulouse/Albi par la D999

### Advised parking

Place of Marshal Foch

## **Information desks**

### **Saint-Affrique Tourist Office**

Boulevard Aristide Briand, 12400 Saint-Affrique

[contact@roquefort-tourisme.fr](mailto:contact@roquefort-tourisme.fr)

Tel : 0565585600

<http://www.roquefort-tourisme.fr/>



# On your path...

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## Puech Ibilié Dolmen (A)

With nearly 1,000 dolmens, Aveyron is the French department with the highest number of these prehistoric monuments, far ahead of Morbihan and its 550 Breton megaliths (dolmens and menhirs combined). Contrary to popular belief, they were not built by the Celts, but by Neolithic communities between the late 5th and 3rd millennia BC.

The word “dolmen,” meaning “stone table” in Breton, refers to prehistoric collective burial sites that could hold members of several families. The Puech Ibilié dolmen is a fine example. A valuable testimony to Neolithic presence in Aveyron, it is believed to have served as a funerary monument several thousand years ago. Its large, slightly tilted capstone still gives it an impressive appearance despite the passage of time. A fascinating site for anyone eager to discover the mysteries of megalithic structures.

Attribution : PNR Grands Causses

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## 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

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