# VTT N°02 - Buissières and Dolmens

Des falaises de Roquefort au Rougier



Rocher de Caylus (Virginie Govignon)




From ridge lines to boxwood tunnels, cross a stunning landscape where the silhouettes of dolmens emerge one by one. A route combining challenge with the pure pleasure of exploring the countryside.

The initial climb through the Saint-Affrique Avant-Causse is no easy feat, but it is well worth the effort : playful buissière trails, singletracks through the woods, and ridge paths offering panoramic views over Saint-Affrique, the valleys and the Avant-Causses. From megaliths (close at hand) to the Millau Viaduct (on the horizon), this is a journey between two eras... and beyond time !

## Useful information

Practice : VTT

Duration : 2 h 30

Length : 26.0 km

Trek ascent : 591 m

Difficulty : Hard

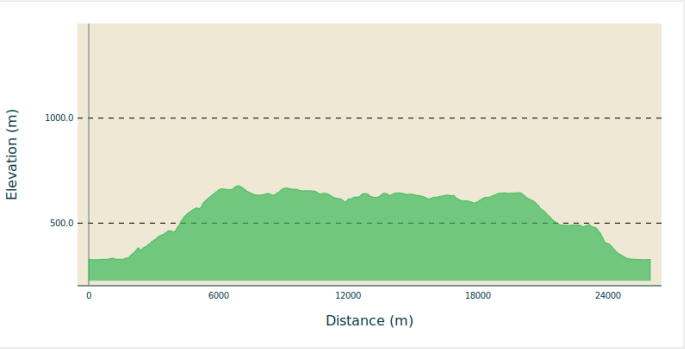
Type : Loop

Themes : History and heritage, Panorama, Water

# Trek

**Departure** : 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
2. Saint-Rome-de-Tarn

## Altimetric profile

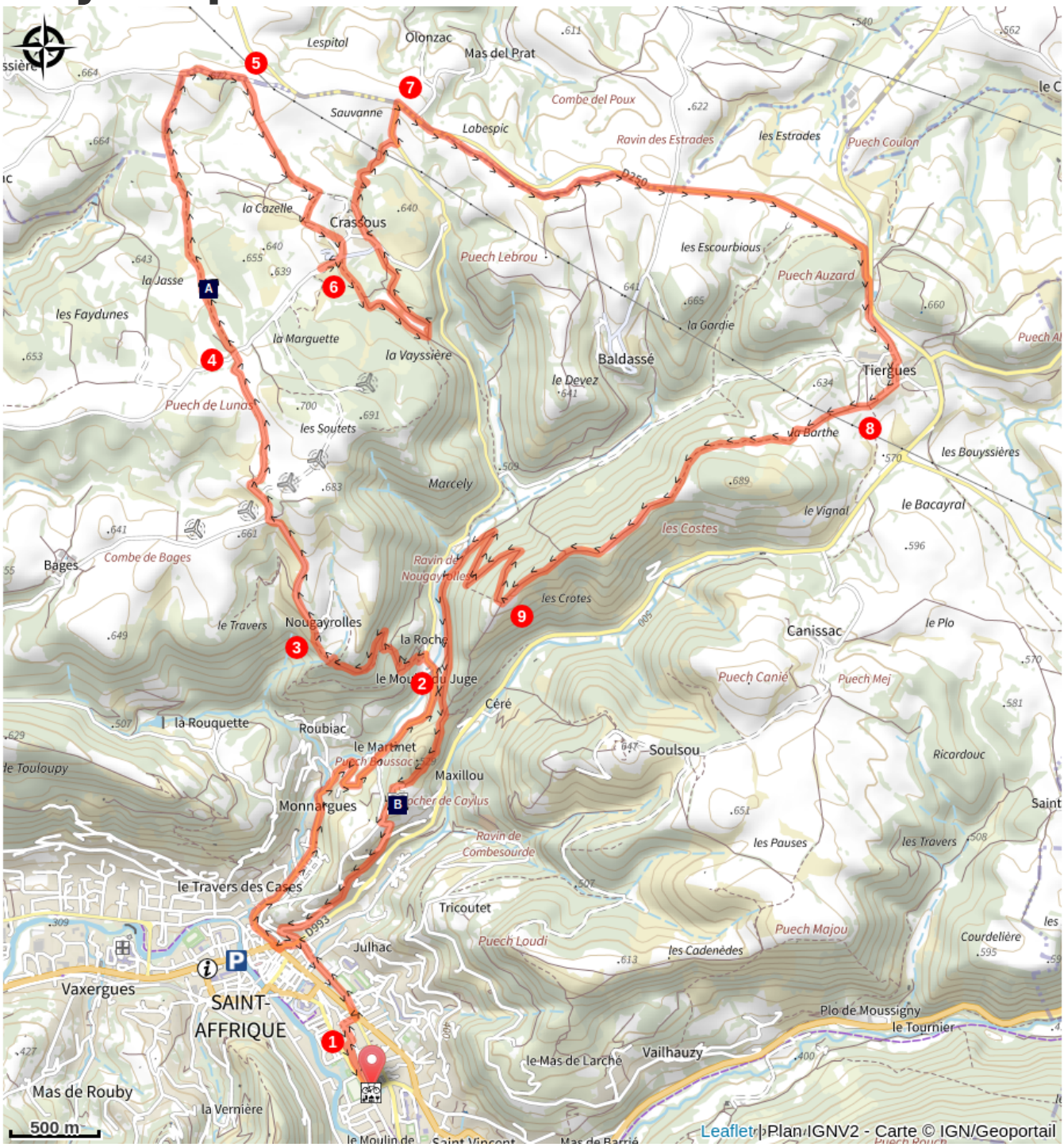



Min elevation 326 m  Max elevation 678 m

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. At Moulin du Juge, after the bridge, turn left along the meadow and climb to Nougayrolles, first along a trail shaded by oak and chestnut trees, then with stunning views over Saint-Affrique.
3. At the ridge, join the road and follow it north for approximately 2 km.
4. At the end of a short descent, head straight into a beautiful buissière. On exiting, the short stretch of road on your right offers views of the famous Millau Viaduct.
5. Shortly after a water tower, take the small path on the right, just after the track. Continue until you reach the road near the quarry.
6. After this short stretch of road, a return trip to the dolmen is possible on your right. Then take the path ahead of you. At the end of the large field on your left, turn left and climb back towards Crassous and the D50.
7. Turn right towards Tiergues, passing near the dolmen (return trip possible).
8. Go through the village before joining the trail leading to the Caylus ridges.
9. Turn right onto a rocky hairpin descent, then reach the valley and plunge down towards Saint-Affrique.

# On your path...




Puech Ibilié Dolmen (A)

The Rock of Caylus (B)

# All useful information

## Gear

Bring a supply of water and suitable clothing.

## How to come ?

### Transports

All the information is available on the Tourist Office website.

### Access

From Millau take the D992 and the D999.
From Clermont-Ferrand and Montpellier, take the A75, exit 46, then the D999.
From Toulouse/Albi, take the D999.

### Advised parking

Mountain bike station car park, rue du 12 Étoiles, Saint-Affrique

## Information desks

**Saint-Affrique Tourist Office**
Boulevard Aristide Briand, 12400 Saint-Affrique

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



## Source

Sites VTT FFC

# On your path...



## 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



## 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