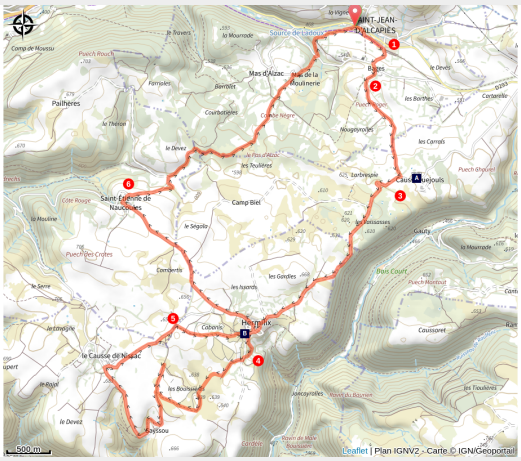
# VTT N°05 - Nissac Causse

Des falaises de Roquefort au Rougier



Plateau du Causse de Nissac, Corniche du Versolet (Virginie Govignon)




From jasses (traditional sheep shelters) to buissières and hamlets, explore the foothills of the Causses, a landscape shaped by centuries of agropastoral traditions, with stunning views over the Sorgues and Verzolet valleys.

Apart from a few rocky sections that require careful handling, this low-elevation route through the foothills of the Causses presents no major difficulties. It’s the perfect opportunity to enjoy a breath of fresh air and 360° panoramic views over the Saint-Affrique area, the foothills of the Larzac and the surrounding valleys. In Hermilix, don’t miss the dolmen and the lavogne, a sheep watering place in the form of a paved pond.

## Useful information

Practice : VTT

Duration : 1 h 15

Length : 18.7 km

Trek ascent : 352 m

Difficulty : Medium

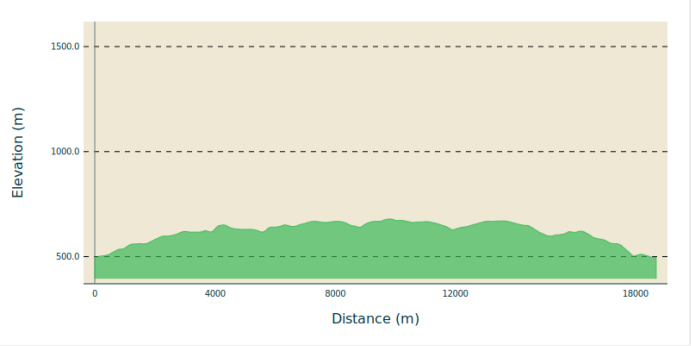
Type : Loop

Themes : Savoir-faire, Agropastoralism, History and heritage, Panorama

# Trek

**Departure** : Village Hall, Saint-Jean-d'Alcapiès
**Arrival** : Village Hall, Saint-Jean-d'Alcapiès
**Markings** : VTT Parc
**Cities** : 1. Saint-Jean-d'Alcapiès
2. Saint-Jean-et-Saint-Paul
3. Versols-et-Lapeyre
4. Saint-Affrique

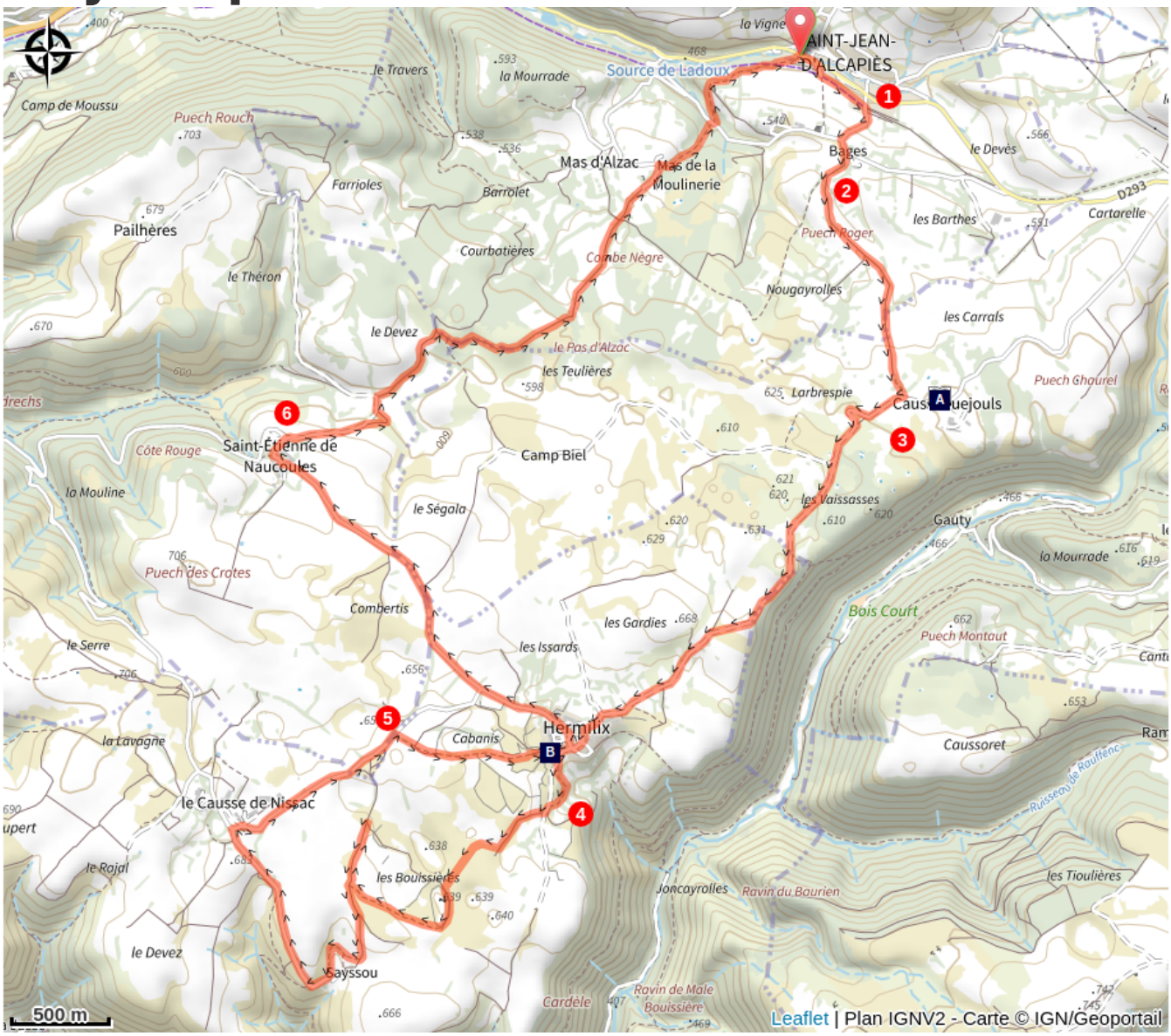
## Altimetric profile




Min elevation 495 m  Max elevation 679 m

1. From the village hall, take the road, then the first right towards the Domaine d’Alcapiès. Follow the greenway on the left, then take the road uphill towards Bages.
2. At the next junction, take the track on your left towards Caussanuéjouls.
3. Leave the farm on your left, then cross the plateau to the hamlet of Hermilix.
4. At the exit of the hamlet, follow the signs towards Sayssou via the singletrack on your left, then a track with wide-open views. After passing the houses, follow the road to the Nissac Causse, then turn right to return to Hermilix.
5. Head into the magnificent buissière on your right and follow it to the lavogne. At the end, continue on the trail to the left towards Saint-Étienne-de-Naucoules.
6. Go through the village, then take the trail on your right to return to Saint-Jean-d’Alcapiès.

# On your path...




Caussaunejouls Lavogne (A)

Hermilix Lavogne (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 Saint-Affrique, take the D999 towards Millau. After 6 km, turn right onto the D293 towards Saint-Jean-d'Alcapiès.

### Advised parking

Village Hall Car Park, Saint-Jean-d'Alcapiès

## 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...



## 📖 Caussaunejouls Lavogne (A)

How a lavogne works is very easy to understand; imagine a gigantic upturned umbrella that collects rainwater!

In the beginning, there was a natural pond with impervious clay soil. This small pond was a real boon for people who quickly set these watering sources up as they were so critical on the causses where water seeps into the cracked limestone. First, they tiled the inside of the pond and finished off the work by laying paving stones around the edge of the pond to preserve the water quality and prevent gullying due to the large flocks trampling the soil when the sheep come to drink.

The pond tiling was made either with lauzes, flat stones or with paving stones laid one after the other.

Once completed, this gigantic upturned umbrella would provide a great variety of animals with a welcoming habitat, just look down over a lavogne and see how it swarms and buzzes with life; what a frenzy of activity!

From this lavogne, you will enjoy a stunning view to the north over the Combalou, a residual mound that shelters the Roquefort maturing caves.

Attribution : (c) DelphineAtche



## 🐐 Hermilix Lavogne (B)

Typical of the Causses region, lavognes are traditional water reservoirs designed to collect and retain rainwater in an area where water quickly disappears into the limestone bedrock. Built around a natural depression with an impermeable clay base, they were essential for providing drinking water to livestock.

To preserve water quality and prevent erosion caused by animals, the bottom and edges were carefully paved with stone slabs and flat stones.

Today, the Hermilix Lavogne is also a haven for a wide variety of wildlife, making it a small but thriving ecosystem.

Attribution : Virginie Govignon