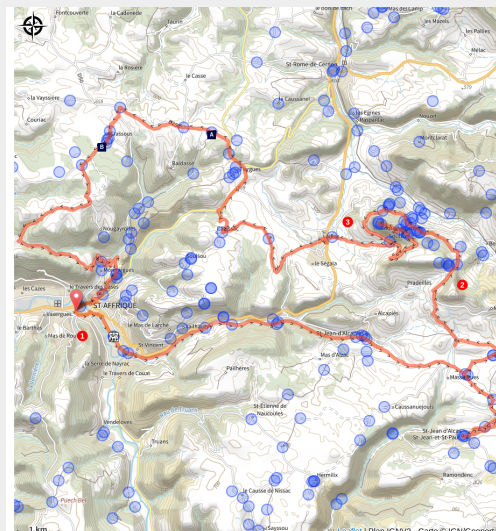


A biking loop in Cheese land

Des falaises de Roquefort au Rougier



Panorama depuis le Causse (Bernard Dumas)



With a difference in altitude of 1000m over a distance of 50 km, this biking loop is tasty and characterful, just like the Roquefort cheese. This circuit runs between geological marvels (Combalou scree, Tournemire amphitheatre) and historical jewels (fort, dolmens).

The loop begins with a green lane but don't you be mistaken, this is a real sportive challenge featuring a steep incline over a short distance. At the Combalou rock, scramblers will have the opportunity to enjoy an extra challenge: the ascent to the summit. An undulating limestone plateau opens its trails in the second half of the course, with a lovely final downhill to Saint-Affrique. Fresh air guaranteed!

Useful information

Practice : Gravel

Duration : 3 h 30

Length : 56.4 km

Trek ascent : 1313 m

Difficulty : Hard

Type : Loop

Themes : Agropastoralism, History and heritage, Panorama

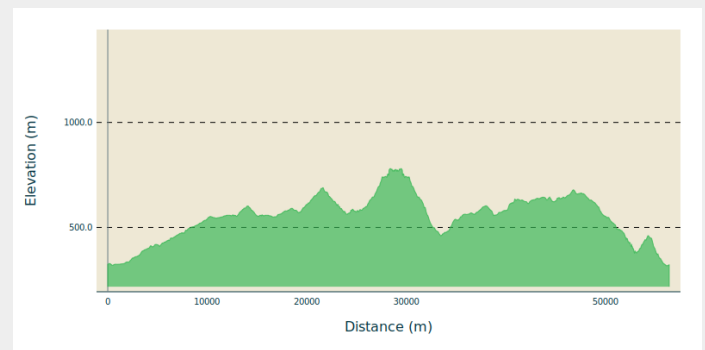
Trek

Departure : Saint-Affrique Tourist Office

Arrival : Saint-Affrique Tourist Office

Cities : 1. Saint-Affrique
2. Saint-Jean-d'Alcapiès
3. Saint-Jean-et-Saint-Paul
4. Roquefort-sur-Soulzon
5. Saint-Rome-de-Tarn

Altimetric profile



Min elevation 318 m Max elevation 780 m

1. The starting point from Saint-Affrique is via the green lane in the direction of the St-Jean d'Alcas battlements.
2. Then the ascent towards the Aiguières pass will offer you a magnificent view over the Tournemire amphitheatre before beginning the downhill section that goes to Roquefort (indulge yourself with a small tasting session of Roquefort cheese and a visit to the caves).
3. At last, the Combalou trail marks the way back to Saint-Affrique with a passage through the land of Tiergues and Crassous dolmens

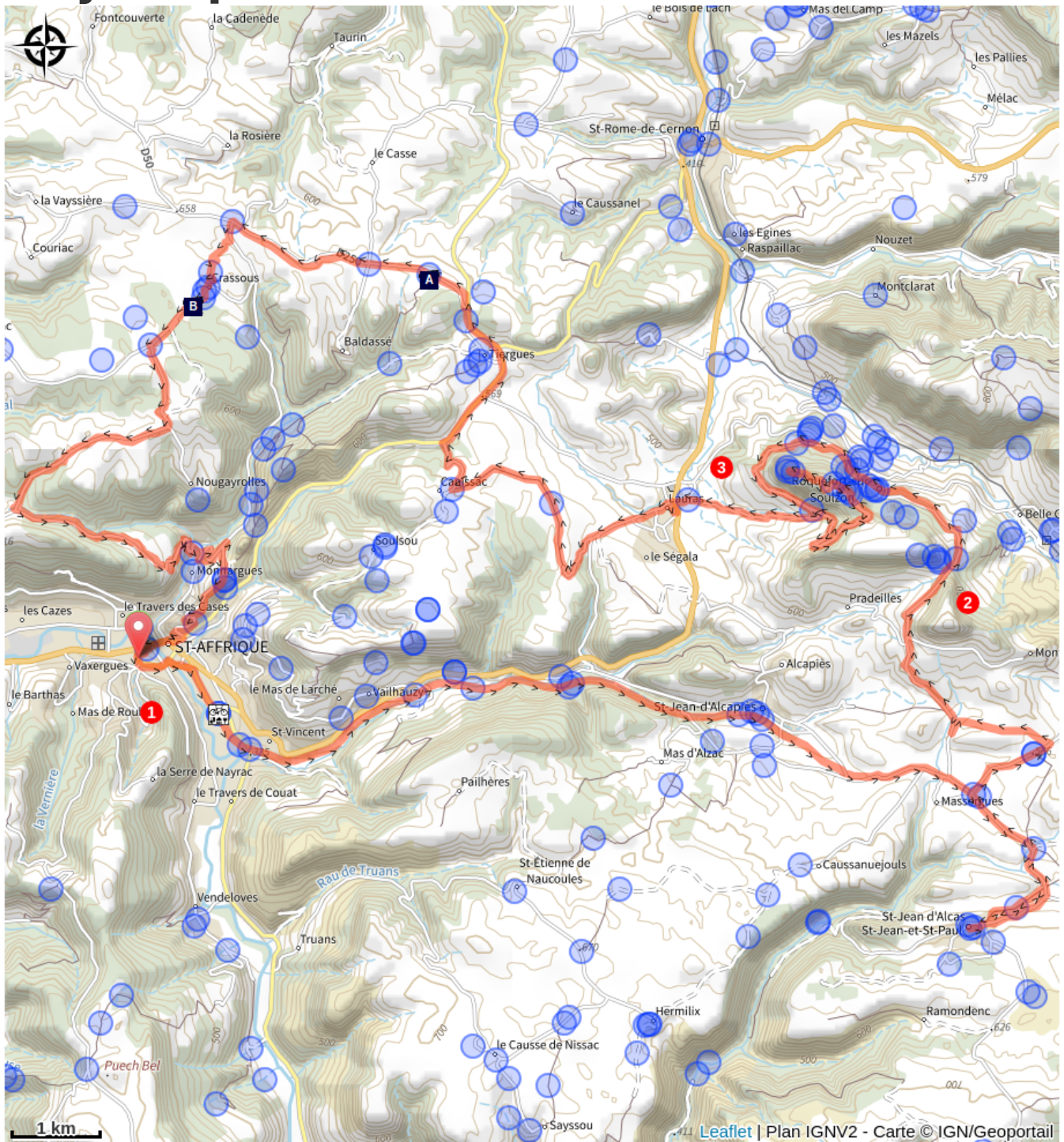
Points of interest

- St-Jean d'Alcas (Templar Tower) 14 km
- Aiguières pass (viewing point) 20 km
- Roquefort (Heritage and Food supply) 25 km


59 % of roads, 17 % of bicycle paths and 24 % of tracks

This loop takes 2h 30 to 4h to be completed depending on your physical stamina

On your path...



 Tiergues dolmen (A)

 Crassous dolmen (B)

All useful information



Gear

Prévoir une réserve d'eau et une tenue adaptée

How to come ?

Transports

Toutes les informations sur le site de [l'office de tourisme](#)

Access

Saint-Affrique is situated 31 km southwest from Millau via the D992 and D999 roads

Advised parking

Bus station carpark, boulevard Aristide Briand in Saint-Affrique

On your path...



Tiergues dolmen (A)

Listed as a historical monument, the Tiergues dolmen is part of the 20 or so dolmens which have been recorded in the area, some of them being poorly-preserved. The excavations of these megaliths were carried out by Emile Cartailhac during the 20th century and today their artefacts are scattered throughout Midi-Pyrennées (Rodez, Toulouse...)

Attribution : Roquefort Tourisme



Crassous dolmen (B)

This dolmen which can be seen from the road is one of the dolmens that is worth making a detour to visit. It is nicknamed l'Ercoule owing to an old legend that the demigod Hercules, known for his superhuman strength, must have built this burial chamber.

Attribution : Roquefort Tourisme