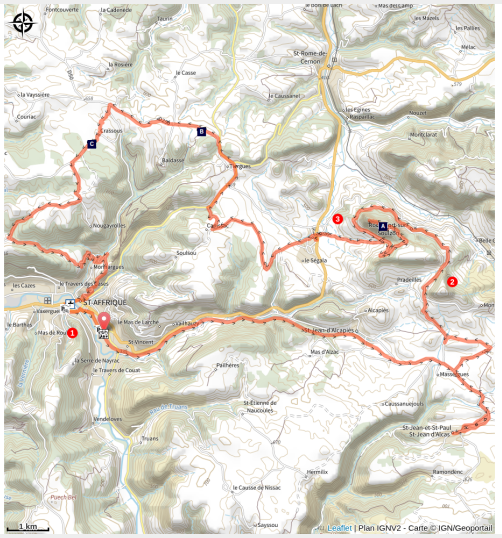
Gravel N°17 - Loop in the Land of Cheese

Des falaises de Roquefort au Rougier





Sommet du Combalou (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

Useful information

Practice : Gravel

Duration : 3 h 30

Length : 56.4 km

Trek ascent : 1168 m

Difficulty : Hard

Type : Loop

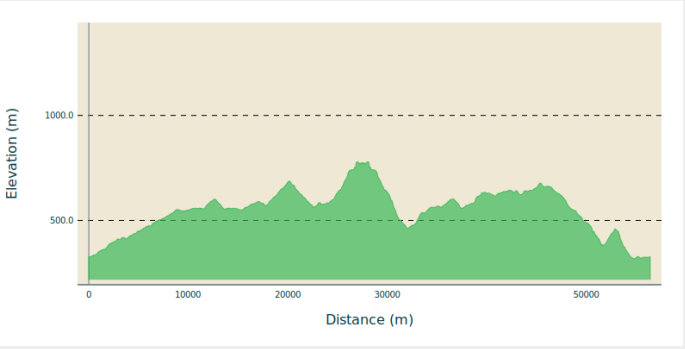
Themes : Agropastoralism, History and heritage, Panorama

course, with a lovely final downhill to Saint-Affrique. Fresh air guaranteed !

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 779 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

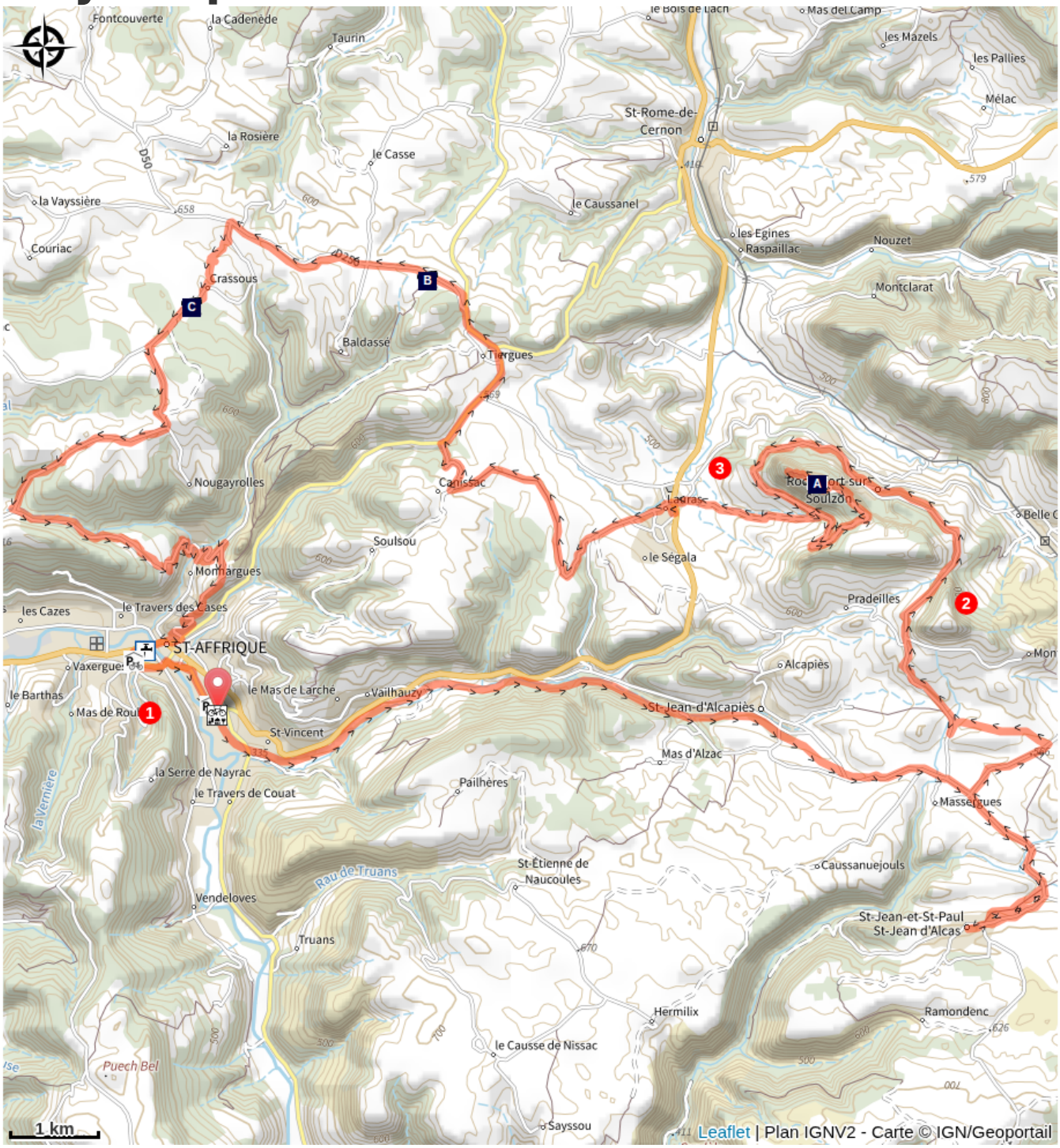
Points of interest :

- Saint-Jean-d’Alcas (Cistercian fort) : km 14
- Col des Aiguières (viewpoint) : km 20
- Roquefort (heritage and refreshments) : km 25

59% road, 17% cycle paths and 24% tracks.

Riding time depending on your level : 2h30 to 4h.

On your path...



The Combalou Plateau (A)

Tiergues dolmen (B)

Crassous Dolmen (C)

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

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

Advised parking

Bus station car park, boulevard Aristide Briand, Saint-Affrique

Source

Espace GRAVEL FFC

On your path...



The Combalou Plateau (A)

The Combalou Plateau is a spectacular geological site located in the heart of the Roquefort region. Formed around 150 million years ago, when a shallow sea covered the area, this vast limestone landscape was shaped over time by layers of sediment.

Today, the Combalou is best known for its natural caves, which are essential to the production of Roquefort cheese. Crossed by natural fissures called “fleurines,” the plateau benefits from constant natural ventilation that maintains stable temperature and humidity levels. These unique conditions create the perfect environment for the aging of the famous Roquefort cheese.

Attribution : Roquefort Tourisme



Tiergues dolmen (B)

With nearly 1,000 dolmens, Aveyron is the French department with the highest number of these prehistoric monuments. Contrary to popular belief, they were not built by the Celts, but by Neolithic communities more than 4,500 years ago.

The word “dolmen,” meaning “stone table” in Breton, refers to prehistoric collective burial sites. Listed as a historic monument, the Tiergues dolmen is one of the most remarkable in Aveyron. Explored in the 20th century by archaeologist Émile Cartailhac, it bears witness to the beliefs and funeral practices of our distant ancestors. Nestled in a preserved natural setting, this site offers a true journey into the heart of prehistory.

Attribution : David Potron



Crassous Dolmen (C)

With nearly 1,000 dolmens, Aveyron is the French department with the highest number of these monuments. Contrary to popular belief, they were not built by the Celts, but by Neolithic communities more than 4,500 years ago.

The word “dolmen,” meaning “stone table” in Breton, refers to prehistoric collective burial sites. Visible from the road, this dolmen, along with the one at Tiergues, is well worth a visit. Nicknamed “l’Ercoulé,” it is linked to a local legend claiming that the demi-god Hercules, known for his superhuman strength, built this burial site.

Attribution : Roquefort Tourisme