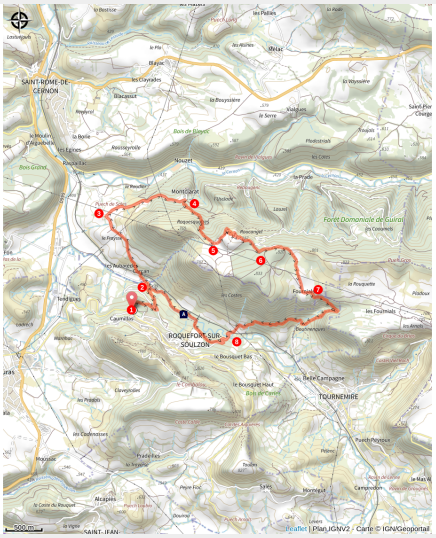
Cabanières' path: Roquefort-Montclarat

Des falaises de Roquefort au Rougier



Chaos Rocheux de Roucangel (Théo Bertrand)



Follow in the footsteps of Cabanières, these peasant women workers employed by the Roquefort manufacturers for the maturing season. They used to go to work on foot, sometimes daily from Montclarat and the surrounding area.

During the production run, the Cabanières from Montclarat paced up and down each day the landscape overlooked by the Combalou mound. Then, they would come back to their high perched village in the evening. This route which secretly keeps the imprint of their footsteps offers you to hike in a rural environment that has a rich rural tradition.

Useful information

Practice : Trekking

Duration : 3 h 45

Length : 12.1 km

Trek ascent : 582 m

Difficulty : Medium

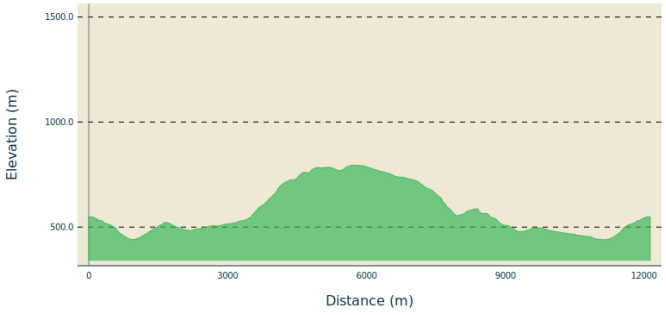
Type : Loop

Themes : History and heritage

Trek

Departure : Tourist Office
Arrival : Tourist Office
Markings : PR
Cities : 1. Roquefort-sur-Soulzon
2. Saint-Rome-de-Cernon

Altimetric profile



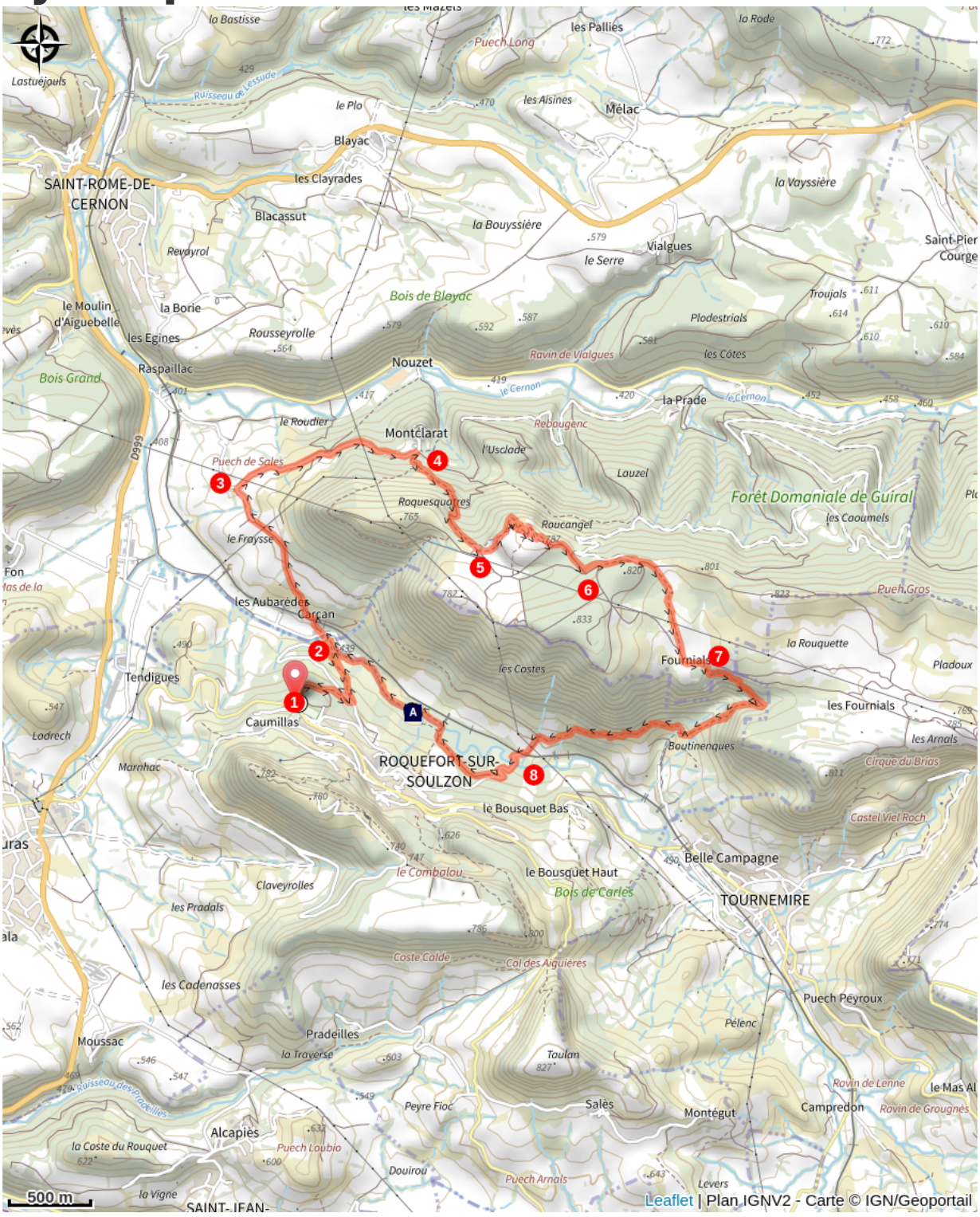
Min elevation 440 m Max elevation 795 m

In the early part of the last century, the Cabanières made this trip every day to get to work in Roquefort. Those who came from Mélac passed via Montclarat. You can read their stories in the points of interest section.

1. When you stand opposite the Tourist Office, head to the left and take the leftmost path (the one which runs along the toilets). Follow the trail for 200 m.
2. Turn left onto the path that goes downhill. Cross the road and carry on sloping down the track with the yellow marking.
3. When you reach the crossroads situated at the bottom of the valley, take a left towards Montclarat. At the road junction, turn to the right to cross the stream over the bridge.
4. Go up to the right of the building to traverse the level crossing at a place called Carcan. Then, get on the trail and carry on up to a road junction.
5. Turn to the right and stay on the road for 1 km. Slope down the path on your left to go to the spring, carry on this path to go back to the road and reach Montclarat.

Retrace your steps back to Roquefort

On your path...



Conteynes Wood and Fitness Trail (A)

Roucangel Rock (B)

Soulzon Menhir (C)

All useful information

Is in the midst of the park

This itinerary is located in the World Heritage zone Causses and Cévennes, mediterranean agropastoral cultural landscape.

Gear

Prévoir une réserve d’eau et une tenue adaptée

How to come ?

Transports

Getting around by bus or train: https://lio.laregion.fr/

Carpooling: BlaBlaCar, Rézo Pouce, Mobicoop, Idvroom, LaRoueVerte, Roulez malin

Access

Situated 25 km southwest of Millau via the D 992, D 999 and D 23 towards Albi.
Situated 14 km of St-Affrique via the D 999 towards Millau.

Advised parking

Parking area is next to the Tourist Office in Roquefort

Information desks

OT Pays du Roquefort
Avenue de Lauras, 12250 Roquefort/ Soulzon

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



Source

On your path...



Conteynes Wood and Fitness Trail (A)

Conteynes Wood is a dense forest where oaks stand proudly. Nature thrives here, hosting a variety of plants and animals. This area also helps protect the soil and regulate water. To enjoy it fully, a 600-meter fitness trail, which takes about an hour to complete, allows visitors to stroll, relax, and discover the wildlife and plants that make this forest so vibrant.

Attribution : Roquefort Tourisme



Roucangel Rock (B)

The name Roucangel comes from the Occitan word ròca, meaning “rock.” Shaped by erosion over thousands of years, the dolomitic rocks have formed a remarkable natural maze of streets, towers, and passageways. A true open-air stone village, perfect for discovering the region’s geological heritage.

Attribution : Xavier Waerzeggers



Soulzon Menhir (C)

The Soulzon menhir is a large stone over three meters high, locally called a "menhir," even though it does not display all the usual characteristics of a traditional menhir. This type of standing stone dates back to the Bronze Age, and its exact role in the ancient landscape remains a subject of debate. Some believe it is simply a natural remnant of the Combalou, on which a cross may have been engraved during the Middle Ages, possibly to mark a territorial boundary. Others suggest it could be a prehistoric menhir that was Christianized, a common practice in the region. The two deeply carved crosses on its faces support this latter interpretation.

Attribution : Xavier Waerzeggers