

# De St-Jean-d'Alcas à Sylvanès

Des Gorges du Tarn au Causse du Larzac



Saint-Félix de Sorgues (Delphine Atché)



This hike which provides some amazing contrasts joins up with the Mascourbe agro-pastoral plateau, then runs down into the pleasant Sorgues valley and eventually ascends the forested mountain towards Sylvanès.

The circuit is scattered with an astonishing array of heritage buildings, serving as landmarks and accompanying you throughout your discovery of these landscapes that has been shaped by the Templar and Hospitaller history and by the agro-pastoral tradition: fortified village, dolmens, buissières, shepherd's hut, stone cross, Borie farm, medieval hamlet of Saint-Caprazy. This circuit is the third leg of the path that runs throughout the pays du Roquefort.

## Useful information

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Practice : Trekking

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Duration : 5 h

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Length : 17.6 km

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Trek ascent : 548 m

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Difficulty : Medium

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Type : Stage

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Themes : Agropastoralism, History and heritage

# Trek

**Departure** : Fort de Saint-Jean d'Alcas

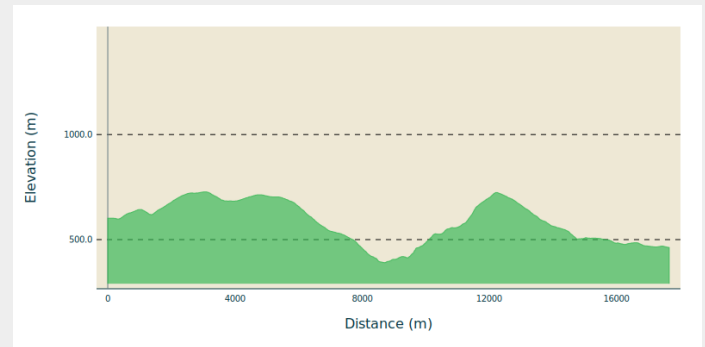
**Arrival** : Sylvanès

**Cities** : 1. Saint-Jean-et-Saint-Paul

2. Saint-Félix-de-Sorgues

3. Sylvanès

## Altimetric profile



Min elevation 390 m Max elevation 727 m



Walk along the St Jean d'Alcas fort by heading west.

1. At the first intersection take left a small descending road. The road then runs uphill. Leave the right road and in a left hand curve take opposite the first bouissière in the direction of Mascourbe via the dolmens.
2. Soon you will make out on your right a cazelle in good condition. A bit further on, the path runs across a cultivated field and nearby, the beautiful building of Ramondenc is worth seeing. The path rises on the Causses and reaches the 2 dolmens of Mascourbes.
3. Enjoy the beautiful view over the Lévezou, the Larzac, the Escandorgue, and the Montagne Noire. As you reach a small road, take it on your left to walk past the Borie which is an ancient farm of the Hospitaller Commandery in St Félix. At the signboard indicating Mascourbe, just before the first house, take left into the bouissière which leads to the plateau.
4. At the junction with a trail, take the trail to the right. 500 m further on the trail reaches a power line, fork to the left to come up to the stone cross of Mascourbe which overlooks the Sorgues valley. Walk by the main trail down to the bottom of the Cantillergues dale.
5. Just before entering the village of St Félix, the trail turns into a sunken path that runs to the centre of the village. St Félix is an ancient Hospitaller Commandery and has kept evidences of its past: fountain, washing place, St Jean gate, battlements, covered passages, heritage house and 13th century Old bridge. From the ancient inn, take the calade (road paved with cobblestone) that runs down to gardens and the Sorgues river. Cross the bridge over the river and take the small road to the right towards St Caprazy for approximately 700 m, then in a left curve take right the path that leads to St Caprazy (ancient medieval hamlet). The path crosses a first trail, then a second one just before joining the Vareilhes farm.
6. Before reaching Vareilhes take left into the splendid bouissière that goes up to the Loubière. Once you've reached the Loubière pass, take the trail to your right and immediately after walk downhill to the left to reach the Bâtisse farm. Walk down to the right to reach the D540 after the Mas Nau and take right that road for 500 m.
7. Before the small car park, take a track which starting point is not clearly visible and which runs down after a curve on the left side of the road, throughout a

field first, then along a hedge. Ford the Vernhes brook. Reach the Combalou hamlet, walk downhill to the right to join the D540. After the bridge take the road to the left, pass through the hamlet of Rigal before reaching Sylvanès

# On your path...



-  Mascourbe dolmen 1 (A)
-  Saint-Caprasy Estate (C)

-  Mascourbe Farm (B)

# 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.

## How to come ?

### Transports

To get more details click on: [site internet de l'Office de Tourisme](#) and on [Occitanie Transports](#)

There is a bus station in St Affrique (lines 202, 2016, 2018) and a railway station in Tournemire (regional line).

### Access

To get to Saint-Jean d'Alcas via A75 (coming from Montpellier or Clermont-Ferrand), take exit 48 towards Cornus and when reaching Fondamente, turn to the right on D 93 towards Roquefort, 12 km further turn left to arrive to Saint Jean d'Alcas.

From Albi/Saint-Affrique and Millau rejoin D999, then D293 (between Saint-Affrique and Lauras) towards Saint-Jean d'Alcapiès. Follow this road for 7 km then turn right to arrive to Saint Jean d'Alcas.

### Advised parking

Saint-Jean d'Alcas cemetery

## Information desks

### OT Pays du Roquefort

Avenue de Lauras, 12250 Roquefort/  
Soulzon

[contact@roquefort-tourisme.fr](mailto:contact@roquefort-tourisme.fr)

Tel : 0565585600

<http://www.roquefort-tourisme.fr/>



# On your path...

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## Mascourbe dolmen 1 (A)

The Mascourbe dolmens belong to the so-called “Treilles” group, named after the cave near the Treilles farm in Saint-Paul-des-Fontes. These prehistoric communities of the Grands Causses were known for their expertise in copper working and for practicing skull trepanation.

This dolmen, partially damaged, still retains an impressive trapezoidal end slab, a testament to these millennia-old constructions.

Attribution : PNR des Grands Causses

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## Mascourbe Farm (B)

The Mascourbe farm, recorded as early as 1373, belonged to the Knights Hospitaller of the Order of Saint John of Jerusalem. Rebuilt around 1583, it is now a fine example of rural architecture with medieval origins. Its buildings are arranged around a large rectangular courtyard, typical of agricultural estates of the period.

This site bears witness to everyday life and territorial organization under the influence of the knightly orders.

Attribution : Roquefort Tourisme

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## Saint-Caprasy Estate (C)

Recorded as early as 1026, Saint-Caprasy is an important historic site in Saint-Félix-de-Sorgues. Around 1150, Gaubert de Saint-Caprasy became the first commander of the Knights Hospitaller of Saint John in Saint-Félix, who maintained their authority there for more than six centuries.

This medieval hamlet still includes several buildings: a dwelling house, a barn, a sheepfold, a chapel, and other agricultural structures, all bearing witness to its rural and religious past.

Attribution : Roquefort tourisme