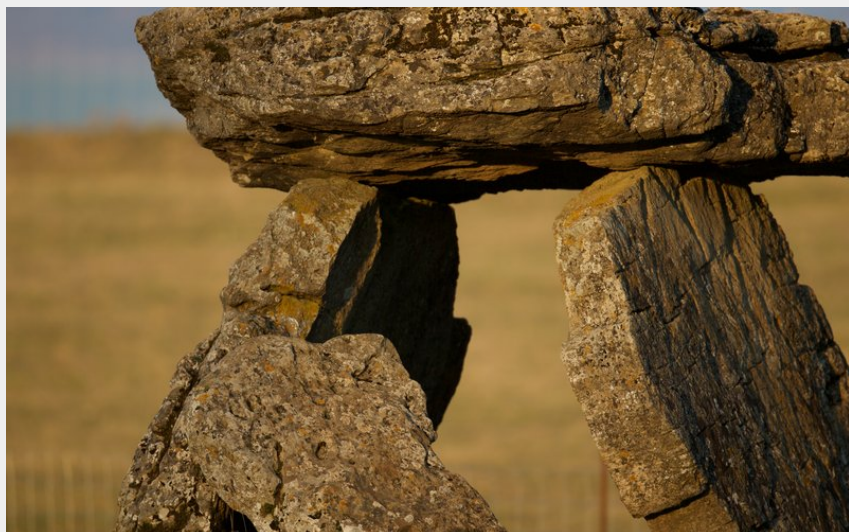


A biking loop in Cheese land

Aveyron



Dolmen de Tiergues (David Potron)



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 : 1166 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine, Agropastoralisme

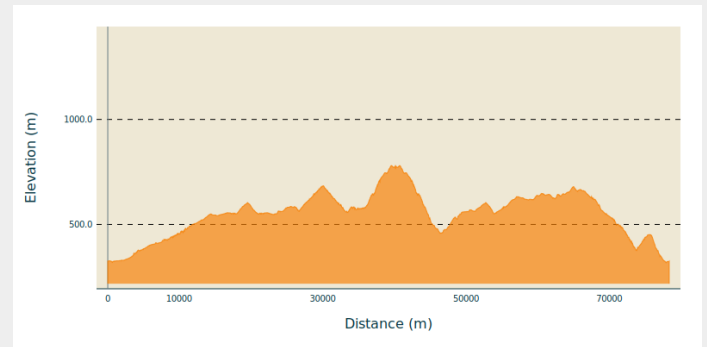
Trek

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. Tournemire
 6. 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

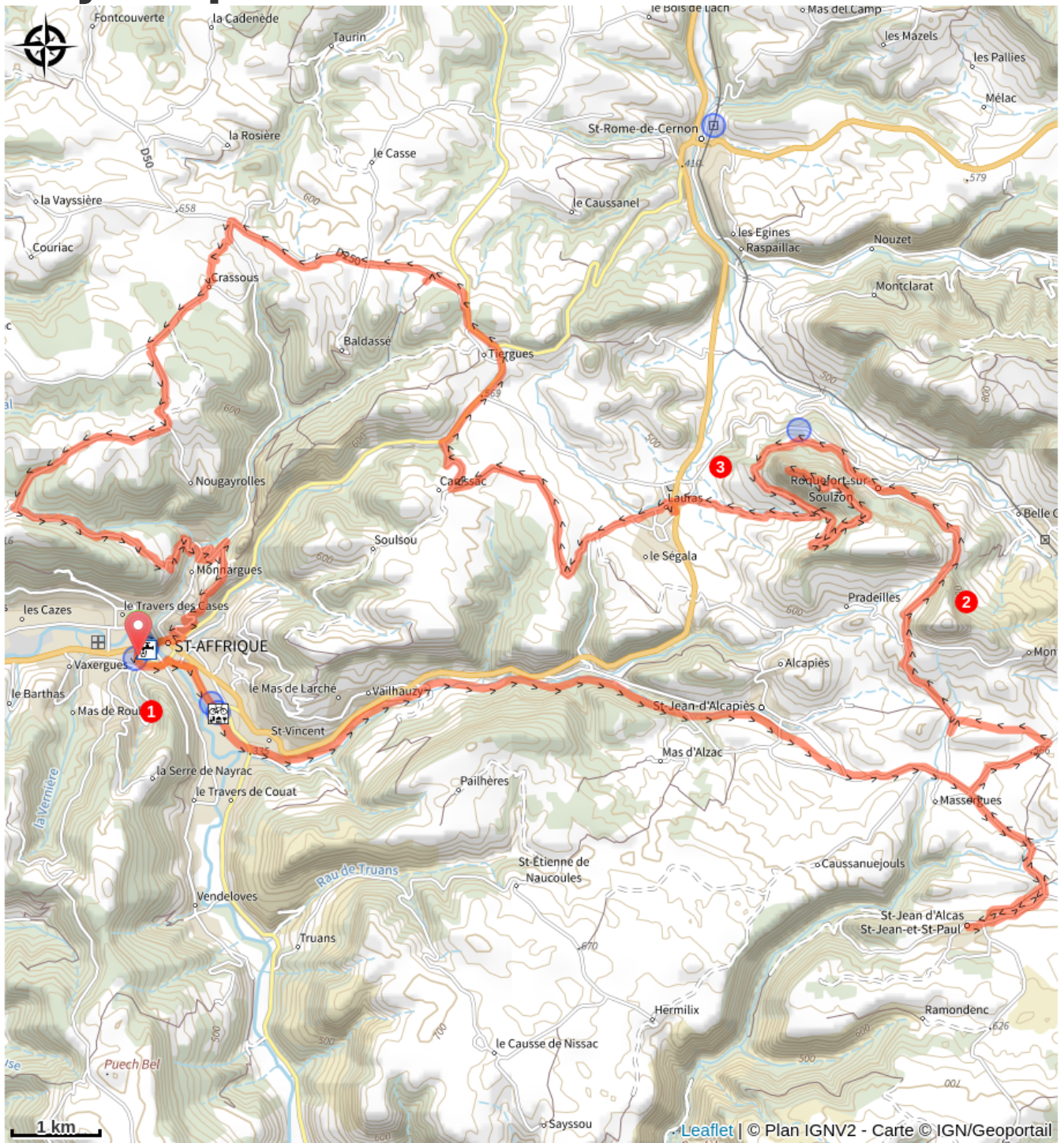
Points of interest

- 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...



All useful information



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