

# N°1 Vale and crest of Tiergues

Aveyron



VTT (Roquefort Tourisme)



This mountain biking tour you will permit to discover two relic of the past: the Rock of Caylus on which was built the castle overlooking the city and the Dolmen Tiergues historical monument.

It first follows a road, then a trail and eventually a singletrack rising gently up to the village of Tiergues where you will be able to enjoy a typical caussenarde architecture. The way back which goes along a ridge line provides a wonderful 360-degree view and a nice downhill ride to the Caylus Rock which overlooks Saint-Affrique.

## Useful information

Practice : Mountain Bike

Duration : 1 h 15

Length : 17.6 km

Trek ascent : 396 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Point de vue, Eau, Histoire et patrimoine

# Trek

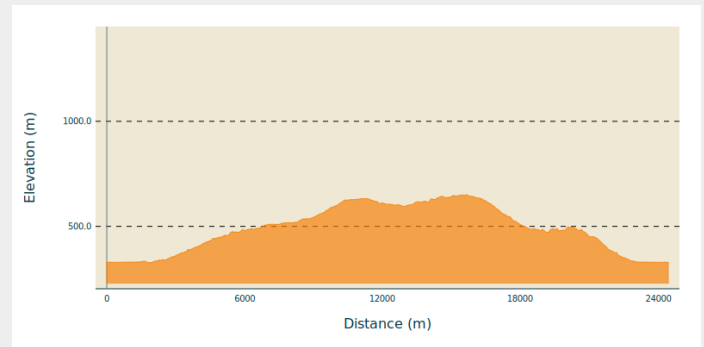
**Departure** : From the tourist office join the place François Fabié

**Arrival** : At the tourist office

**Markings** : VTT Parc Sites VTT FFC

**Cities** : 1. Saint-Affrique

## Altimetric profile



Min elevation 326 m Max elevation 645 m

From the F. Fabié square, take the D50 (usually called the graveyard road) for 2.5 km up to the Moulin du Juge.

1. Before crossing the small bridge, take the path on the left hand side (2nd marker).
2. Cycle up the vale to the road intersection close to the well known **dolmen de Tiergues** (it is a 2 km ride there and back to have a look at it). Then take a wide and steeper path which leads to the hamlet of Tiergues.
3. When you leave the hamlet, cycle up to the crest of the path towards the East.

This section of the route provides you with beautiful views over the surrounding landscape: **the avant Causse du Larzac** towards the East, **the Monts de Lacaune** to the South and **the Rougier de Camares** to the West. To the North, is the village of Bouloc with its relay mast rising to more than 1000m above sea level marking the horizon. The way back to Saint-Affrique is mostly a descent except for the approach to **the Rocher de Caylus** which requires a little extra energy, but the discovery of this site, which resembles a petrified fortress watching over the “villotte” is worth the effort.

# On your path...



# All useful information

## **Is in the midst of the park**

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

## **Advices**

Box tree moths are active from May to October. During the caterpillar phase, they feed on the leaves of box trees. They crawl down trees and move on long silken threads, although these threads are annoying when hiking they do not pose any health risk

## **Gear**

Prévoir une réserve d'eau et une tenue adaptée.

## **How to come ?**

### Transports

Travel by bus or train: <https://lio.laregion.fr/>

Carpooling : [BlaBlaCar](#), [Rézo Pouce](#), [Mobicoop](#), [Idvroom](#), [LaRoueVerte](#), [Roulez malin](#)

### Access

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

When driving from Clermont-Ferrand or Montpellier via the A75, take exit n°46, then follow the road D999 up to Saint-Affrique.

From Toulouse/Albi follow the road D999 up to Saint-Affrique.

### Advised parking

Recommended car parks: on Maréchal Foch square or on Général de Gaulle square