

N°3 La Quille, mountain of the British

Aveyron



Plateau de la Quille (Virginie Govignon)



A circuit without special difficulties during the ascent but which requires some technique when heading your way down... perfect if you want to increase your adrenalin shot.

This name is in reference to the British soldiers who laid siege to the town during the 14th century. During your ascent, you will definitely have the opportunity to watch flocks of sheep of the Lacaune breed (which milk is used in the manufacturing of the Roquefort cheese) for the track goes past two farms. After a refreshing cycling across the plateau, off you go riding downhill to Vailhauzy on a technical and stony track.

Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 19.4 km

Trek ascent : 453 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Point de vue, Histoire et patrimoine

Trek

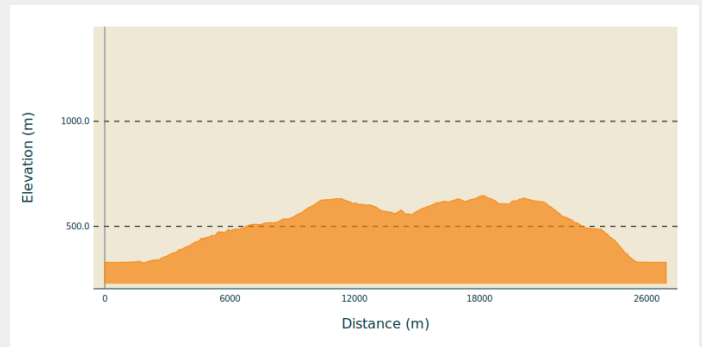
Departure : From the tourist office join the place François Fabié

Arrival : At the tourist office

Markings : VTT Parc

Cities : 1. Saint-Affrique

Altimetric profile

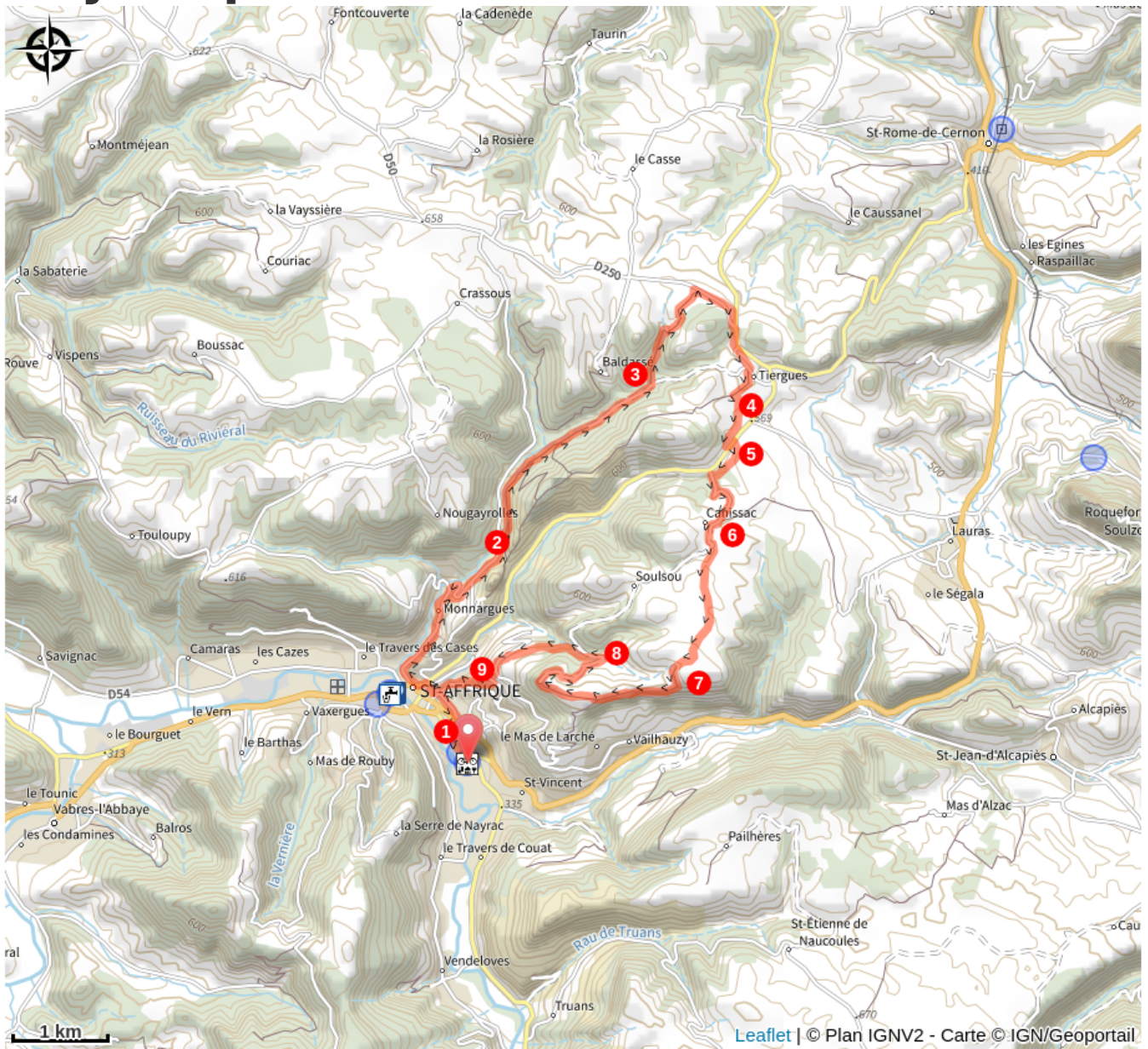


Min elevation 326 m Max elevation 648 m

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 signpost).
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. When you leave the hamlet, cycle up to the crest by the path leading West.
3. Carry on for 100 m up to an intersection where you'll see a cross. Take the path to your left which runs alongside the road.
4. At the intersection, cross the road and cycle to the Canissac farm.
5. Cycle around the left side of the farm by following a wide trail. Enjoy the views over the avant-Causse among which is the Mont Combalou that shelters the village of Roquefort, made world famous by its cheese.
6. A path lined with box trees (bouissière) leads you up to the edge of the plateau. From there, a technical downhill ride allows you to reach Vailhauzy where you can enjoy a nice view over its splendid 19th century castle. The route back to Saint-Affrique is on a small road halfway up the slope which reaches the bottom of the relay mast.
7. On your left, a small steep path leads you straight to the town centre.

On your path...



All useful information

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, à 31 km au Sud-Ouest de Millau par les D992 et D999.
De Clermont-Ferrand et Montpellier, par A75, sortie 46 puis D999
De Toulouse/Albi par la D999

Advised parking

Place Maréchal Foch or Place du Général Leclerc