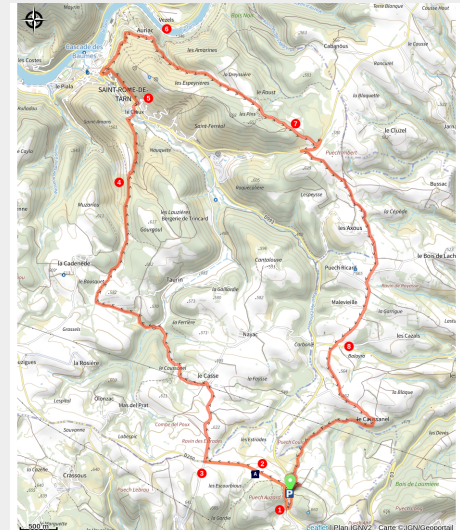


# The postman path

Des falaises de Roquefort au Rougier - Saint-Affrique



Sentier du facteur (Roquefort Tourisme)



*This « postman's round » is unlike any other, matching the vastness of the saint-affrique causee. It goes across the plateau linking two sites steeped in history: the Tiergues dolmen and the old medieval seigneurie of Auriac.*

A good stamina is required to complete this long hiking loop that runs down into the Tarn valley only to climb back onto the causee, and on up to the promontory of Auriac. An incredible walking tour that winds its way throughout a little known area of the causee. A vast expanse of space and silence overlooking the village of Saint-Rome-de-Tarn. Don't worry, the postman did not have to complete the whole route!

## Useful information

Practice : Trekking

Duration : 6 h

Length : 21.1 km

Trek ascent : 567 m

Difficulty : Hard

Type : Loop

Themes : Fauna, History and heritage, Panorama

# Trek

**Departure** : Car park in Tiergues, near to the waste reprocessing building

**Arrival** : Car park in Tiergues, near to the waste reprocessing building

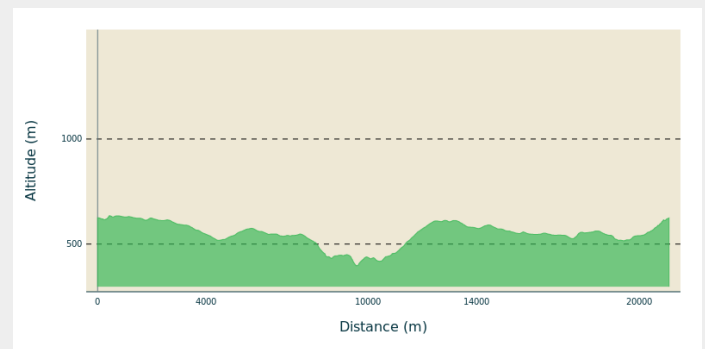
**Markings** : — PR

**Cities** : 1. Saint-Affrique

2. Saint-Rome-de-Tarn

3. Saint-Rome-de-Cernon

## Altimetric profile

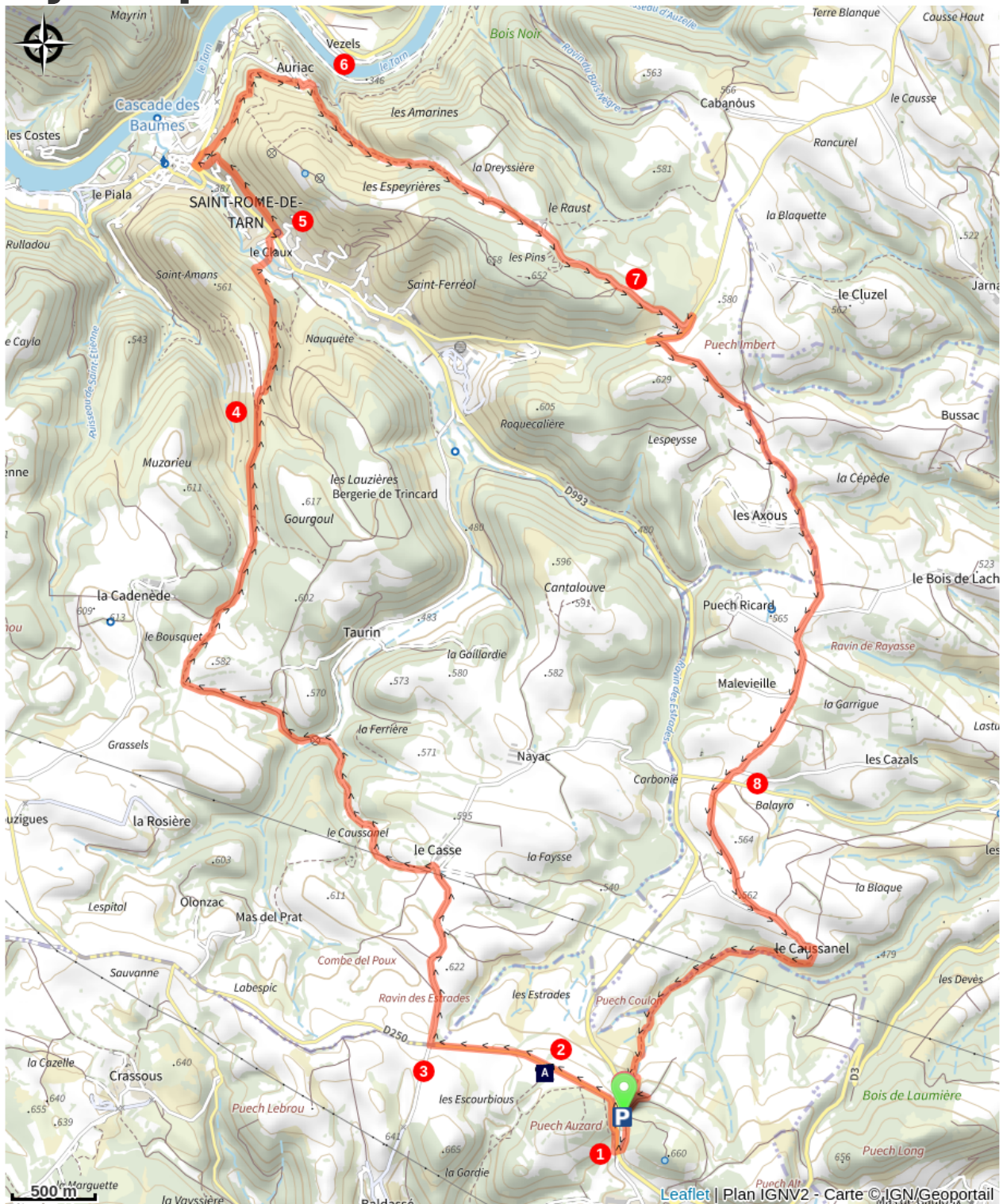


Min elevation 397 m Max elevation 635 m

1. From the carpark, walk round to the left of the waste reprocessing buildings and go through the tunnel which is under the road. Turn to the right and carry on along the D 250 road.
2. From the dolmen, continue to the West towards Saint Victor until you reach the cross of Baldassé.
3. Head towards the Casse and follow the small tarred road up to the farm. Take a dirt road to the left which is almost parallel to the high voltage power line. Follow this path that runs gently downhill and goes between the undergrowth up to a transformer. Keep going straight on and 500 m further on leave the path that rises to the right. Walk along the base of a field and join the old path linking Saint-Rome-de-Tarn to the Rosière, called "chemin du facteur" (the postman's path). Carry on between two cultivated fields lined with trees. Leave the Cadenède path that you will see on coming from the left. Keep walking between the undergrowth by following a stony path until you reach the plateau.
4. Start to walk downhill towards Saint-Rome de Tarn. Ford the Lévejac brook, and carry on until you reach road D993 which you cross.
5. Take to the left fork towards the North-West, on the path that overlooks the road. Fork south to drop down towards Saint-Rome de Tarn. Get back on to the D993 which you take to the right. After the hairpin bend, climb the steps to the right leading to a path which rises up to Auriac.
6. From the highest point of Auriac which provides outstanding scenic views over the Tarn valley, take the "le circuit des pins" (pine circuit) that ascends among the shadbushes and junipers. Once you reach a track suitable for vehicles, follow it and join the TV relay trail.
7. Continue straight ahead up to a small road. Take this road to the right for 100 m and leave it to your left by a recently opened path, then a trail and a tarred road. Ignore the paths that lead to the Axous and Puech Ricard. Instead keep walking until you reach the D 31 road.
8. Take the path opposite that leads to the Caussanel farm. Join the trail which runs parallel to the Fourniou brook. Cross the brook and continue between some undergrowth. At the edge of the undergrowth, cross the rec, and after a hairpin bend, you reach a trail. Follow this trail to the right until you reach the front of the waste sorting centre.



# On your path...



 Tiergues dolmen (A)

# 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

Via Tiergues which is situated 10 km from Saint-Affrique on road D 250

### Advised parking

Parking de Tiergues, près du bâtiment de retraitement des déchets

## **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/>



## Source



Las Cardabelles

<http://lascardabelas.com/>

## On your path...

---



### Tiergues dolmen (A)

Listed as a historical monument, the Tiergues dolmen is part of the 20 or so dolmens which have been recorded in the area, some of them being poorly-preserved. The excavations of these megaliths were carried out by Emile Cartailhac during the 20th century and today their artefacts are scattered throughout Midi-Pyrennées (Rodez, Toulouse...)

Attribution : Roquefort Tourisme