

# Track Menhir

Des falaises de Roquefort au Rougier - Roquefort-sur-Soulzon



Sentier du Menhir (Roquefort Tourisme)



*At the foot of the renowned Roquefort, a village with a long-standing cheese tradition, let yourself be charmed by a hiking loop which goes into the Soulzon valley through a refreshing undergrowth: a family getaway along the banks of the brook.*

You will see on the creek bank an impressive 3 m metre high stone stuck in the ground. Different interpretations have been given about it: is it a mere remnant of the Combalou's fallen rocks, upon which two crosses were carved in the medieval times to turn it say, into a boundary stone between the Montclarat and the Tournemire communities? Or is it an ancient menhir that was Christianised as so many other megaliths were? In any case, this stone is an enthralling excuse to explore the Soulzon valley throughout a maze of rocks and lush vegetation.

## Useful information

Practice : Trekking

Duration : 1 h 30

Length : 3.4 km

Trek ascent : 143 m

Difficulty : Very easy

Type : Loop

Themes : Geology

# Trek

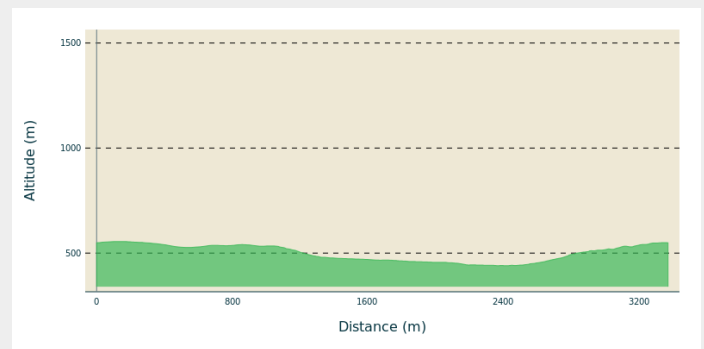
**Departure** : Roquefort Tourist Office

**Arrival** : Roquefort Tourist Office

**Markings** :  PR

**Cities** : 1. Roquefort-sur-Soulzon

## Altimetric profile



Min elevation 440 m    Max elevation 555 m

1 - When you come out of the Tourist Office, turn right alongside the Conteynes wood to the drinking water fountain. Take the little path on the right, and pass through the housing estate on a tarmac road. Continue straight on to a large green and white building.

2 - Leave this on your right and head left behind the municipal workshops, then take a left down a little shaded pathway.

At the end of this path, go left down to the crossroads with a wide path and turn left until you reach the sharp bends.

Before crossing the river over the footbridge, you can take a return trip to the menhir which is further downstream.

3- Walk along the river on the bank opposite the menhir to the second footbridge.

Cross the river again. After 300 m and a small slope, turn left to get back onto the road.

4 - Cross this road to take a path up to the Tourist Office through the Conteynes wood.

# On your path...



 Buissière (A)

 Soulzon Menhir (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.

## **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

Roquefort-sur-Soulzon, à 25 km au Sud-Ouest de Millau par les D 992, D 999 et D 23.

A 14 km de St-Affrique par la D999 en direction de Millau. Bifurquer à droite après Lauras (D23).

### Advised parking

Tourist Office

***i* 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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## 🐏 Buisnière (A)

A buissière is a protective pathway made of two rows of box trees. In this case, the right side of the first part of the hedge has been removed in order to allow an easier passage. Nevertheless, the remaining hedgerow is still efficient against the prevailing winds. The other side of the buissière is still intact. This means of traversing the Causses is still used, because of the harsh and contrasted climate – very hot in summer and freezing in winter. In the buissière, the sheep flocks are sheltered from wind, snow and heat...

No way to escape from this system of “channels”! People and carts also used to take these pathways for similar reasons. As connections between hamlets, grazing lands, sheepfolds and water ponds, buissières bear witness to the use of the pastoral areas.

*Information : 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*

Attribution : ©pgCONNES-OTPR

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## 🌀 Soulzon Menhir (B)

This large stone with rounded shapes is over three metres high and is often referred to as a “menhir”, although no features corresponding to an authentic menhir has been identified (a menhir is a large upright standing stone erected by man between 3500 and 2000 BC). Different interpretations have been given about its origins: is it a mere remnant of one of the Combalou's many fallen rocks, upon which a cross was carved in medieval times to turn it into a territorial marker, a boundary stone for instance, between the Montclarat and the Tournemire communities? Or is it an ancient menhir that was Christianised (2 crosses deeply engraved next to each other) as so many other megaliths were?

Attribution : Roquefort Tourisme