

Trail running No. 24 Saint-Affrique

Des falaises de Roquefort au Rougier - Saint-Affrique



Vue sur le rocher de Caylus (Roquefort Tourisme)



Right from the beginning, this fabulous getaway on the cause of Saint-Affrique holds for you several challenging and technical uphill, but also as a highpoint, a forest downhill that does not lack relief!

The first bravura piece of this circuit, the ascent to the Caylus rock overlooking Saint-Affrique, sets the tone: a high level of practice and technical skills required at all times, even when you least expect it! Please note that you can shorten this long-distance loop by half or almost half by forking at Cannissac (km 7) to get back to the route at km 16.

Useful information

Practice : Trail

Duration : 2 h 30

Length : 19.3 km

Trek ascent : 649 m

Difficulty : Medium

Type : Loop

Themes : Agropastoralism,
Panorama

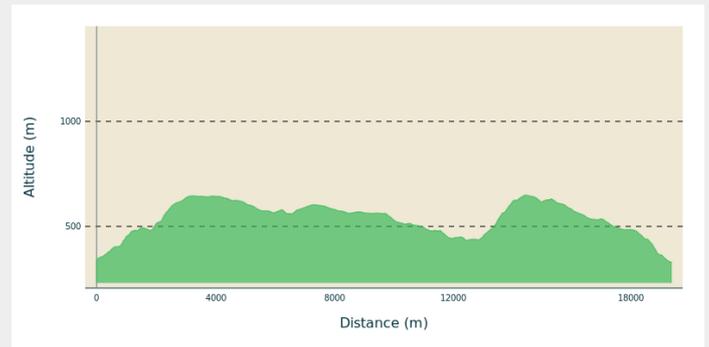
Trek

Departure : Calade de Caylus

Arrival : Calade de Caylus

Cities : 1. Saint-Affrique
2. Roquefort-sur-Soulzon

Altimetric profile



Min elevation 330 m Max elevation 649 m

1. At the bottom of a lovely slope paved with cobblestone (calade) is the starting point. The ascent leading to Caylus Rock begins with a very steep gradient and has an undeniable reputation, featuring a 300 m positive elevation over a 2.6 km distance from the start. Some will rightly say, « My legs are sore! ».
2. Then the route becomes less demanding and, without troubles, reaches Tiergues and its farming plateau via Canissac and St-Privat.
3. At this point, the terrain features a particular technicality specific to the causes in this downhill section towards the Plô de Moussigny.
4. Starting from Vailhauzy, the ascent to the Cadenèdes does not calm things down, quite the opposite! This beautiful single-track runs on the hillside slopes at a grade varying between 20 and 30 %, thus spicing up the running to the top of the causes (200m of positive elevation over a 1.3km distance).
5. Once on the plateau, get your breath back before passing close to Soulsou.
6. The time has finally come to treat yourself with a beautiful finale throughout a lovely pine forest following the foothills of the Combesourde ravine. However, directional changes require you to be alert in the last two kilometres.

On your path...



 Counts of Caylus' Castle (A)

All useful information

Advices

Water supply – energy food supply – appropriate shoes - rain jacket

Gear

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 of Millau via the D 992 and D999 roads

Advised parking

Car park Saint-Gabriel, Rue Lamartine

Information desks

Saint-Affrique Tourist Office

Boulevard Aristide Briand, 12400 Saint-Affrique

contact@roquefort-tourisme.fr

Tel : 0565585600

<http://www.roquefort-tourisme.fr/>



On your path...



Counts of Caylus' Castle (A)

This rock was used as the bedrock for the building of the Counts of Caylus' Castle of which nothing remains today

The castle was destroyed in retaliation of Count of Caylus' rebellion against his overlord Raymond VII, count of Toulouse, marquis of Provence and of Gothie.

Attribution : Roquefort Tourisme