

# Cabanières' path: Roquefort-Montclarat

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



Chaos Rocheux de Roucangel (Théo Bertrand)



*Follow in the footsteps of Cabanières, these peasant women workers employed by the Roquefort manufacturers for the maturing season. They used to go to work on foot, sometimes daily from Montclarat and the surrounding area.*

During the production run, the Cabanières from Montclarat paced up and down each day the landscape overlooked by the Combalou mound. Then, they would come back to their high perched village in the evening. This route which secretly keeps the imprint of their footsteps offers you to hike in a rural environment that has a rich rural tradition.

## Useful information

Practice : Trekking

Duration : 3 h 30

Length : 12.1 km

Trek ascent : 641 m

Difficulty : Medium

Type : Loop

Themes : History and heritage

# Trek

**Departure** : Tourist Office

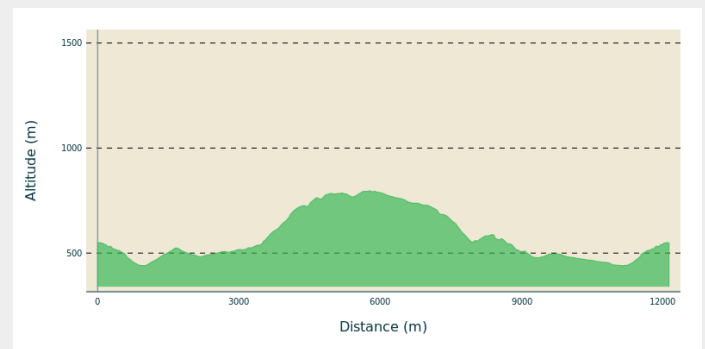
**Arrival** : Tourist Office

**Markings** : — PR

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

2. Saint-Rome-de-Cernon

## Altimetric profile



Min elevation 440 m    Max elevation 796 m

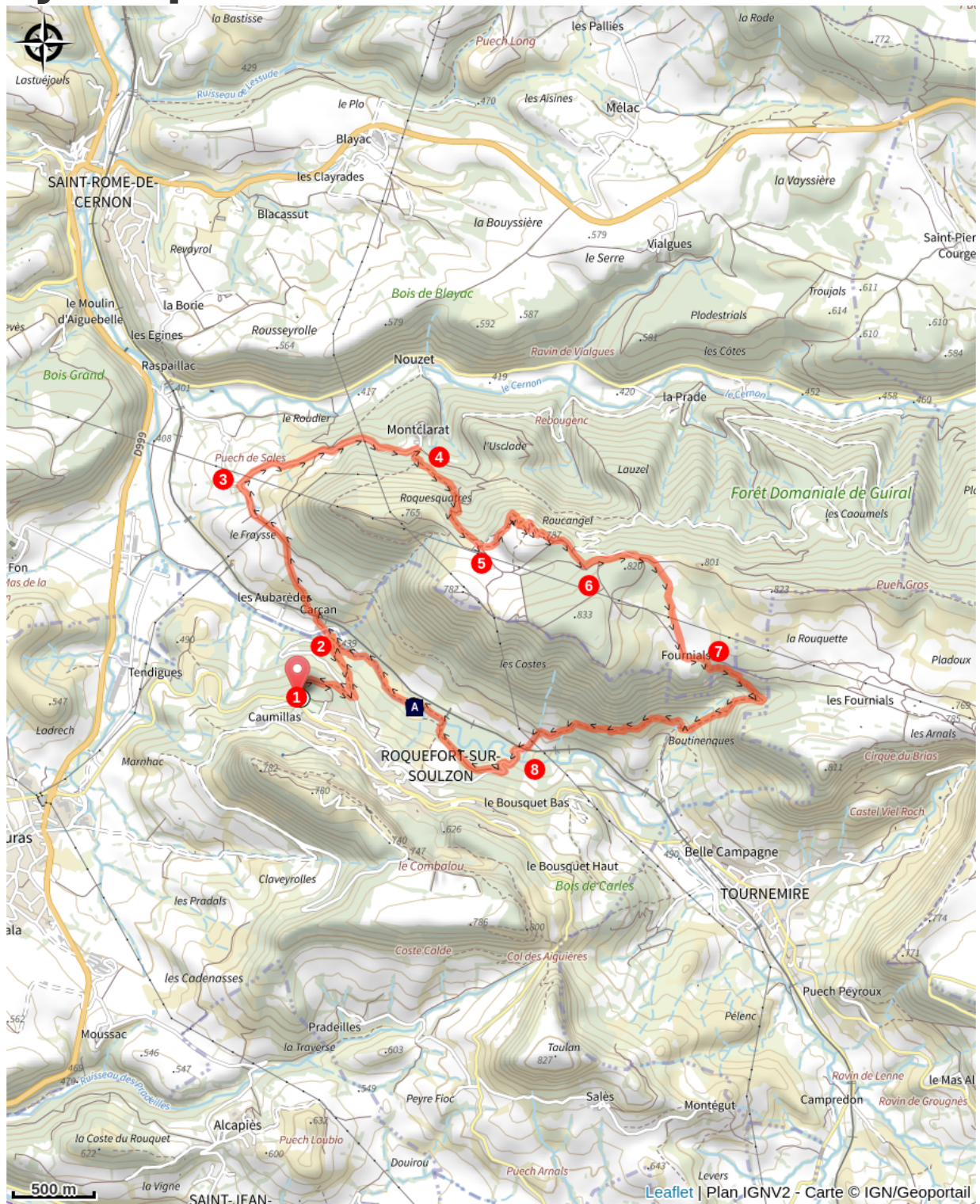
In the early part of the last century, the Cabanières made this trip every day to get to work in Roquefort. Those who came from Mélac passed via Montclarat. You can read their stories in the points of interest section.

1. When you stand opposite the Tourist Office, head to the left and take the leftmost path (the one which runs along the toilets). Follow the trail for 200 m.
2. Turn left onto the path that goes downhill. Cross the road and carry on sloping down the track with the yellow marking.
3. When you reach the crossroads situated at the bottom of the valley, take a left towards Montclarat. At the road junction, turn to the right to cross the stream over the bridge.
4. Go up to the right of the building to traverse the level crossing at a place called Carcan. Then, get on the trail and carry on up to a road junction.
5. Turn to the right and stay on the road for 1 km. Slope down the path on your left to go to the spring, carry on this path to go back to the road and reach Montclarat.

Retrace your steps back to Roquefort



# On your path...



© Soulzon Menhir (A)

# 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.



## **Gear**

Prévoir une réserve d'eau et une tenue adaptée

## **How to come ?**

### Transports

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

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

### Access

Situated 25 km southwest of Millau via the D 992, D 999 and D 23 towards Albi.  
Situated 14 km of St-Affrique via the D 999 towards Millau.

### Advised parking

Parking area is next to the Tourist Office in Roquefort

## **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



Le Saloir - Centre de ressources roquefortais

<https://www.facebook.com/roquefortlesaloir>

## On your path...

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### 🌀 Soulzon Menhir (A)

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