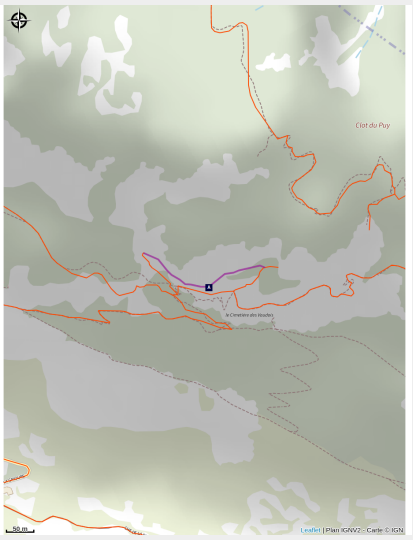
Fairly Difficult Via Ferrata (AD)

Parc national des Ecrins



(rogiervanrijn)



Length: 600 m

This via ferrata climbs directly up the cliff, always heading to the right, alternating between slabs, cracks and a few chimneys. Several ledges facing to the right provide safe places to rest and enjoy the superb views over the Freissinières Valley.

Equipped only where necessary, this route requires you to rely heavily on the rock and, in some sections, even on the cable. Some climbing experience is therefore recommended.

An escape route is available.

Access: From the village of Freissinières, continue towards Col d'Anon. Park at a left-hand bend where there is a sign. Follow the well-marked trail to the start of the via ferrata.

Return: 1 hour. Take the trail that runs through the cliff.

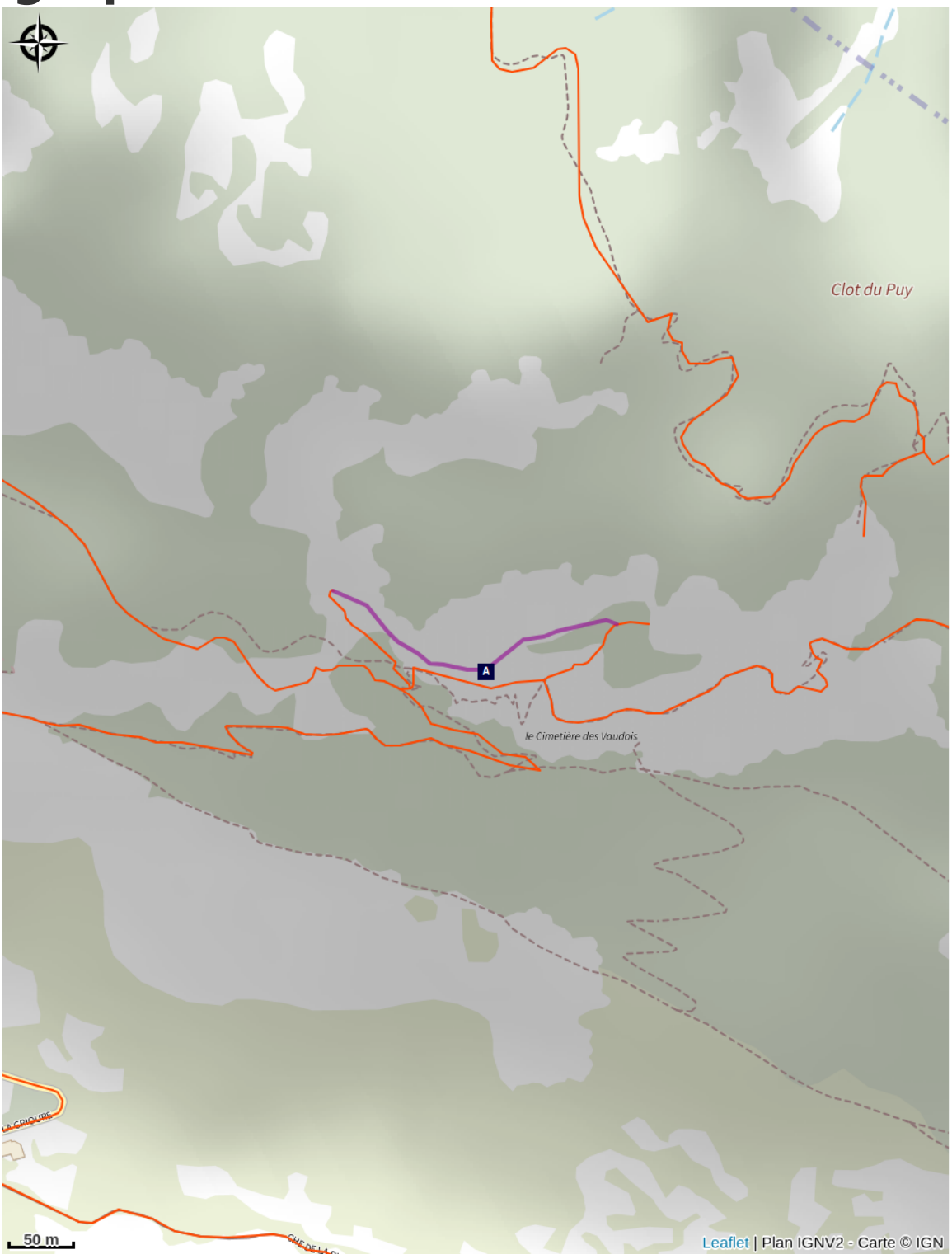
Useful information

Practice : Via ferrata

Duration : 1 h 30

Level : AD (Assez Difficile) (Intermédiaire)

Geographical location



The crag martin (A)
The fire lily (B)
The Grotte des Vaudois - The Waldensians' Cave (C)

All useful information

⚠ Advice

Please remember to take all your rubbish with you.

Wear suitable footwear with good-grip soles, as some sections of the rock can be very polished and slippery.

Equipment

Helmet
Harness
Via ferrata lanyard with two locking carabiners and an energy absorber
If in doubt, seek advice from professionals such as mountain guides or equipment rental specialists.

On your path...



The crag martin (A)

The birds that are constantly swooping around the cliff are crag martins. They are brown with a beige underside. They have built their nests under small overhangs. This species is very common in the Alps. Partially migratory, crag martins return to the Mediterranean coast in winter, where they join resident populations. So it is the first bird to reappear in the valleys of the Pays des Écrins in late February and the last to leave in October!

Attribution : Mireille Coulon - Parc national des Écrins



The fire lily (B)

In June and early July, the rocks are brightened up here and there by large orange flowers: the fire lily is a splendid plant which grows in the mountains of Europe. It grows in rocky or bush-covered terrain and even - why not? - right on the cliff faces, in dry areas. It is a protected species.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



The Grotte des Vaudois - The Waldensians' Cave (C)

The history of Freissinières is linked to that of the Waldensians, who found refuge in this valley and in other Alpine valleys in the thirteenth century. The followers of this religious movement - which later embraced the reformation - were deemed to be heretics and therefore persecuted. This cave, in which Waldensians sought refuge after being taken by surprise, witnessed massacres perpetrated by the Inquisition.

Attribution : Thierry Maillet - Parc national des Écrins