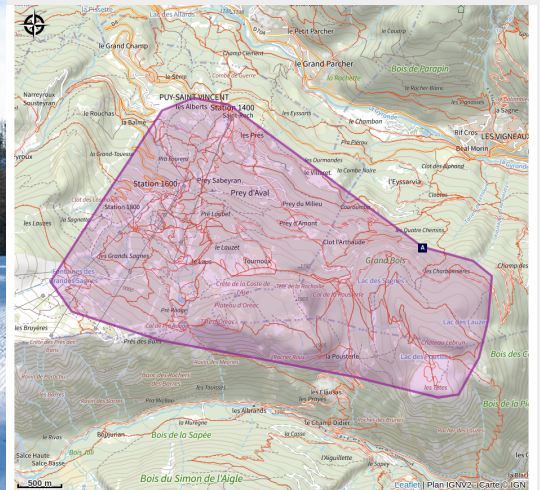


# Puy-Saint-Vincent nordic ski area

Parc national des Ecrins



Les Petites Têtes (Rogier Van Rijn)



*A quality Nordic site without artificial snow, offering superb views of the Pays des Écrins! Accessible by chairlift for all activities, including cross-country skiing.*

The Puy-Saint-Vincent ski resort offers a top-quality Nordic ski area, with 5 trails for advanced skiers, covering a total of 13 km. Access routes to the tracks cover 9 km.

This high-altitude site, with its alpine configurations and exceptional snow conditions, offers you access to numerous viewpoints and unique panoramas of Mont Pelvoux, the Glacier Blanc and the Durance valley. You'll move between sunny plains and frozen larch forests.

## Useful information

Practice : Cross-country skiing

Period : Winter

Rating scale :

Level : Beginners track, Good level skiers track, Experienced skiers track, Very hard track

Themes : History and architecture, Panorama, Pass, Top

# Description

To check snow conditions and ski area opening times, click [here](#).

**Prices for activities on the Nordic area are available [here](#) and passes are on sale at the lift ticket offices and at the Puy Saint Vincent Nordic Chalet.**

Coat racks and hot tea are available at the Nordic chalet. Don't hesitate to ask for a piste map!

## **Access by road:**

From the N94 Gap-Briançon, turn off at l'Argentière-la-Bessée, direction Puy-Saint-Vincent.

## **Parking and access to the Nordic chalet:**

### ***Access from station 1400 :***

Once parked at station 1400, take the Prés chairlift. At the top of the chairlift, carefully cross the downhill ski slope to reach the Nordic ski area entrance directly opposite. Once on the cross-country track, follow the signs to the Nordic chalet.

### ***Access from station 1600 :***

Once you've parked at station 1600, carefully cross the downhill ski slope to reach the shared "Accès 1600" trail (1 km one way).

### ***Access from station 1800 :***

Once parked at station 1800, access to the Nordic chalet is via the shared "Accès Pré Loubet" piste (1.5 km one way).

Information on access and transport is available in the practical info section of our [website](#).

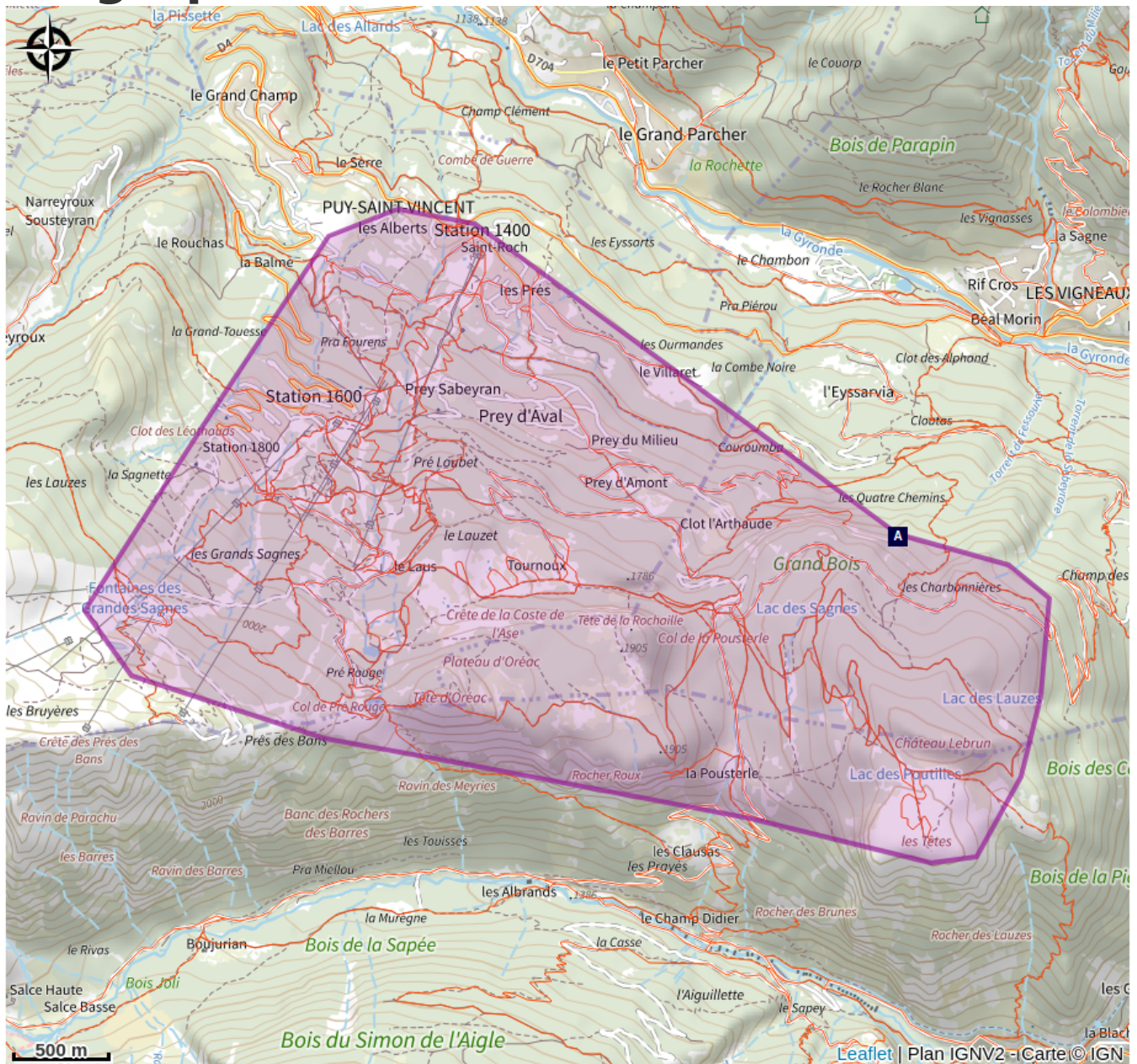
## **Access to the Nordic site is forbidden after 4:30pm.**





















Allow grooming in complete safety and peace of mind for drivers. When you walk or snowshoe on groomed sections, you leave tracks that will harden overnight and remain the next morning.




















## **Think of your own safety!**

Don't forget that a grooming machine in use presents risks (limited visibility inside and powerful rotating parts). Some machines are equipped with a winch with a tensioned cable that runs for almost 1,000m on the alpine ski slopes being prepared. This cable, at man's height, cannot be seen at night, and can be life-threatening.

# Geographical location



- |  |  |
|--|--|
|  The chenevières, hemp fields (AA)        |  Hemp production (AB)                             |
|  The commons (AC)                         |  The church of Sainte-Marthe (AD)                 |
|  Protective shelter (AE)                  |  The Eurasian pygmy owl (AF)                      |
|  Cliff-dwelling birds (AG)                |  The Col de la Pusterle (AH)                      |
|  The larch (AI)                           |  Forest-dwelling bats (AJ)                        |
|  The pygmy owl (AK)                       |  The rosebay willowherb (AL)                      |
|  The alpine laburnum (AM)                 |  The Sentier du Facteur - the postman's path (AN) |
|  The ptarmigan and the mountain hare (AO) |  The wheatear (AP)                                |
|  The aspen (AQ)                           |  The Eurasian blackcap (AR)                       |
|  The ash tree (AS)                        |  The clouded Apollo (AT)                          |

-  The church of Sainte-Marie-Madeleine-des-Prés and its two sundials (AU)
-  Tournoux (AW)
-  The Fournel valley (AY)
-  The peregrine falcon (BA)
-  The ski resort of Puy Saint Vincent (BC)
-  Le Laus (BE)
-  The Les Têtes belvedere (BG)
-  The restoration of the canals (BI)
-  The history of the resort of Puy-Saint-Vincent (BK)
-  Reading the landscape (BM)
-  The martagon lily (AV)
-  The common raven (AX)
-  Les Prés, hamlet of Puy-Saint-Vincent (AZ)
-  The yellow cephalaria (BB)
-  The irrigation canals (BD)
-  The deer (BF)
-  The architecture of La Voile in Puy-Saint-Vincent 1600 (BH)
-  The house with arcades (BJ)
-  The clouded Apollo (BL)

# All useful information

## **Advices**

**Prices for activities on the Nordic area are available [here](#) and passes are on sale at the lift ticket offices and at the Puy Saint Vincent Nordic Chalet. Don't hesitate to ask for a piste map!**

### **A few rules :**

- Cross-country ski trails are groomed, marked and safe. Access is subject to a charge and reserved for Nordic skiers.
- You use these trails under your own responsibility: find out about weather conditions and trail closures, and don't overestimate your possibilities.
- Respect the signs: trail directions, dangers, prohibitions, avalanche closures, etc.
- Dogs are forbidden on cross-country ski trails.
- Night-time activities and biathlon shooting in the Nordic area must be supervised by a professional.
- Skiing outside opening hours is dangerous and prohibited (presence of grooming equipment).
- Take your garbage with you

Tours are available in skating or classic technique.

Winter conditions are very pleasant all day long. However, from March onwards, it's best to practice in the morning, as some of the trails are quickly exposed to the sun.

**Please note :** This information is for guidance only. It is your responsibility to check the weather report and conditions before you set off. The Tourist Office and Écrins National Park cannot be held responsible in the event of an accident. In case of doubt, contact professionals: instructors or equipment hire companies.

**Mountain Rescue :** dial 112

## **Information desks**

### **Vallouise Park house**

vallouise@ecrins-parcnational.fr  
Tel : 04 92 23 58 08  
<http://www.ecrins-parcnational.fr/>



### **Bureau d'Information Touristique de Puy Saint Vincent 1400**

110 route des Alberts - Station 1400,  
05290 Puy Saint Vincent 1400 m  
Tel : +33(0)4 92 23 35 80  
<https://www.puysaintvincent.com/office-tourisme>



### **Bureau d'Information Touristique de Vallouise**

Place de l'Eglise, 05340 Vallouise  
contact@paysdesecrins.com  
Tel : +33(0)4 92 23 36 12  
<https://www.paysdesecrins.com/>



### **Bureau d'Information Touristique de L'Argentière-La Bessée**

23 Avenue de la République, 05120  
L'Argentière-La Bessée  
contact@paysdesecrins.com  
Tel : +33(0)4 92 23 03 11  
<https://www.paysdesecrins.com/>



## **Source**



Pays des Ecrins

<https://www.paysdesecrins.com>

# On your path...

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## The chenevières, hemp fields (AA)

There is a French saying «Avril donne le fil», meaning that April is string time. Sown in spring after the last frosts, the tall stems of hemp grow in tiny plots of ground, called chenabiers or chenevières. The hemp is cut at the end of August and the strands are immediately immersed in large holes filled with water - called the naïs - on the edge of wet meadows. They are left to steep for more than a month, in order to release all the gum that binds the plant fibres together.

Attribution : PNE

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## Hemp production (AB)

At one time, almost every winter evening would be taken up by stripping the fibre from the hemp straw. The strands had to be broken one by one, to remove the long, flexible filaments. Once washed and combed, these «balls» of hemp were taken to the rope and yarn spinners to be turned into rope, blankets and cloth for garments. When a family ordered cloth from the weaver, the entire family would go to the loom to attach the threads onto the warper.

Attribution : PNE

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## The commons (AC)

As «crosswise» as it might be, from end to end the main street of Puy-Saint-Vincent has every building the community needs. The mill is still here, complete with its intake and outlet mill races. The communal oven is lit on 14 July every year. It has just been restored and shares the little paved square with a lovely water fountain, made from wood and ringed with iron.

Attribution : PNE



### The church of Sainte-Marthe (AD)

The church of Sainte-Marthe was built in the nineteenth century, in 1817 to be precise, as indicated at the top of the pediment. The inside and the main facade has a painted decoration. On two superimposed levels and on the gables, pilasters or false pillars frame either bay windows illuminating the nave, or panels painted with a false marble decoration. A few steles remind us of the present of the former cemetery. Included on the Supplementary Inventory of Historical Monuments, this church also contains a commemorative plaque honouring those who fell in the First World War.

Attribution : Marie Lachaud

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### Protective shelter (AE)

Separate from the main building and at a distance from the barn, some property owners also have a small building providing safety from the much feared home fires. Here, in the coolness of this outside cellar, they stored ham, cheeses, flour, salt and other foodstuffs, but also whatever the family owned by way of valuables.

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### The Eurasian pygmy owl (AF)

The call of this small, nocturnal bird of prey can be heard in the spring, and also in the autumn when it can utter some peculiar sounds. Active during daytime hours and at dusk, the pygmy owl is a predator of passerine birds and small forest rodents. But when they spot it, passerines will come together in large numbers to mob it, so as to prevent any attempted surprise attack. It is restricted to mountain forests where it seeks out trees with woodpecker cavities in which it builds its nest.

Attribution : Damien Combrisson - Parc national des Écrins



## Cliff-dwelling birds (AG)

The cliff is home to a variety of birdlife. The raven, not to be confused with the crow, frequently nests here. He makes an uncomfortable housemate with the peregrine falcon, a bird in sharp decline and still a vulnerable species. It, too, favours this cliff, which offers plenty of potential nesting holes. The wallcreeper, also known as the butterfly bird, also finds this a good nesting spot. Some climbing routes are closed during this bird's breeding season.

Attribution : Pascal Saulay - Parc national des Écrins



## The Col de la Pusterle (AH)

A pusterle (in the local high-alpine Occitan language) is a small gate, a postern. It comes from the Latin posterula which means back door. This place name is sometimes given to a pass, which could be described as a gateway between two valleys! The glaciers carved out this gateway through which an arm stretched between the glacier occupying the Fournel valley and the glacier flowing down the Vallouise valley.

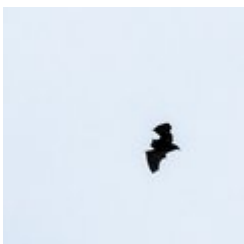
Attribution : Bertrand Bodin - Parc national des Écrins



## The larch (AI)

The symbol of the Southern Alps, this softwood tree loses its leaves in winter, and is swathed with gold and lights up the mountains in autumn. The larch forests are maintained by the grazing of flocks. Without them, other trees like the fir or other pine trees could grow, creating a different kind of forest. A pioneer species, the larch establishes freely in light conditions. Its solid rot-proof wood has always been used in the construction of houses.

Attribution : Robert Chevalier - Parc national des Écrins



## Forest-dwelling bats (AJ)

Bats don't just live in caves! In summer, some forest-dwelling species shelter in old hollow trees or woodpecker holes during the day. Sometimes, the females also form little colonies here, where their young will be born (one bat pup per female). In this forest, which is still young with very few old trees, artificial roosts have been installed to help the bats and to facilitate their study.

Attribution : Mireille Coulon - Parc national des Écrins



### The pygmy owl (AK)

The call of this small, nocturnal bird of prey can be heard in the spring, and also in the autumn when it can utter some peculiar sounds. Active during daytime hours and at dusk, the pygmy owl is a predator of passerine birds and small forest rodents. But when they spot it, passerines will come together in large numbers to mob it, so as to prevent any attempted surprise attack. It is restricted to mountain forests where it seeks out trees with woodpecker cavities where it builds its nest.

Attribution : Christophe Albert - Parc national des Écrins



### The rosebay willowherb (AL)

The forest tracks are edged with great swathes of a tall plant which has purple flowers arranged in loose spikes. The rosebay willowherb is a pioneer plant and favours road embankments and disturbed ground. In late summer, its very numerous seeds, each with a little plume, float away en masse glowing in the advancing twilight...

Attribution : Thierry Maillat - Parc national des Écrins



### The alpine laburnum (AM)

A cousin of the common laburnum, this large shrub flowers in June-early July, producing beautiful drooping clusters of yellow flowers. Not very common and only found in the Alps and the Jura, it favours quite dry, airy woods. A beautiful surprise, and heavenly scent!

Attribution : Claude Dautrey - Parc national des Écrins



### The Sentier du Facteur - the postman's path (AN)

In former times, the postman would take this path every day: He would set out from Vallouise, deliver letters in Puy-Saint-Vincent and drop back down to Vallouise, stopping at the hamlets of Parcher on the way. In the winter, when the snow was too deep, the Traversouires (the inhabitants of Puy-Saint-Vincent) donned their snowshoes and wielded their shovels to clear the postman's path down to Vallouise.

Attribution : Christophe Albert - Parc national des Écrins



## The ptarmigan and the mountain hare (AO)

The rock ptarmigan, a member of the grouse family, and the mountain hare are both perfectly adapted to high-altitude life. Among other adaptations, they turn white in winter in order to escape the attention of predators, and they are grey-brown in summer. In addition, their feet are covered with feathers or fur, and act as snowshoes when moving over snow. They are particularly threatened by the increasingly early arrival of the flocks in the alpine pastures, the boom in winter tourism and climate change.

Attribution : Robert Chevalier - Parc national des Écrins

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## The wheatear (AP)

This bird is common in the alpine pastures and can be recognised by its grey back, its pale underside, its white rump, its white tail the shape of an inverted black "T" and by a black stripe over its eye. During the mating season, the male's underside is pinkish. Perched on a large rock, he utters a loud «uit uit» alarm call, which gives his presence away. A migratory bird, he arrives from Africa in April and flies south again in September.

Attribution : Damien Combrisson - Parc national des Écrins

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## The aspen (AQ)

A sizeable aspen grows on the roadside, on the edge of a small wood of fellow-aspens. This tree has a smooth, greenish trunk and rounded, crenelated leaves which take on magnificent colours in autumn. The stem, or petiole, of aspen leaves is flat and twisted, so it can be caught by the slightest breeze making the foliage «quake» hence its common name, the quaking aspen. It grows in places where the soil is quite damp.

Attribution : Bernard Nicollet - Parc national des Écrins

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## The Eurasian blackcap (AR)

Hidden in the tree foliage, the Eurasian blackcap announces its presence with its loud and piping song. Its head is adorned with a cap which is black in the male and russet in the female. The rest of its plumage is greyish, its underside lighter than its back. It is a migratory bird which travels to the Maghreb to overwinter. However, increasing numbers of birds make only a partial migration, flying to the south of France to spend the winter.

Attribution : Mireille Coulon - Parc national des Écrins

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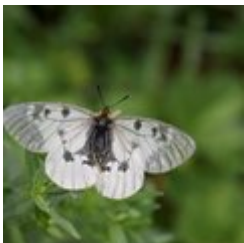


## The ash tree (AS)

This is one of the most common trees, provided the ground is relatively cool. It is characterised by its pinnate leaves, that is to say, made up of several segments, and in winter it can be recognised by its large black leaf buds. The ash was extremely important in times past: its foliage was used to feed cattle and its hard, flexible wood was used to make a variety of objects such as tool handles.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins

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## The clouded Apollo (AT)

This butterfly with hyaline (glass-like) translucent white wings, marked with two black spots, flutters around the clearing or the edges of the forest, where the host plants of its caterpillars grow: the corydalis. Although abundant locally, it is nevertheless a species in sharp decline and is protected.

Attribution : Mireille Coulon - Parc national des Écrins

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## 🕒 The church of Sainte-Marie-Madeleine-des-Prés and its two sun dials (AU)

The charming little church of Sainte-Marie-Madeleine-des-Prés, which dates from the sixteenth century, stands in the hamlet of Les Prés. It is surrounded by a wall and a cemetery. On the walls of the church, two sun dials can be seen, both engraved and painted on plaster in 1718. The first is above the door, telling the time in the afternoon, bearing the saying « *for a moment of delights, an eternity of torments* » which alludes to the life of Saint Mary Magdalene, the well-known sinner who is venerated as a model of penitence. The second, telling the time in the morning, bears the Latin phrase *Ars longa, vita brevis* which translates as « learning is long, life is short ».

Attribution : Office de tourisme Pays des Écrins



## 🌸 The martagon lily (AV)

In cooler spots, the path is edged by large plants such as the wood cranesbill, which has purple flowers, and the martagon lily. This superb plant has large hanging flowers with curved-back petals, which are pink speckled with purple and exposed orangey stamens. Its leaves are elongated and whorled. It grows in meadows and cool woods. Although common here, it is rare in many French regions. In fact, picking it is prohibited or regulated.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



## 🏠 Tournoux (AW)

The Tournoux plateau is a small paradise with its cool meadows, its occasional renovated chalets made from stone and larch wood and its view over the Tête d'Aval, an imposing limestone peak forming part of the Montbrison massif. Whether on a mountain bike, on foot or on cross-country skis in the winter, this spot is always an invitation to stop for a break!

Attribution : Jan Novak



## The common raven (AX)

A hollow "caw" makes you lift up your head (careful not to trip!). A pair of common ravens is nesting near here (they pair for life), on a cliff face. Although bigger than its cousins the carrion crow and the rook, it can be identified by its rather lozenge-shaped tail. It almost became extinct due to persecution. Yet it's an omnivore and, more particularly, a scavenger which plays an important role by cleaning up disease-prone carcasses.

Attribution : Chevalier Robert - Parc national des Écrins

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## The Fournel valley (AY)

This is the southern side of the Col de la Pusterle and its view over the very long Fournel valley, known for its mines, ice waterfalls, blue thistles, its canyon and other treasures. Lower down is L'Argentière-la-Bessée. At the highest point, right in the distance, is the Champsaur!

Attribution : Jan Novak

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## Les Prés, hamlet of Puy-Saint-Vincent (AZ)

Le Prés is one of the main hamlets of Puy-Saint-Vincent. Like Le Puy and Les Alberts, it stands on a flat plateau which is a glacial escarpment left by the now-retreated Gyronde glacier. Like Prey d'Aval, Prey du Milieu and Prey d'Amant, its name is a reminder that prior to the development of the ski resort, the land here used to be shared by meadows and crops.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins

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## The peregrine falcon (BA)

Cries echo around the cliffs. A pair of peregrine falcons nests there regularly. A real "fighter plane" with tapered wings, it is a formidable predator of pigeons and other birds. It came very close to extinction because of pesticides, but it remains endangered because the eggs are still stolen for the falconry trade, even though it is a protected species. It is also sensitive to disturbance. Climbers are urged not to climb in this area in the spring.

Attribution : Fiat Denis - Parc national des Écrins

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## The yellow cephalaria (BB)

Rather like a tall scabious (up to 2 metres) but with pale yellow flower heads, this is not a common plant. Yet, at an intersection of two tracks, it has established on a small patch of ground. Who knows why! It is a mountain plant which only lives in the west of the Alpine Arc..

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins

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## The ski resort of Puy Saint Vincent (BC)

The original resort was created in Les Prés in 1968. Then, 1974 saw the start of construction Grande Barre 1600, which in every respect chimes with the tourist architecture of the 1970s. The new 1800 resort, with its wood and stone chalets, dates from 2005: more modest sizes, more sympathetic materials similar to local species. It's the third generation of the resort.

Attribution : Office de tourisme du Pays des Écrins

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## The irrigation canals (BD)

The route follows a canal side for a short distance. Numerous canals brought water from the Torrent de la Combe mountain stream to the fields which take up a large area around the villages of Puy-Saint-Vincent. In fact, the slopes just above these fields did not provide sufficient water, making it necessary to create this large network of irrigation canals.

Attribution : Office de tourisme du Pays des Écrins

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## Le Laus (BE)

A number of old alpine pasture chalets or hamlets, often renovated, are dotted across the Puy-Saint-Vincent resort. These are the Chalets du Laus. Le Laus is a place name designating a lake. In fact, just after the chalets, although not a lake, there is a flat, marshy area which is no doubt a small filled-in lake. So no point in bringing your pedalo!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins

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## The deer (BF)

Deer are well-established across the Pays des Écrins. You can spot clues as to its presence: hoof prints or droppings, often in little piles. The stag loses his antlers at the end of winter (February-May) and they regrow up to the end of August. They reach full development before the rutting season (September), when you can hear the rutting call. The doe has no antlers.

Attribution : Telmon Jean-Philippe - Parc national des Écrins

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## The Les Têtes belvedere (BG)

This belvedere is worth the diversion, not only for its unrestricted panorama over the Fournel and Durance valleys but also for the place itself, with its sparse mature larches and the bare limestone scored with small fissures. These were created by the erosion of the rock by cold snowmelt waters or rain.

Attribution : Thibaut Blais

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## The architecture of La Voile in Puy-Saint-Vincent 1600 (BH)

The construction of this large building complex, the highest part of which is known as « La Voile » (the sail), was started in 1973 by a team of investors responsible for developing the 1600 ski resort. Designed by the Grenoble-based architect, Michel Ludmer of the Les 3A firm of architects, this tiered construction hugs the slopes with its silhouette, its soaring design structured around a mast, like the sail of a yacht sailing in a sea of snow. La Voile was inspired by iconic buildings in other tourist resorts, like the « Paquebot des Neiges » (the snow liner) in La Plagne and the « La Grande Pyramide » (great pyramid) in La Grande-Motte. Although still misunderstood, this architecture which presents numerous advantages (like restricting the use of space) might well merit a « Twentieth Century Heritage » label.

Attribution : Jan Novak

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## The restoration of the canals (BI)

Water is essential to farming in our territory because of the relatively dry Mediterranean climate with hot summers. To compensate for this, our ancestors created artificial water courses, the canals. These performed a dual role because they served not only to irrigate the hay meadows, kitchen gardens and grain fields, but also to prevent torrential flooding by acting as drains. Today, the canals are still used and managed by associations which work to keep them operational and to maintain them, several times a year.

Attribution : Office de tourisme du Pays des Écrins

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## The house with arcades (BJ)

In the municipality of Puy-Saint-Vincent, there are a number of houses typical of the rural architecture of Vallouise, in particular houses with arcades, in the hamlets of Les Alberts and Les Prés. This type of construction can be recognised by the presence of large arches made from stone from the Montbrison massif and supporting walking galleries. Introduced in the eighteenth century by Piedmontese master masons who settled in the valley, this style with arcaded galleries has become characteristic of the architecture of the Vallouise valley. Elegant and monumental, they replaced modest wooden balconies. They facilitated mobility from one level of the house to the other (the houses did not have interior stairs), and at the same time signalled the wealth of the owner.

Attribution : Office de tourisme du Pays des Écrins

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## The history of the resort of Puy-Saint-Vincent (BK)

Puy-Saint-Vincent is the benchmark resort in the Vallouise. Located on the north-facing side of the valley, it is constructed on three levels, each corresponding to a different period of construction: 1400, developed in the late 1970s, 1600, developed from 1973 onwards and 1800, developed from 2005 onwards. Each level is served by a chairlift to reach the skiing area. It now has 35 pistes covering 75.4 kilometres.

Attribution : Office de tourisme du Pays des Écrins



## The clouded Apollo (BL)

White, almost translucent in places, with just a few black spots, this butterfly is a cousin of the better-known mountain Apollo. It lives in clearings in open woods where the plant on which the female lays her eggs grows, and on which its caterpillars feed: the corydalis. It is a mountain butterfly.

Attribution : Gourreau Jean-Marie - Parc national des Écrins

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## Reading the landscape (BM)

The Vallouise valley is a tributary valley on the right-hand bank of the Durance. It is made up of three municipalities: Vallouise-Pelvoux, Les Vigneaux and, looking down from the heights, Puy-Saint-Vincent. This 25 km-long valley is dominated by numerous peaks, ranging in altitude from 980 metres, at the confluence of the Durance, to the peak of the Barre des Écrins at 4,102 metres (the highest point in the Les Écrins massif) and covers 18,541 hectares. Lying at the centre of the crystalline massif, the Vallouise valley is the gateway to the Parc National des Écrins and boasts exceptional and varied landscapes and a diverse wealth of fauna and flora.

Attribution : Office de tourisme du Pays des Écrins