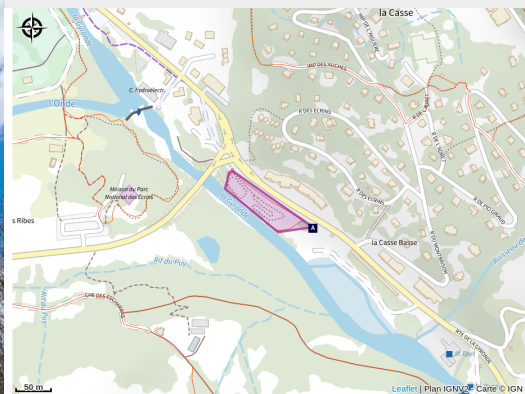


# Vallouise Pump Track

Parc national des Ecrins



(Rogier van Rijn)



*Suitable for children aged three years old and over, this pump track is ideal for family outings.*

Located in the municipality of Vallouise in the « St Genest » recreational area, this pump track offers a safe progression setting. Perfect for youngsters, and elders too!

## Useful information

Practice : Bike park

Rating scale :

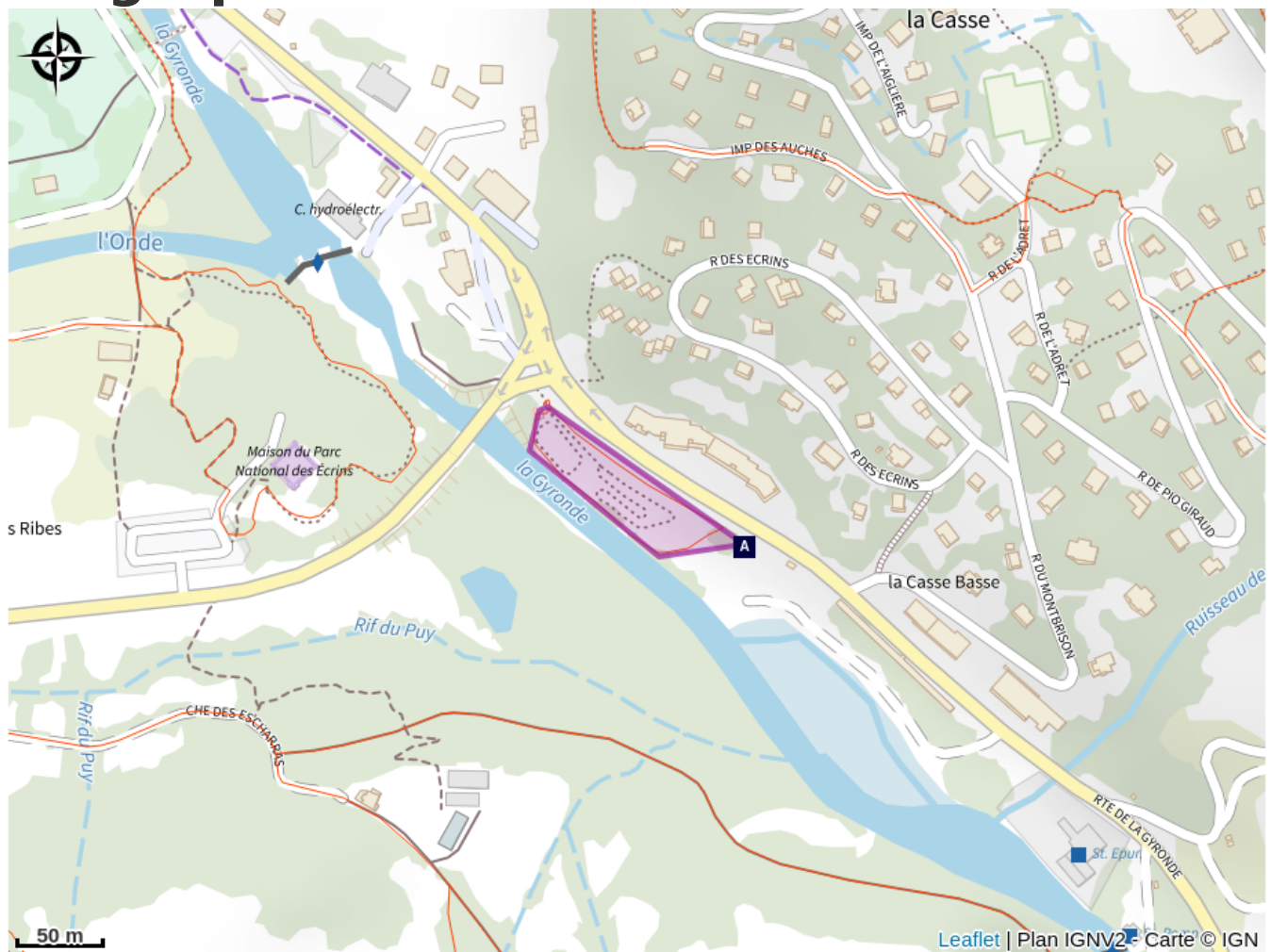
Level : Very easy

# Description

At L'Argentière-la-Bessée, take left on D994E towards Vallouise. Car park near the Guides Office (Bureau des Guides des Écrins) across the pump track.

The first area is designed for children aged 3 years and over, with a play area circled by a very easy short loop with humps and wooden banked bends. The second area, called « Planète VTT » is open to those aged 6 years and over. It has numerous wooden and dirt mountain biking modules, along a longer loop.

# Geographical location



- |  |   |
|--|---|
|  Wood cranesbill (A)        |  The Vallouise Park Centre (B) |
|  The Alpine copse snail (C) |  The sun bird (D)              |
|  The ash tree (E)           |  The gerris (F)                |
|  The wood nuthatch (G)      |  The long-tailed tit (H)       |
|  The smooth snake (I)       |   |

# All useful information

## **Advices**

Follow and apply the internal rules displayed at the entrance.

Helmet compulsory, gloves, back and knee highly recommended.

**Mountain Rescue** : dial 112

Take your litter home.

## **Information desks**

### **Vallouise Park house**

[vallouise@ecrins-parcnational.fr](mailto:vallouise@ecrins-parcnational.fr)

Tel : 04 92 23 58 08

<http://www.ecrins-parcnational.fr/>



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

Place de l'Eglise, 05340 Vallouise

[contact@paysdesecrins.com](mailto:contact@paysdesecrins.com)

Tel : +33(0)4 92 23 36 12

<https://www.paysdesecrins.com/>



# On your path...

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## ✿ Wood cranesbill (A)

The path is edged with large clumps of a plant with purple flowers, the wood cranesbill. The leaves are palmate and divided into 5 to 7 incised and indented lobes. This common plant grows in meadows and cool woods. The «geraniums» we see on balconies are in fact pelargoniums, distant cousins originally from South Africa and cultivated for ornamental purposes.

Attribution : Marc Corail - Parc national des Écrins

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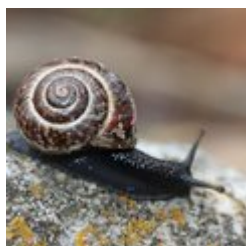


## 🕒 The Vallouise Park Centre (B)

Vallouise Pelvoux is a municipality within the Parc National des Écrins. Renovated in 2014, the Park Centre ("Maison du Parc") houses the offices of the local Park staff and has a spacious visitor reception area. It offers a permanent interactive exhibition inviting discovery of the territory and its heritage features, a temporary exhibition space on the upper floor and an audiovisual room (screenings and talks). It is currently in the process of applying for the "Tourisme et Handicap" tourism and disability label. Admission is free and so, too, are most of the activities in offer.

Attribution : Thierry Maillet - Parc national des Écrins

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## 🐌 The Alpine copse snail (C)

On the damp banks of the stream, hidden in the grass, is a snail with a beautiful golden brown shell speckled with brown, decorated with a dark spiral stripe. It has a black body. The alpine copse snail is relatively rare and, as its name suggests, it is found in the Alps. It is a sub-species of the ordinary copse snail, which is present across Europe.

Attribution : Damien Combrisson - Parc national des Écrins

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## The sun bird (D)

So what is the identity of this sun bird? It's the royal, or golden, eagle of course. Although it is telling the time here, in the surrounding natural landscape it hunts marmots. But what becomes of it in winter when the marmots hibernate deep in their burrows? It's a lean time. It has to make do with a hare or ptarmigan, and in particular the carcasses of chamois which have not survived the winter or have been killed in an avalanche.

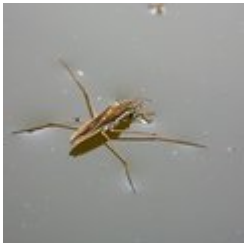
Attribution : Cyril Coursier - Parc national des Écrins



## The ash tree (E)

Even in winter, the ash can be recognised from its large black leaf buds. The leaves are compound. A pioneer species that grows easily, the ash has long been used by man for everyday needs: its foliage was used to feed cattle and its hard, flexible wood was used to make a variety of objects such as tool handles. Its French name frêne often appears in local place names too: Freissinières (frêne noir - black ash), Le Freney etc. Evidence of its historical importance to human communities..

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



## The gerris (F)

Some strange creatures are moving jerkily over the surface of the water: Gerrises, insects related to bedbugs. Like a true insect, they have six legs and they «skate» across the water using their intermediate and hind legs which are covered in hairs to make them water-resistant. They are carnivorous and anything on the water surface, dead or alive, is good to eat! They catch their prey with the forelegs, sucking up the juices with their strong proboscis!

Attribution : Bernard Nicollet - Parc national des Écrins



## The wood nuthatch (G)

With its strident calls, this little acrobat gets itself noticed. With a blue-grey back and a black stripe over its eyes, it works its way down the tree trunks upside down in search of insects. It nests in old woodpecker nests but if the diameter of the entrance is too large it reduces it with mud, to protect its young from predators. Hence its French name torchepot (a reference to edging the rim of a vessel).

Attribution : Damien Combrisson - Parc national des Écrins



## The long-tailed tit (H)

Some birds are causing a stir in a tree, constantly coming and going and uttering little calls. They are round and black and pinkish beige in colour with a long tails, hence their name, the long-tailed tit. They are resident birds and always live in small groups. They inhabit forests, undergrowth and even gardens. They weave a ball-shaped nest out of lichen, moss and dry grass.

Attribution : Robert Chevalier - Parc national des Écrins



## The smooth snake (I)

The smooth snake is a non-venomous colubrid snake, which adopted the bad idea of resembling the venomous vipera aspis, which has led to it being killed indiscriminately. We must remember, however, that both the vipera aspis and the smooth snake are protected species. It can be recognised in particular by the black stripe over its eye and on its round pupil (which helps to distinguish colubrids from vipers, which have a slit pupil).

Attribution : Damien Combrisson - Parc national des Écrins