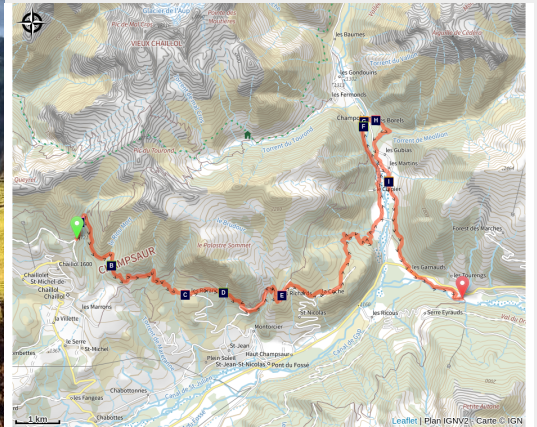


Stage 4: Chaillol - Champoléon

Champsaur - Saint-Michel-de-Chaillol



Vue sur le Champsaur, depuis les Aiguilles de Famourou (Marc Corail - PNE)



This fourth stage provides a technical and interesting route under the Palastre, leading to the magnificent Richards belvedere, then a descent towards Champoléon.

This fourth day is the least smoothly running stage, but the most interesting in terms of cycling skills. From Chaillol, after a short ascent, a series of “Enduro”-style single tracks take you below the Palastre. One last climb to Les Richards, where the paragliders take off, and then a nice descent towards Champoléon.

Useful information

Practice : Mountain bike

Duration : 6 h

Length : 24.0 km

Trek ascent : 659 m

Difficulty : Medium

Type : Stage

Themes : Fauna, Flora, Geology, Panorama, Top

Trek

Departure : Chaillol

Arrival : Les Borels

Markings : 🚲 VTT

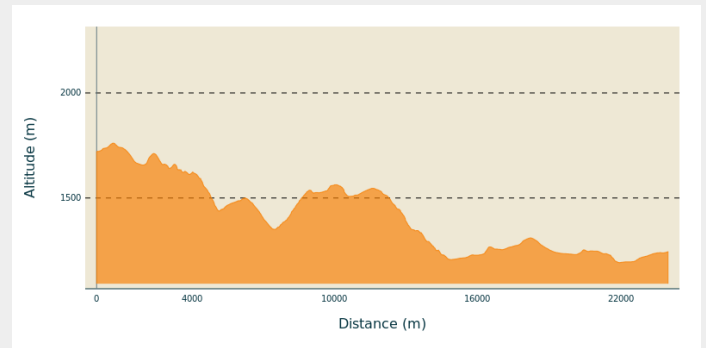
Cities : 1. Saint-Michel-de-Chaillol

2. Saint-Jean-Saint-Nicolas

3. Champoléon

4. Orcières

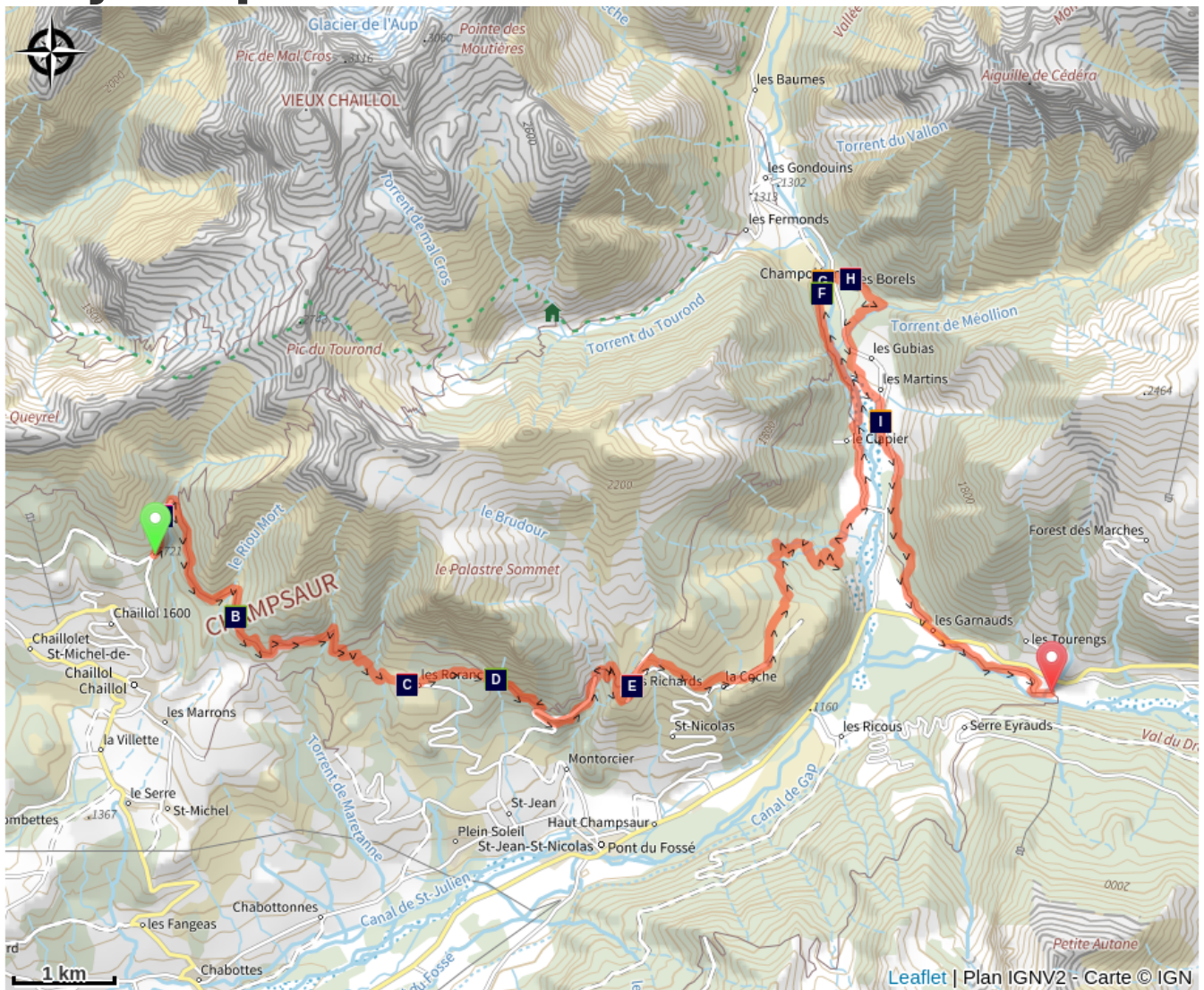
Altimetric profile



Min elevation 1193 m Max elevation 1762 m

Follow the Pays du Tour du Vieux Chaillol GR trail as far as Les Aiguilles de Famourou. Then leave the GR for a steep track /!\ that joins up with the path you need to take on the left. Soon afterwards, don't miss the fork, and take the left-hand path leading to Les Roranches after a few short, but intense climbs! When you leave the village, make the most of a meaty Enduro section /!\ leading to the source of the Doue and the Baumette cabin trail. You then go up towards Les Richards passing below the cabin along a very steep track and path. In Les Richards, the big ascents are already behind you, and you just need to enjoy the ride towards La Coche and the plateau of the same name. The view over upper Champsaur is breathtaking. The stage ends with a descent into the cool Champoléon valley as far as Les Borels.

On your path...



-  Le Vieux Chaillol (A)
-  Scots pine (B)
-  Les Roranches Chapel (C)
-  Short-toed snake eagle (D)
-  Les Richards (E)
-  Alpine ibex (F)
-  Les Borels (G)
-  The Shepherd's House (H)
-  Mown meadows (I)

All useful information

Advices

Peu d'eau dans le secteur, penser à en prendre suffisamment avant de partir. Quelques parcs à vaches à ouvrir. Penser à bien les refermer. N'hésitez pas à visiter la Maison du Berger.

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone ! Et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2240m.

Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

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Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

Contact: Fédération départementale des chasseurs des Hautes-Alpes :
Pierre-Frédéric Galvin : pierre-frederic.galvin@fdc05.com

Membre de l'Observatoire des Galliformes de montagne
Virginie Dos Santos : ogm.vds@gmail.com
Blandine Amblard : ogm.amblard@gmail.com

Zone de refuge hivernal pour le Tétrás lyre. Merci de veiller à respecter le balisage.

Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

Contact: Fédération départementale des chasseurs des Hautes-Alpes :
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Zone de refuge hivernal pour le Tétrás lyre. Merci de veiller à respecter le balisage.

Peregrine falcon

Sensitivity period: February, March, April, May, June

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification du Faucon pèlerin.

Les pratiques qui peuvent avoir une interaction avec le Faucon pèlerin en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone !

En cas de survol merci de rester au-dessus de 2200m d'altitude à une distance de 300m sol.

Source



Parc national des Ecrins

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

On your path...



Le Vieux Chaillol (A)

Easily visible from Champsaur and from beyond Gap, Le Vieux Chaillol is, like the Ecrins range, made up of granite rocks originating in the bedrock of the Cambrian era and which suddenly rose up some 5 million years ago. But the rocks of Le Vieux Chaillol have undergone a particular recrystallisation and have been transformed into metamorphic conglomerates and schists.

Attribution : Mireille Coulon - PNE



Scots pine (B)

The Scots pine can be recognised by its long reddish brown trunk and sparse foliage. The needles are grey-green, slightly curved and paired. It needs a great deal of sunshine, but can make do with poor, sandy soil that is unsuited to other trees. Its wood is light and of high quality.

Attribution : Mireille Coulon - PNE



Les Roranches Chapel (C)

Built in 1780 on the site of a former chapel dedicated to Our Lady of the Assumption, the Roranches chapel is dedicated to Saint Pancras, the protector of farm animals and pets. It was built using humble architectural techniques, and is highly representative of the small places of worship in the Champsaur woodlands where, as so often in the mountains, the materials used were those that were ready to hand. Two renovation projects have been carried out on the chapel since 2013 with the support of the Ecrins National Park. The first was aimed at stabilising the barrel vault and renewing the framework and roof using the original material, slate. The second project was to restore the plasterwork inside and outside, as well as the whitewash, windows and flooring.

Attribution : © Parc national des Écrins - Michel Francou



Short-toed snake eagle (D)

This bird of prey can be recognised because of its large head, its quite impressive wingspan (1.80m) and the white plumage under its wings and body. Despite its size, it rarely eat small mammals. Its food mainly consists of lizards and snakes. When it hunts, it takes up a particular position against the wind, poised in the air with its wings fully outstretched.

Attribution : Marc Corail - PNE

Les Richards (E)

Perched up at an altitude of 1548 m above Pont-du-Fossé in the commune of Saint-Jean-Saint-Nicolas, the village of Les Richards is a haven of tranquillity. The view is breathtaking over the Autanes and the Champsaur woodlands. This is the starting point for a very popular hiking trail around the mountains or to the summit of the Palastre, and a take-off area for long-distance hang-gliders. It is not unusual for a hang-glider to land in Grenoble and sometimes even in Chamonix after a long day's flight from Les Richards! The record is 162 km, with a landing in Chamonix in 2002.



Alpine ibex (F)

If you take a few minutes' walk at the end of the valley, you will be able to see some Alpine ibex. In September 1994, in Champoléon, some thirty animals from Vanoise area were released by Ecrins National Park rangers. This superb animal is heavier (100 kg) and less timid than the chamois, and is closely related to the domestic goat. It was almost extinct in the Alps. Today it is totally protected in France and is now safe extinction.

Attribution : Rodolphe Papet - PNE



Les Borels (G)

This is most important village in the Chamoléon district (no hamlet bears this name). Until towards the first world war in 1914, the valley lived in a closed circuit for all everyday items. At the Borels there was a weaver (wool and hemp), a miller-baker, an ironmonger, a mason, a breeches-maker and in the other hamlets, a cobbler, two millers, a joiner and two shoemakers. The latter worked from home.

Attribution : Marc Corail - PNE



The Shepherd's House (H)

Opened in memory of the shepherd and writer Pierre Mélet, the Maison du Berger ("the Shepherd's House") is a discovery and research centre focusing on Alpine pastoral cultures. It is a site of cultural outreach for all members of the public. There is an exhibition, educational activities for school groups, as well as a library for professionals and researchers, and a shop.

Attribution : Marc Corail - PNE



Mown meadows (I)

Most of the prairies are mown. They are lightly manured by the animals grazing here in spring and with additional manure. This land is rich in plant species: globeflowers, geraniums, narcissus, etc. The meadows that are only grazed are covered with large plants that are of no interest to cattle: asphodels, yellow gentians, veratrum, etc.

Attribution : Stéphane D'houwt - PNE