

# The Bois de Parapin - Parapin wood (trail route no. 1)

Vallouise - Les Vigneaux



Village des Vigneaux et plaine de la Vallouise (Parc national des Écrins - Bernard Nicolet)



*Taking you through the village of Les Vigneaux as well as the hamlet of Grand Parcher, this trail offers a pretty setting for a walk that leads partly along the valley bottom, partly on the south-facing slopes.*

“We rise gently uphill along the valley bottom, which is quite wide at this level, with vast wide-open views of the peaks. Then the valley narrows, we approach the Gyronde and here we are at the bottom end of the hamlet of Grand Parcher!” Marie-Geneviève Nicolas, park ranger at the Parc National des Écrins

## Useful information

Practice : Trail

Duration : 1 h 30

Length : 6.2 km

Trek ascent : 203 m

Difficulty : Very easy

Type : Loop

Themes : Flora, History and architecture

# Trek

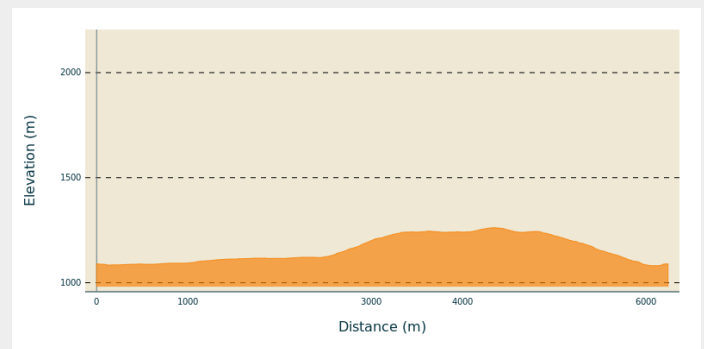
**Departure** : Camping le Courounba, Les Vigneaux

**Arrival** : Camping le Courounba, Les Vigneaux

**Markings** :  Trail

**Cities** : 1. Les Vigneaux  
2. Vallouise-Pelvoux

## Altimetric profile



Min elevation 1082 m Max elevation 1263 m

Follow the track that runs through the Le Courounba campsite and then rises gently uphill along the valley bottom, along the meadow's edge. The track runs close to the Gyronde, overlooking it.

1. Cross the river via the bridge, turn left onto the road to Vallouise and then immediately take the track on the right which leads directly uphill to the village of Parcher.
2. A short distance above the chapel, take the path on the right towards Les Vigneaux. This will join a forest track.
3. At an intersection above the village, follow the track to the right; it drops down to the top end of the village. Carry straight on along a track and then a narrow road which follows the right-hand bank of a mountain stream, the Torrent du Rif, leading to the bottom end of the village and the road to Vallouise.
4. Turn right; you soon come to Le Pont du Rif. You then cross the Gyronde which brings you back to the campsite.

# On your path...



The "ubac" (A)



The Gyrone (C)



The northern wryneck (E)



Etruscan honeysuckle (G)



The laserwort (B)



The hamlet of Parcher (D)



On the south-facing slope, pine forest (F)



The village of Les Vigneaux (H)

# All useful information

## **Advices**

Before setting off, it is very important to check the opening periods for this route on the website: <https://stationdetrail.com/fr/stations/le-pays-des-ecrins/parcours>

Share your photographs on social networks with #stationdetrailecrins

Check weather conditions before setting off.

Rescue services contact details: Secours Montagne (Mountain Rescue): +33 (0)4 92 22 22 22 or 112

Show consideration for the work of farmers, livestock keepers and owners

Close all gates behind you

Take your litter home

Do not take shortcuts across pastureland

The trail routes are also suitable for walking

## **How to come ?**

### Transports

Public transport >> [www.pacamobilite.fr](http://www.pacamobilite.fr)

Consider car-sharing >> [www.blablacar.fr](http://www.blablacar.fr)

For more information, ask at the Tourist Information Office nearest to the trail starting point. \_

### Access

10 km from L'Argentière-La Bessée, take the D994E.

### Advised parking

Camping le Courounba car park, Les Vigneaux

# 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.

## Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

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

Nidification du Circaète-Jean-le-Blanc.

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

Merci d'essayer d'éviter la zone ou de rester à une distance minimale 300m sol quand vous survolez la zone ! Soit 1650m d'altitude pour cette zone.

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Merci d'essayer d'éviter la zone ou de rester à une distance minimale de 300m sol quand vous la survolez soit 1790m d'altitude !

## **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 Vallouise**

Place de l'Eglise, 05340 Vallouise

contact@paysdesecrins.com

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

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



## **Source**



Pays des Ecrins

<https://www.paysdesecrins.com>



# On your path...

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## The "ubac" (A)

The track rises gently up the right-hand bank of the Gyronde, on the "ubac" side. The "ubac" is the slope that is exposed to the north, so it is in shadow in winter when the sun is low in the sky.

Attribution : Office de tourisme du Pays des Écrins

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## The laserwort (B)

After the bridge, a large plant with flowers arranged in umbels (in other words, an umbellifer) clings to a small rock bar to the right of the track, the laserwort. This plant belongs to the family Apiaceae, which used to be called umbellifers, and grows in dry areas. It has a distinctive feature: in autumn, the basal part of the stem breaks of its own accord and the entire plant, now dry, sets off rolling down the hillside like a large ball, or is blown by the wind.

Attribution : Cédric Dentan - Parc national des Écrins

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## Thne Gyronde (C)

No, we're not in south-west France where the Gironde flows! The Gyronde (spelt with a «y»!) is the river that flows between Vallouise and L'Argentière-La Bessée, where it flows into the Durance. It originates from the Gyr and Onde mountain streams which merge in Vallouise.

Attribution : Office de tourisme Pays des Écrins

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## The hamlet of Parcher (D)

The hamlet of Grand Parcher stands on the alluvial cone formed by the Grand Parcher mountain stream, and on either side of it. It is made up of several old houses and the seventeenth-century chapel of Saint-André. It has two sun dials painted onto its walls. One of them bears the saying HORA INCERTA CUNTIS, ULTIMA MULTIS (This hour is uncertain for all, it is the last hour for many). Food for thought!

Attribution : Office de tourisme Pays des Écrins



### The northern wryneck (E)

In the spring, an odd song can be heard among the old trees in the orchard, a loud song similar to that of the green woodpecker, only slower. It is that of the northern wryneck. This bird owes its name to the extreme way it extends and twists its neck when it feels threatened. Its French name torcol fourmilier is a reference to the fact that it feeds on ants (fourmils in French). Difficult to spot because its plumage merges into the colour of the tree trunks, it gives its presence away by its song when it returns from its migration.

Attribution : Damien Combrisson - Parc national des Écrins



### On the south-facing slope, pine forest (F)

The track passes through a forest of Scots pines, mixed with some downy oak trees. It is a forest typical of those found in the lower south-facing slopes (those exposed to the sun) in the intra-alpine valleys.

Attribution : Parc national des Écrins



### Etruscan honeysuckle (G)

Etruria was the territory of the Etruscans, in the area of present-day Tuscany. Although this honeysuckle does not grow only in Tuscany, it is Mediterranean, however, and only grows naturally in the wild in the southern half of France. Being a plant that needs warmth, it does not grow at altitude, except here where the south-facing slopes are particularly dry and warm. Its large pink and yellow flowers are highly perfumed.

Attribution : Bernard Nicollet - Parc national des Écrins



### The village of Les Vigneaux (H)

In spite of the altitude, the region's dry climate and the local growing conditions of limestone and sediments facing due south made the planting of grapevines possible as far back as the tenth century. The municipality owes its name to the presence of these vineyard operations, which were very significant in the late nineteenth century. The almost simultaneous appearance of the phylloxera aphid and the Briançon train, bringing wine from Provence, spelled the end of this activity here.

Attribution : Blandine Reynaud - PDE