

Ondinette (trail route no. 18)

Parc national des Ecrins - Vallouise-Pelvoux



Parcours de trail - Ondinette (Thibaut Blais)



Starting out from Vallouise, a cool, fresh trail along both banks of the Onde.

“This trail is a must on hot summer days because it offers the coolness of the river, with several stretches along its banks, the deep shade of the forest and a pleasant break by the Cascade de la Pissette!” Marie-Geneviève Nicolas, park ranger at the Parc National des Écrins

Useful information

Practice : Trail

Duration : 1 h 30

Length : 7.6 km

Trek ascent : 203 m

Difficulty : Very easy

Type : Loop

Themes : Fauna, Flora, History and architecture

Trek

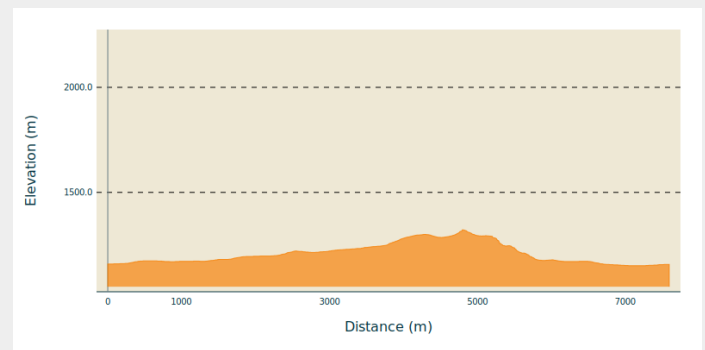
Departure : Camping Huttopia, Vallouise

Arrival : Camping Huttopia, Vallouise

Markings :  Trail

Cities : 1. Vallouise-Pelvoux

Altimetric profile













Min elevation 1151 m Max elevation 1322 m

From the campsite, head to the village square in front of the church and take the narrow lane (between the church and the shop called "Les Vaudois") which runs through old Vallouise.

1. Take a road running downhill on the left and then turn right towards the bridge, the Pont des Fontaines. Follow the track, which soon runs into the Onde valley and starts a long climb up the left-hand bank of the river. It joins the road just before a bridge, the Pont des Places, which you cross.
2. Continue straight on towards Narreyroux. This lovely track edged by low walls rises gently through the forest. It joins a track which you follow, heading downhill.
3. Follow the path on the right which climbs up towards Narreyroux and the Pont des Fontaines and, after two hairpins, take the path leading off to the Pont des Fontaines and Vallouise. Head downhill past the waterfall (Cascade de la Pissette) and, when you come to the track, turn right. Stay on the right-hand bank of the Onde until you reach the Pont de Gérendoine, and then continue straight on along the road.
4. After the Park Centre ("Maison du Parc"), turn left and back to your starting point.

On your path...



- | | |
|---|--|
|  The church in Vallouise (A) |  The lesser horseshoe bat (B) |
|  Vallouise (C) |  The northern wryneck (D) |
|  The great goldenrod (E) |  The bird cherry (F) |
|  The black-veined white (G) |  The Eurasian wren (H) |
|  The martagon lily (I) |  The robin (J) |
|  The sycamore (K) | |

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

Consider car-sharing >> 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 Huttopia car park, Vallouise

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>

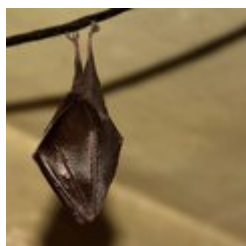
On your path...



The church in Vallouise (A)

The church of Saint-Étienne dates from the fifteenth and sixteenth centuries. Inside is an altarpiece and a tabernacle in gilded wood dating from the eighteenth century, together with some mural paintings. Not far from the church stands the late sixteenth-century Chapel of the Penitents with a nineteenth-century painted facade.

Attribution : Thibaut Blais



The lesser horseshoe bat (B)

In summer, bats take up residence in the church roof. The species living here is the lesser horseshoe bat, which has been in serious decline over recent decades. Every year, the mothers return after hibernating in caves and each one gives birth to one bat pup. Bats are insectivore mammals threatened by the insecticides used on farmland and on wooden structures and the loss of their hunting habitats and roosts, among other things. They are all protected.

Attribution : Mireille Coulon - Parc national des Écrins



Vallouise (C)

Multi-storey houses - typical of the architecture in the valley in the seventeenth and eighteenth centuries - stand on the old village street. The ground floor was reserved for animals, the first floor for habitation and the upper floors for grain storage. People moved from one floor to another by means of balconies interconnected by a staircase. Many of these balconies are arcaded with stone columns. This type of arcaded balcony is found throughout the valley.

Attribution : Pierre Nossereau



The northern wryneck (D)

The old trees in the orchard are home to the northern wryneck. It has a loud song, rather like that of the green woodpecker, only slower. 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



The great goldenrod (E)

In damp spots on the edge of the track, swathes of tall plants grow. It forms great plumes of tiny yellow plants. The great goldenrod, still known as the tête d'or or "head of gold" is a plant native to North America and introduced into Europe in the eighteenth century as an ornamental. Since then, it has colonised a large are of Europe and in some places it even competes with the local flora.

Attribution : Cédric Dentan - Parc national des Écrins



The bird cherry (F)

Here where the soil is sufficiently cool, a small tree with oval, pointed leaves grows on the side of the track. In May, when it starts to come into leaf, the bird cherry, a cousin of the familiar ordinary cherry tree, produces numerous clusters of highly scented white flowers. These later develop into in loose bunches of small dark cherries which are only just edible. It was called the "putiet" or stinking wood, not because of its scented flowers of course, but its bark.

Attribution : Mireille Coulon - Parc national des Écrins



The black-veined white (G)

What could be better than a great pile of manure, its nutrient-rich liquid seeping onto the road? This windfall attracts clouds of butterflies which settle in their dozens on the road, risking their lives. It is the ideal spot (well, sort of!) for admiring them because they are so preoccupied with sipping this nectar. One of them is easy to identify: the black-veined white with very distinctive black veining. This butterfly is very common, so it can be spotted very frequently, not only near piles of manure!

Attribution : Jean-Marie Gourreau - Parc national des Écrins



The Eurasian wren (H)

A piercing song, long and flowing with numerous trills, bursts from the forest. What a pair of lungs! This powerful song is that of a tiny bird with a plump body and a short tail, which is often raised: the Eurasian wren. It lives in cool forests with dense undergrowth or in bushes on the water's edge. It builds a spherical nest, often against a rock or old wall, hence its French name troglodyte.

Attribution : Mireille Coulon - Parc national des Écrins



The martagon lily (I)

In the forest, the martagon lily is a common sight. 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 : Thierry Maillet - Parc national des Écrins



The robin (J)

The robin is a common sight around bird feeders in winter. But he is primarily a forest bird, building his nest close to the ground in a cavity in a rock or tree. His song is a gentle chatter, rising to high notes. The robin "redbreast" is a relatively solitary and territorial bird, and he defends his territory by displaying his red (actually, orange!) breast as he sings.

Attribution : Damien Combrisson - Parc national des Écrins



✿ The sycamore (K)

The sycamore is a beautiful tree. Its leaves have five rather pointed lobes, similar to those of the plane tree. It cannot tolerate drought, so it grows in this region in relatively cool deciduous forests. Its twin fruits, equipped with wings, twist as they fall: the «helicopters» that children love. In autumn, its leaves turn golden yellow creating a delightful sight.

Attribution : Bernard Nicollet - Parc national des Écrins