

Marbre Rose circuit (trail route no. 3)

La Roche-de-Rame



Vue sur le lac de La Roche-de-Rame (Thibaut Blais)



Running alternately through pine forest, aspens and lavender, this promises to be a delightful route

The route rises gently through the village, along a path and a forest track. When you reach the foot of the Oumbras (1,769 m), you will start a long traverse section overlooking the Durance valley. The descent then leads through Scots pines. Take a pretty single track which passes close by the pink marble quarry of Combe-Mounière. The marble from here was used in the construction of Gap Cathedral. You return to the village along a path running above the lake.

Useful information

Practice : Trail

Duration : 2 h 45

Length : 10.1 km

Trek ascent : 559 m

Difficulty : Very easy

Type : Loop

Themes : Flora, History and architecture

Trek

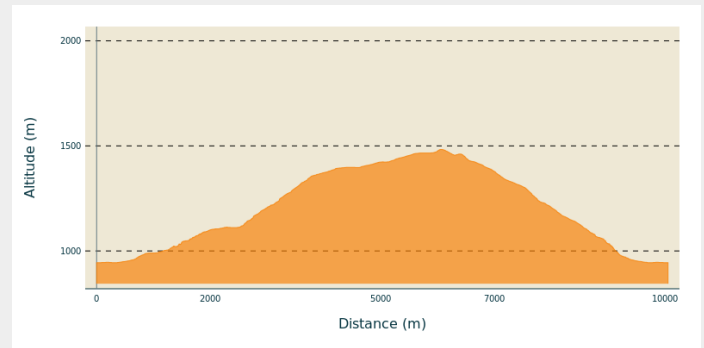
Departure : Camping du lac (lake campsite), La Roche-de-Rame

Arrival : Camping du lac (lake campsite), La Roche-de-Rame

Markings :  Trail

Cities : 1. La Roche-de-Rame

Altimetric profile

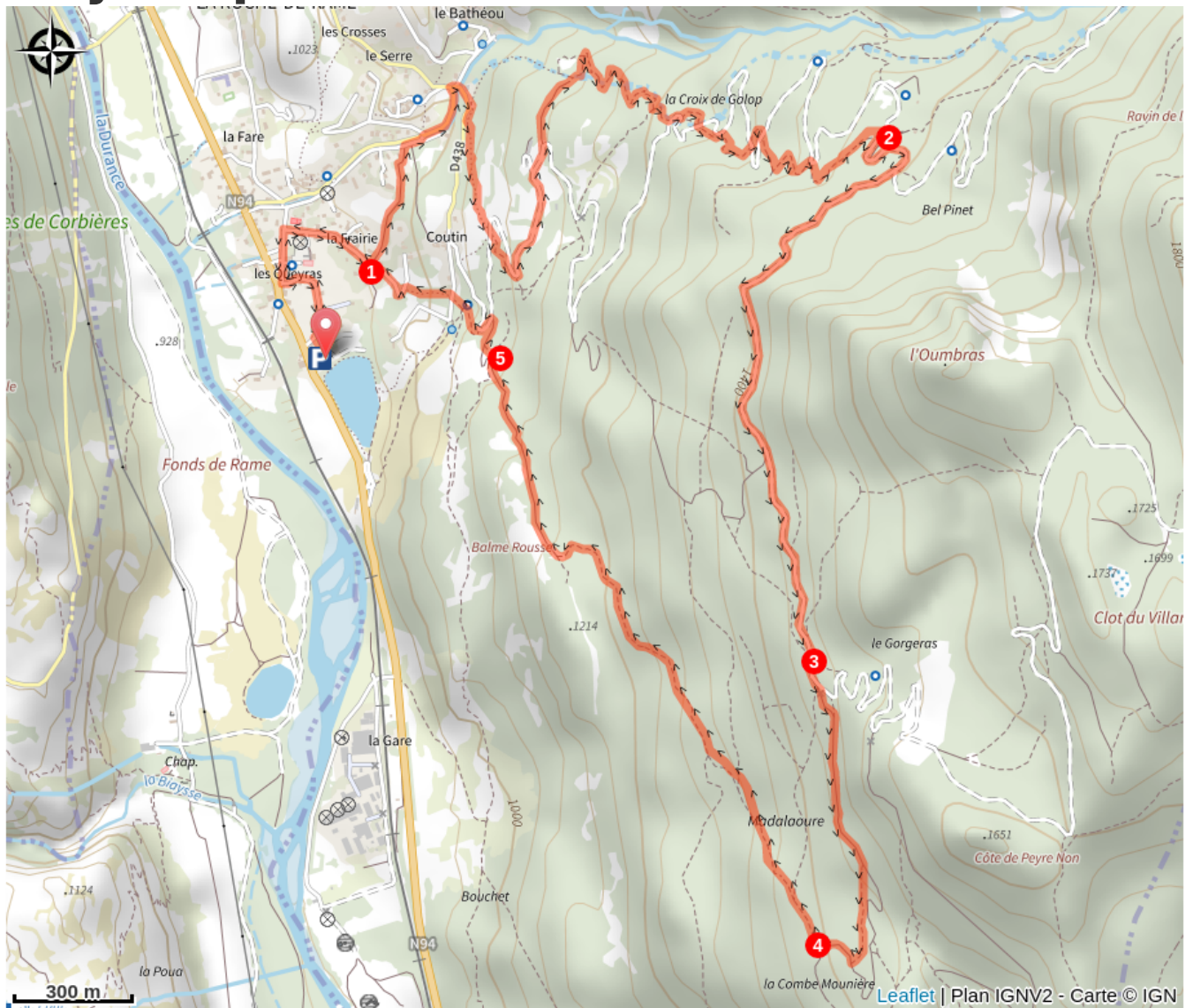





Min elevation 945 m Max elevation 1484 m




Facing away from the entrance to the lake campsite, turn right to go through the village of La Roche-de-Rame along the Rue “Les Queyras”. After going past the cemetery, continue to the right.

1. Turn left. At the end of this track, at the D38 continue by turning right. A short distance further up, cross the bridge on the right after the Bouchouse hydroelectric power station. The route gradually rises until it runs at a height above the lake.
2. At the Bel Pinet sector, take the track on the right to start the descent.
3. Where the tracks intersect, take the right-hand track to tackle the descent.
4. At the next intersection, continue on the path on the right
5. When you are back on the forest track, take a path running downhill below the hairpin and this brings you back to your starting point.

On your path...



-  Bouchouse mountain stream (A)
-  Bel Pinet (C)
-  The aspen wood (E)

-  The narrow-leaved lavender (B)
-  Pine forest (D)
-  The Pink Marble of Combe Mounière (F)

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

6.5 km from L'Argentière-La Bessée, take the N94.

Advised parking

Camping du lac (lake campsite) car park, La Roche-de-Rame

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 de 300m sol quand vous la survolez soit 1700m 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 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...



Bouchouse mountain stream (A)

The Bouchouse mountain stream is fed by the Le Pansier and La Pisse mountain streams 1,900 metres above sea level. It crosses the municipality of La Roche-de-Rame, supplying it with water. This mountain stream then flows into the Durance below the municipality.

Attribution : Office de tourisme du Pays des Écrins



The narrow-leaved lavender (B)

The narrow-leaved lavender has greenish-grey leaves and violet flowers. It grows in sunny areas, a reminder that the Pays de Écrins is in the Southern Alps after all! Not to be confused with the lavandin, this plant naturally grows on rocky slopes in the mountains of the Midi. The word «lavender» is thought to come from the Latin "to wash". This etymology suggests that lavender was used at a very early date to perfume washing.

Attribution : Bernard Nicollet - Parc national des Écrins



Bel Pinet (C)

Bel Pinet stands at 1,400 metres above sea level in the Bouchouse valley, in the municipality of La Roche-de-Rame. Bel Pinet, or Bel-Pinet, designates the slopes under the rocky cliffs of the Oumbras. It was once irrigated by the Bel Pinet Canal, which suggests that it used to be cultivated and would therefore have been less wooded. The term "Pinet" simply means a place planted with pines (Pinus in Latin). So Bel Pinet means a beautiful place planted with pines, or a beautiful pine wood.

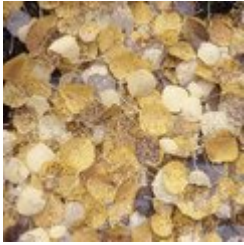
Attribution : Office de tourisme du Pays des Écrins



Pine forest (D)

The path runs through a forest of Scots pine, recognisable by its orangey trunk, especially at the top. This tree is very drought-resistant (it is very limey soil here) and can also withstand low temperatures. It is therefore found in large numbers in the intra-alpine valleys.

Attribution : Parc national des Écrins



🌸 The aspen wood (E)

Here, a wood of aspen trees, with smooth greenish trunks and round, crenulated leaves, adopt magnificent autumn colours. The petiole («tail») of aspen leaves is flat and twisted and can therefore be caught by the slightest breath of air. This has the effect of making the foliage tremble, hence its French name bois de tremble!

Attribution : Daniel Roche - Parc national des Écrins



🍊 The Pink Marble of Combe Mounière (F)

In the nineteenth century, there were four quarries in La Roche-de-Rame. They exploited deposits of metamorphosed limestone which was pink in colour. One of these, the Combe Mounière quarry, produced stone which was used in particular in the construction of the new Cathedral of Saint-Arnoux in Gap, between 1866 and 1904. When exposed to the elements, the surface of the limestone takes on a grey patina.

Attribution : Office de tourisme du Pays des Écrins