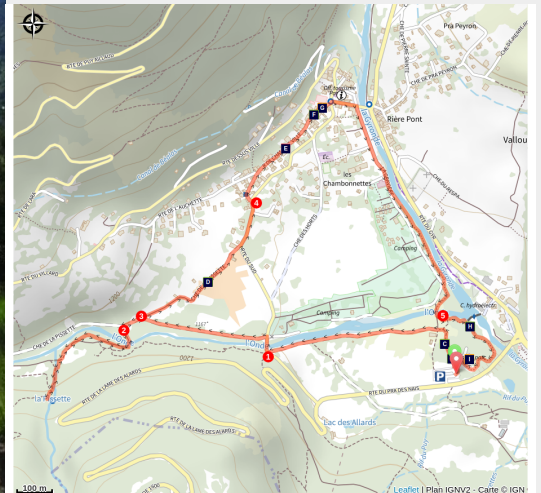


THEMED PATH: Cosmic and nature walk

Vallouise - Vallouise-Pelvoux



Balade cosmique et naturelle - Vallouise (Office de tourisme Pays des Écrins)



A fascinating excursion through the Vallouise plain, where the river flows through orchards and an old village.

This tranquil trail is full of fascinating features. A favourite is the Cascade de la Pissette waterfall which - although modest in size - is so refreshing!

Useful information

Practice : By walk

Duration : 1 h 30

Length : 4.3 km

Trek ascent : 77 m

Difficulty : Very easy

Type : Loop

Themes : Fauna, Flora

Accessibility : Family, Joelette, Stroller

Trek

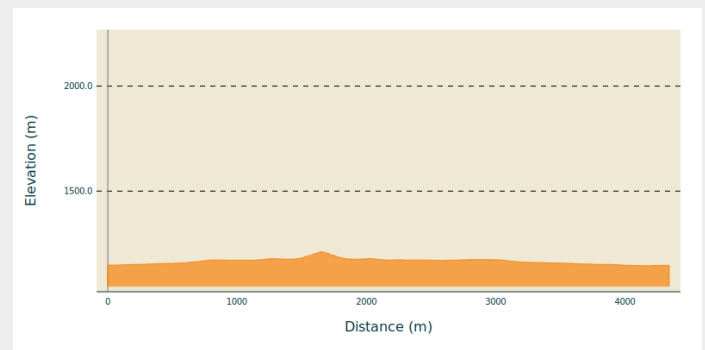
Departure : Park Centre ("Maison du Parc"), Vallouise

Arrival : Park Centre ("Maison du Parc"), Vallouise

Markings :  Sentier thématique

Cities : 1. Vallouise-Pelvoux

Altimetric profile



Min elevation 1145 m Max elevation 1211 m

Opposite the Vallouise Park Centre ("Maison du Parc"), take a narrow made-up path on the left. At the cross-country ski centre ("Foyer de ski de fond"), carry straight on. The path runs alongside the Onde.

1. Turn right to cross the Onde and then, as you exit the bridge, fork left and follow the river.
2. At the bridge, turn left to reach the Cascade de la Pissette waterfall, and then turn back on yourself and follow your outward route in reverse.
3. After the bridge, turn right and take the path on the left heading towards the centre of Vallouise.. When you come to the D504, turn left towards the village centre.
4. Turn left again to reach the church of Vallouise. On the church square, take the Rue du Centre and turn right before the bridge. The path then runs along the banks of the Gyr and past the Huttopia campsite.
5. After the bridge, turn left to skirt around the Park Centre ("Maison du Park") and back to the car park.

Topographic map of the Lac des Allards area in the Pyrénées-Orientales region. The map shows the Lac des Allards, the Canal de Bédas, and the Rte de la Pissette. A red line indicates a route with points 1 through 5. A red pin marks a location near point 5. A scale bar shows 100 m. The map is labeled with 'Leaflet | Plan IGNV2 - Carte © IGN'.

-  The sun bird (A)
 -  The ash tree (C)
 -  Vallouise (E)
 -  The church in Vallouise (G)
 -  The Vallouise Park Centre (I)
 -  The wood nuthatch (B)
 -  The northern wryneck (D)
 -  The lesser horseshoe bat (F)
 -  The gerris (H)

All useful information

Advices

A family game adds to the walk, with a magic dice which you can collect from the Park Centre ("Maison du Parc").

Pushchair-friendly circuit.

Les écrins sentiers thématiques Smartphone app can be downloaded.

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

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

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

Advised parking

Park Centre car park, Vallouise

Accessibility

Family  Joelette  Stroller

Accessibility level : Beginner

Slope

Terrain plat.

Width

5 mètres minimum.

Covering

Revêtement dur et bien roulant.

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 sun bird (A)

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 wood nuthatch (B)

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 ash tree (C)

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 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



Vallouise (E)

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 lesser horseshoe bat (F)

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



The church in Vallouise (G)

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 gerris (H)

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 Vallouise Park Centre (I)

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