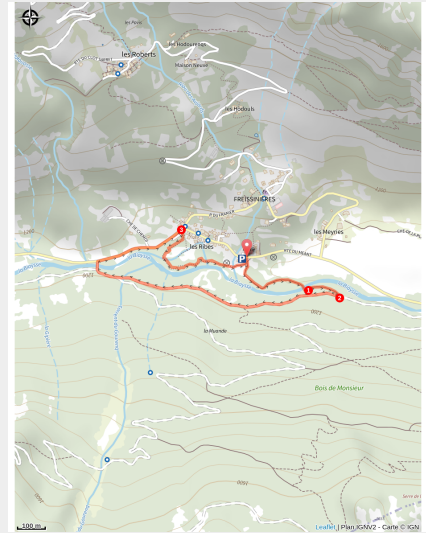


## THEMED PATH: Mr Alfred's wood

Vallouise - Freissinières



Sentier de Monsieur Alfred (Office de tourisme Pays des Écrins)



*A pleasant and fun outing through forest and along the river bank.*

The nine stopping points along the route draw you into the poetic and magical world of Alfred and prompt the creation of a thousand and one objects using natural elements. A way of entering the no-less magical world of the forest

### Useful information

Practice : By walk

Duration : 1 h 30

Length : 2.4 km

Trek ascent : 50 m

Difficulty : Very easy

Type : Loop

Themes : Fauna, Flora

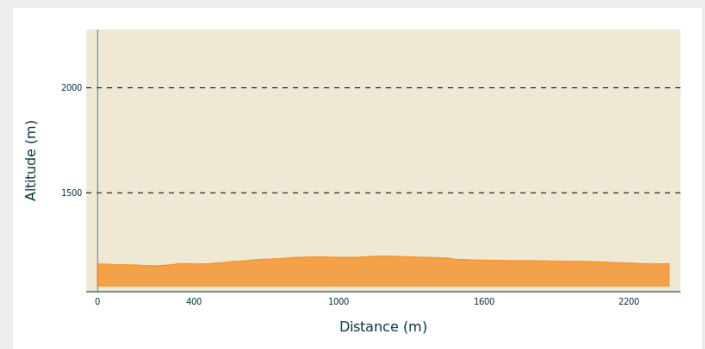
**Departure** : Valley Centre ("Maison de la Vallée"), Freissinières

**Arrival** : Valley Centre ("Maison de la Vallée"), Freissinières

**Markings** :  Sentier thématique

**Cities** : 1. Freissinières

## Altimetric profile

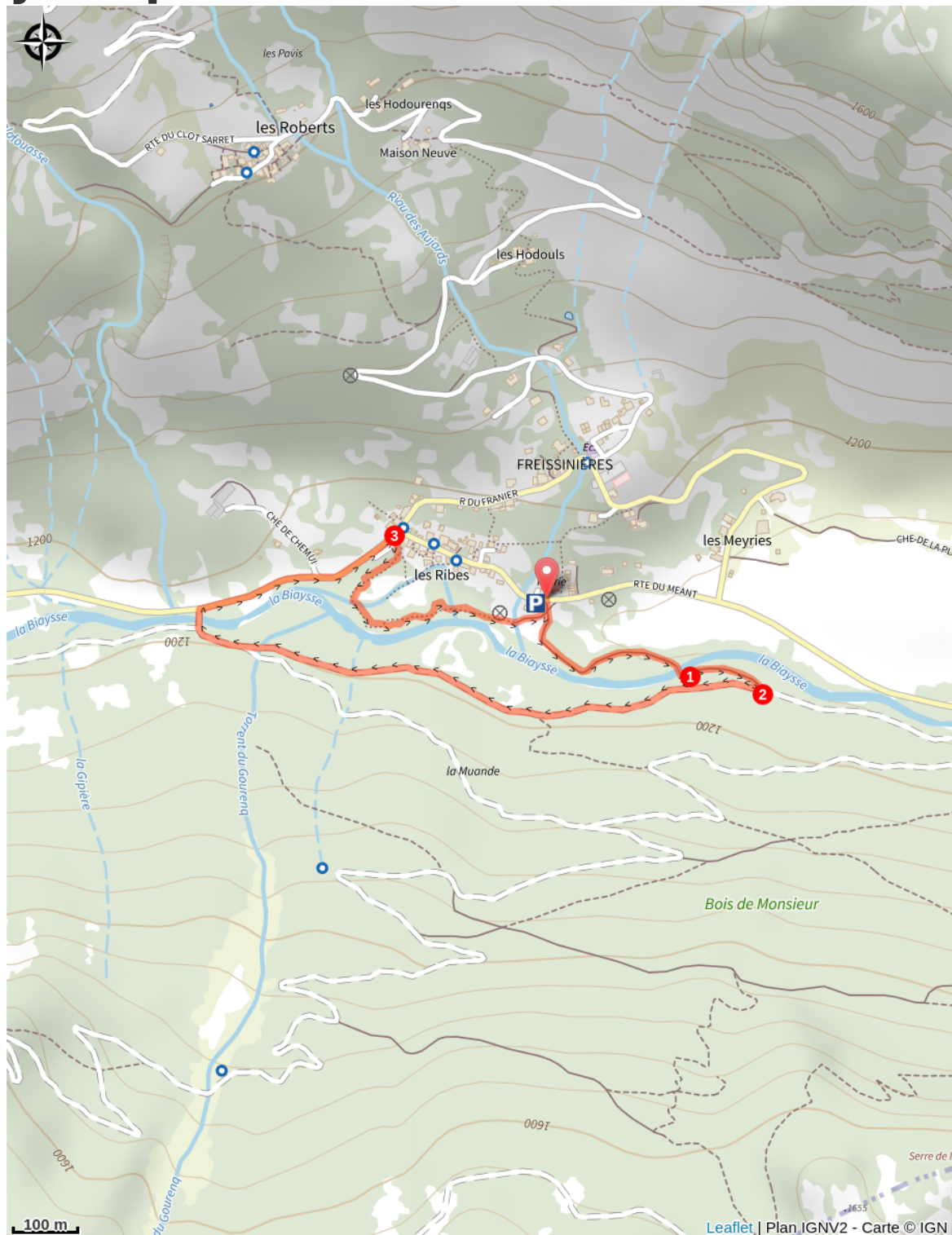





Min elevation 1154 m    Max elevation 1200 m




Opposite the Valley Centre ("Maison de la Vallée"), follow the waysigns for the "Sentier d'Alfred". The pathway first drops down into meadows surrounded by groves of trees, until it comes to the Biaysse, which you cross via a bridge.

1. After the bridge, keep left on this pathway.
2. Turn right onto a track. It rises gently up to a bridge, the Pont de l'Église, which takes you back across the Biaysse. Then, follow the road which drops back down towards Le Ribes (Freissinières).
3. At the car park just outside the village, don't miss the path on the right: near the cross at the bottom of the car park, you need to go down a set of steps and turn right to drop down to the river. Then, follow a former dyke built on a stone foundation to return to your starting point.

# On your path...



-  The common barberry (A)
-  The red squirrel (C)
-  The barbastelle (E)

-  The fir (B)
-  The horsetail (D)
-  The petasites hybridus or butterbur (F)

# All useful information

## **Advices**

A walk through level terrain, accessible even for very young children.

Information panels are installed all along the path

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](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

11.5 km from L'Argentière-La Bessée, take the N94 and the D38.

### Advised parking

Parking Maison de la Vallée, Freissinières

## **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...

---

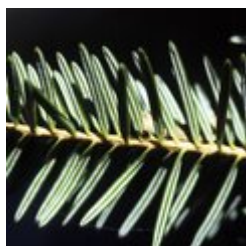


## ✿ The common barberry (A)

The common barberry is a bush with long thorns arranged in threes, and with oval serrated leaves. In spring, it produces clusters of yellow flowers, which later develop into red, oval and elongated berries. These tart fruits are edible and can be made into jellies... if you have the patience to gather them! This shrub grows almost everywhere.

Attribution : Mireille Coulon - Parc national des Écrins

---

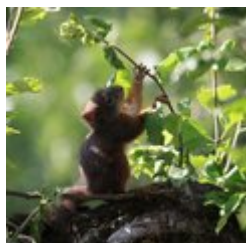


## ✿ The fir (B)

The fir thrives on this north-exposed slope, called the ubac. Its needles have two white stripes on their undersides. They are arranged on either side of the boughs, and not all the way around them, which distinguishes it from the spruce. The elongated cones stand upright, rather than hanging downwards. They grow in large number, often mingling with larch trees under whose shade they can grow. By contrast, the larch - the "tree of light" - cannot grow under the cover of fir trees.

Attribution : Parc national des Écrins

---

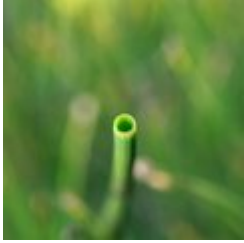


## 🐿 The red squirrel (C)

Elegant and alert, a squirrel crosses the track, followed by its long feathery tail. Red? This one is dark brown. In the mountains this rodent has adopted a "solar panel" strategy, on the principle that dark colours absorb the heat more efficiently. It is active during the day and does not hibernate, although it does minimise its activity on days when the weather is bad. It is a protected species.

Attribution : Marc Corail - Parc national des Écrins





### ✿ The horsetail (D)

On the banks of a stream, on the edge of a ditch a plant grows which resembles a large bottle brush... or a horse's tail, depending on your imagination. It's the field horsetail, a plant related to ferns. It is known for its medicinal properties because it is rich in silica, a powerful remineraliser for the bones, cartilage and skin. There are several species of horsetail.

Attribution : Cédric Dentan - Parc national des Écrins



### 🦇 The barbastelle (E)

In the village, birds build their nests in the old walls and bats live in the attics. Some hide behind shutters that are secured open against the walls. The barbastelle is a rare species of bat. Like all other bat species, it is protected. The hamlet of Le Ribes is privileged to be its home in the summer. This small mammal feeds on a large number of insects every night. It «moves house» frequently if it is disturbed or simply as a precaution.

Attribution : Mireille Coulon - Parc national des Écrins



### ✿ The petasites hybridus or butterbur (F)

On the banks of the stream there is a plant with very broad leaves: the petasites hybridus or butterbur. In Ancient Greek, the petasos was a round felt hat. Nobody knows whether the devil wears this hat, but the plant is certainly used as a herbal remedy. Common in the lowlands, it is generally quite scarce in the mountains, although other species of petasites do grow at higher altitude. In any event, it makes a great hat!

Attribution : Mireille Coulon - Parc national des Écrins