THEMED PATH: The Mountain Hut path

Cabanes éco-construites (Office de tourisme Pays des Écrins)

A fun, eco-aware and educational excursion in the heart of unspoilt nature!

Building, living and developing in harmony with nature! This trail highlights the possibilities for sustainable development and introduces you to a series of exemplary initiatives. An ecological trail showing that development is possible wihtout spoiling the remarkable natural heritage of the Pays des Écrins!

Useful information

Practice : By walk

Duration : 2 h 30

Length : 3.4 km

Trek ascent : 87 m

Difficulty : Easy

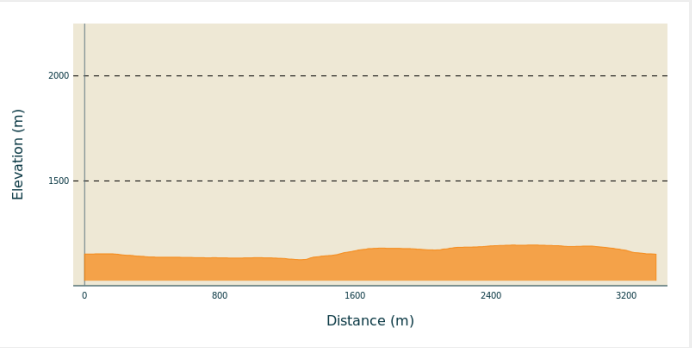
Type : Loop

Themes : Pastoralism

Trek

Departure : D4, Prelles
Arrival : D4, Prelles
Markings : Sentier thématique
Cities : 1. Saint-Martin-de-Queyrières

Altimetric profile

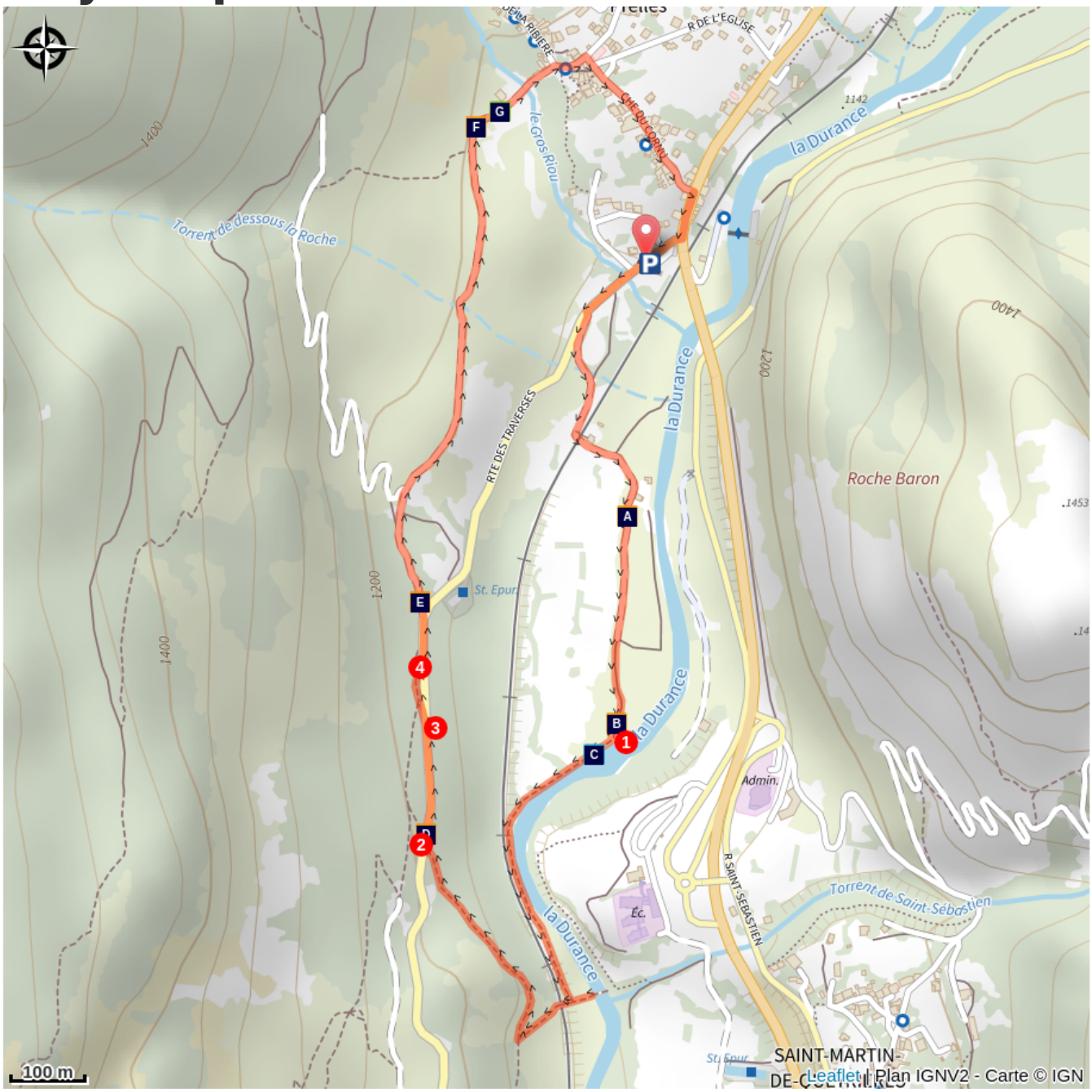


Min elevation 1126 m Max elevation 1196 m

From the car park, head towards the farm, taking the second right after the bridge. Go past the railway line and go along the edge of the farm and then follow the Durance.

1. Continue uphill until you come to the railway line and follow it. At the panel at the Pont de Chirouze, continue by taking the uphill path on the right.
2. When you come to the D4, turn right and follow it for a few metres.
3. Keep an eye out for the path on the left; head towards Prelles.
4. Take the D4 for a short distance; fork onto the path on the left to reach Prelles. In Prelles, turn left opposite the church to return to your starting point.

On your path...



- High-mountain farming (A)
- The adoux, the nurseries of our rivers (C)
- The eco-constructed school (E)
- The larch, a tree unlike any other (G)
- Straw insulation (B)
- The Resourcerie (D)
- Eco-construction (F)

All useful information

⚠ Advices

Note, be alert: in places, the trail runs along the banks of the Durance and alongside the railway line.

Information panels are installed around the circuit.

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

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

Advised parking

Car park near the railway line, Prelles

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...

High-mountain farming (A)

The mountains are areas naturally used for agriculture. These agricultural practices have been carefully thought-out in order to protect the environment. Agri-environmental measures have been introduced. They are designed to encourage and remunerate volunteer users of mountain spaces in their actions to protect natural environments. These measures prevent over-grazing, the invasion of bushes and shrubs and the proliferation of invasive plants.

Attribution : Office de tourisme Pays des Écrins

Straw insulation (B)

Straw can be used as an insulation material. In fact, it can even be used in its natural state to insulate walls. Straw is available everywhere, it is an abundant resource and its production creates no pollution so it makes a very eco-friendly material. In addition, it offers excellent sound insulation.

Attribution : Robert Keck - Parc national des Écrins

The adoux, the nurseries of our rivers (C)

Adoux are water courses in which fish can rest, breed and grow within a remarkable ecological reservoir. An ecological reservoir is an area which contains all the natural habitats necessary for the life cycle of a species: from reproduction to feeding and growth. So it could be said that an ecological reservoir assures the survival of the species and fulfils the function of a breeding ground.

Attribution : Parc national des Écrins

The Resourcerie (D)

This former school has acquired a new function: that of giving new life to obsolete furniture and objects. The Resourcerie reclamation and repurposing centre makes new objects out of other, unwanted items. No new raw materials are used in their production, thereby helping to prevent the accumulation of waste. Eco-friendly and sustainable, the reclamation and repurposing centre reduces waste and creates employment.

Attribution : Office de tourisme Pays des Écrins

The eco-constructed school (E)

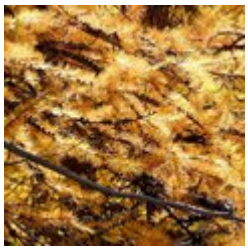
The school in Saint-Martin-de-Queyrières is built out of materials that are safe and sustainable. The building is of bioclimatic design, that is to say, the architecture is adapted to the characteristics of the climate of the local area in which it is sited, in order to obtain the most natural ambient comfort possible. The environment provides power and resources through, for example, the capture of solar energy, the use of air circulation techniques, rainwater harvesting etc.

Attribution : Office de tourisme Pays des Écrins

Eco-construction (F)

On this path, you will pass by some eco-constructed cabins. One of them is made from larch, a wood that is naturally resistant to bad weather and insects and needs no previous treatment. The other is constructed according to the “post-beam” principle, which is reminiscent of half-timbered construction. This is characterised by an exposed supporting framework. The beams support the roof, and these beams are in turn are supported by the posts.

Attribution : Office de tourisme Pays des Écrins



The larch, a tree unlike any other (G)

The symbol of the Southern Alps, this softwood tree loses its leaves in winter, and is swathed with gold and lights up the mountains in autumn. The larch forests are maintained by the grazing of flocks. Without them, other trees like the fir or other pine trees could grow, creating a different kind of forest. A pioneer species, the larch establishes freely in light conditions. Its solid rot-proof wood has always been used in the construction of houses.

Attribution : Hélène Quellier - Parc national des Écrins