

## Les Claux circuit (no. 4)

Parc national des Ecrins - Vallouise-Pelvoux



traversée torrent (rogiervanrijn)



*An easy circuit along narrow roads and forest tracks, starting from the family resort of Pelvoux-Vallouise.*

This easy route leads to the river Gyr, fed by glaciers, running alongside the snow front of the ski resort. You will climb up the right-hand bank of this water course to the gorges of the Gyr. Provided with a via ferrata, this rocky outcrop also looks over the museum of the Les Claux hydroelectric power station.

### Useful information

Practice : Mountain bike

Duration : 1 h 30

Length : 5.2 km

Trek ascent : 70 m

Difficulty : Very easy

Type : Return trip

Themes : Flora, History and architecture

# Trek

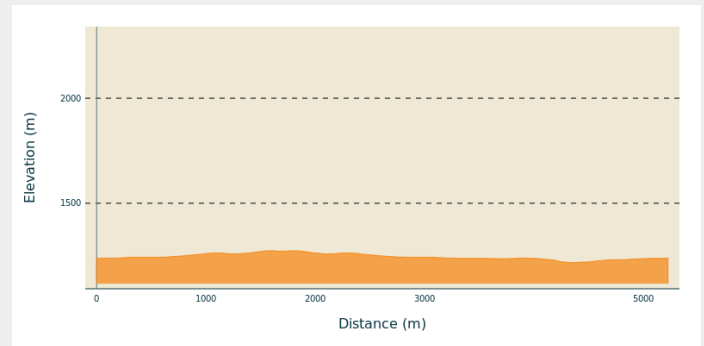
**Departure** : Pelvoux-Vallouise resort

**Arrival** : Pelvoux-Vallouise resort

**Markings** : ➤ VTT

**Cities** : 1. Vallouise-Pelvoux

## Altimetric profile



Min elevation 1218 m Max elevation 1275 m


The trail starts at the car park at the Pelvoux-Vallouise resort, heading left towards the snow front

1. Follow the narrow road due south; it runs through the bottom of the ski station to the holiday resort
2. Where the road turns into a forest track, carry on along this track which leads downhill to the river
3. At the bridge, stay on the right-hand bank and follow the river along the track leading due north
4. When you get back to the narrow road, continue straight on until you reach the starting point and then carry on, continuing to follow the right-hand bank of the Gyr
5. Before the bridge, turn left and then right and join the path with leads to the road and the gorges of the Gyr
6. After the tunnel, turn back on yourself and follow the same route back to your starting point

# On your path...




 The Gyr (A)

 Cool meadow (C)

 Silver spike grass (E)

 The grey alder (B)

 The ski resort of Pelvoux-Vallouise (D)

# All useful information

## **Advices**

Rescue services contact details: Secours Montagne(Mountain Rescue): +33 (0)4 92 22 22 22 or 112

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 >> [www.paysdesecrins.com](http://www.paysdesecrins.com)

### Access

12.5 km from L'Argentière-la-Bessée, take the D994E.

### Advised parking

Pelvoux-Vallouise resort car park, Pelvoux

## **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...

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## The Gyr (A)

Humans are decidedly bizarre animals: they build, knock down and start again. To protect the new infrastructures of Pelvoux, the Gyr was dammed. But, not able to flow as it did before, it deepened its bed, thus placing the foundations in danger of damage. And so works were carried out to widen its bed, allowing it to flow more naturally. This is also more favourable for biodiversity, as well as protecting the developed urban areas.

Attribution : Office de tourisme du Pays des Écrins

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## The grey alder (B)

In the valleys of the Alps and the Jura, the grey alder often grows in place of the black alder, present in many parts of France. Like its cousin, it grows on riversides and plays an important role in stabilising the banks. If it is cut down, its wood is bright orange in colour. But why cut it down?

Attribution : Nicollet Bernard - Parc national des Écrins

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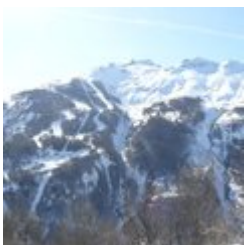


## Cool meadow (C)

The track passes through a meadow area, which is categorised as "cool" because of the ground water content there. A botanist quickly recognises this type of meadow through its range of plant life and, in particular, the presence of bistort, a bottle brush-shaped plant bearing a dense spike of tiny pink flowers at the top of its stem. It is also called langue de boeuf ("ox tongue" in English) because of the shape of its leaves.

Attribution : Parc national des Écrins

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## The ski resort of Pelvoux-Vallouise (D)

The route first leads through the small ski resort of Pelvoux-Vallouise, built in 1982. Very family-focused, in winter it's the ideal place for young children to learn to ski, with small lifts lower down, while their big brothers and sisters can ski higher up.

Attribution : Pelvoux Office de tourisme du Pays des Écrins

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## Silver spike grass (E)

A grass grows in large clumps on the embankment: silver spike grass. It is adapted to stony, dry and sunny ground. Its inflorescences reflecting silvery-gold glints create a beautiful effect, but they are particularly noticeable in the late summer, when it forms large shimmering bouquets in the evening sunlight.

Attribution : Nicolas Marie-Geneviève - Parc national des Écrins