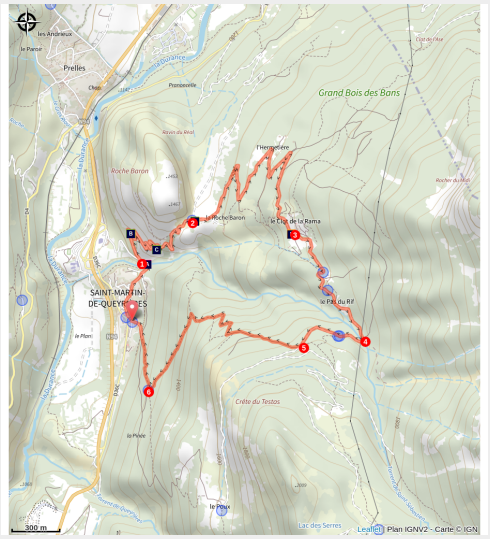
Le Poux circuit (no. 1)

Poux 3 (Thibaut Blais)



Running above the municipality of Saint-Martin-de-Queyrières, this circuit offers a tranquil, simple walk along easy, accessible paths.

This mountain bike route invites you on a discovery of one of the key climbing sites in the Pays des Écrins, called the Rocher Baron. You will then pass through two small hamlets in the municipality of Saint-Martin-de-Queyrières, both built around their alpine pasture chapel. Both villages stand on the banks of the mountain stream which has shaped the Saint-Sébastien valley. The circuit ends with a descent through a conifer forest overlooking the municipality.

Useful information

Practice : Mountain bike

Duration : 1 h 30

Length : 7.6 km

Trek ascent : 492 m

Difficulty : Hard

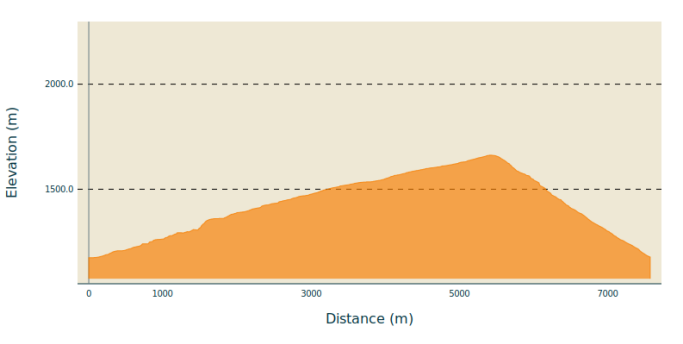
Type : Loop

Themes : Fauna, Flora, Geology, History and architecture

Trek

Departure : Mayor's office ("Mairie"), Saint-Martin-de-Queyrières
Arrival : Mayor's office ("Mairie"), Saint-Martin-de-Queyrières
Markings : VTT
Cities : 1. Saint-Martin-de-Queyrières

Altimetric profile

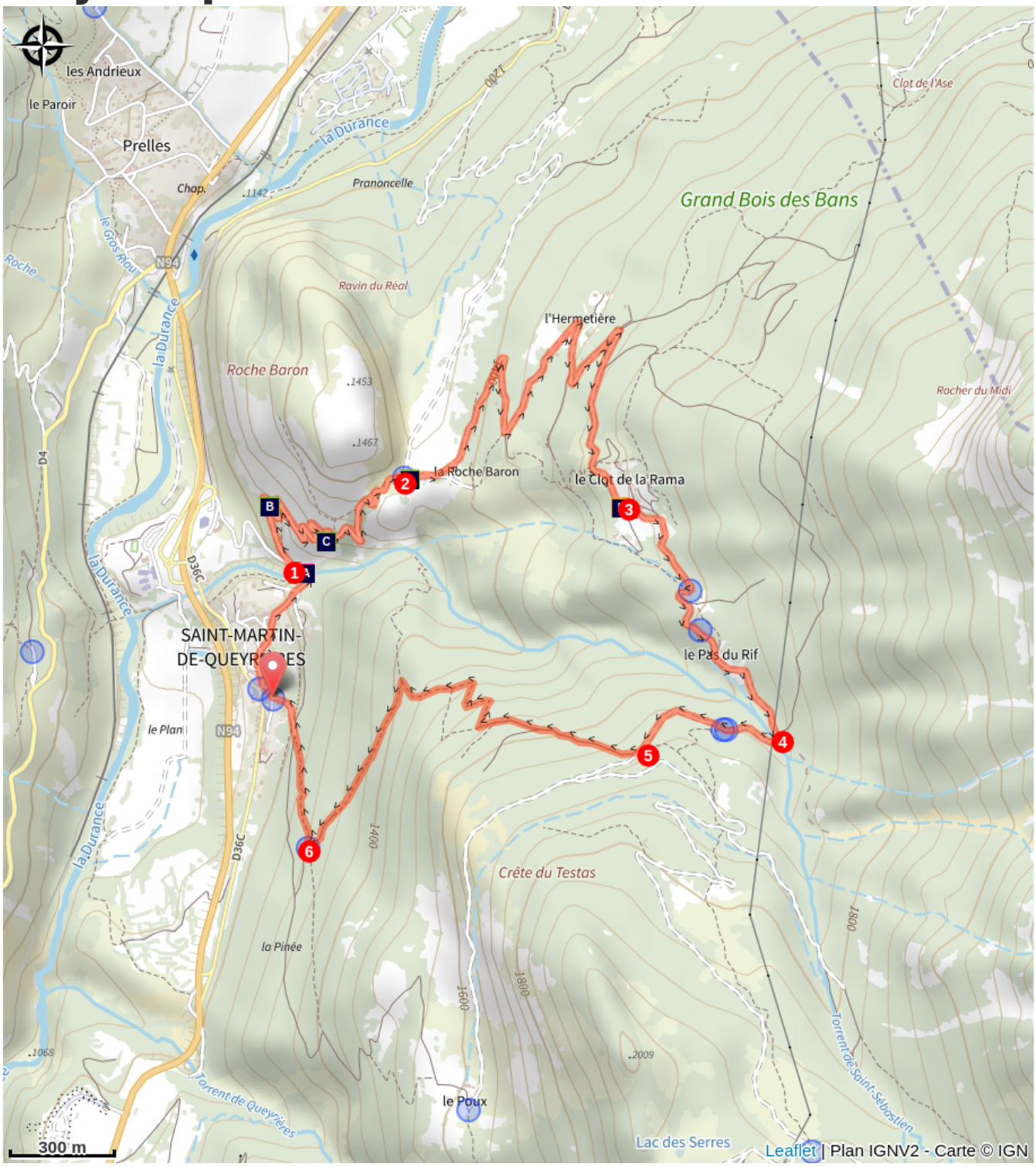


Min elevation 1174 m Max elevation 1662 m

As you leave the car park of the mayor's office ("Mairie") in Saint-Martin-de-Queyrières, turn left.

1. After crossing the Saint-Sébastien mountain stream, head right towards the Rocher Baron, a drivable track all the way
2. When you reach the plateau of the Rocher Baron, head right
3. At Le Clot de la Rama, carry on along the drivable track towards Le Pas du Rif
4. Cross the footbridge over the Saint-Sébastien mountain stream, heading towards Le Poux
5. Approximately 500 metres after the footbridge, turn right off the track and follow the path running downhill
6. 200 metres after the water catchment, leave the track and turn right towards the municipality of Saint-Martin-de-Queyrières and your starting point

On your path...



The fault (A)
The willow tit (B)
The gooseberry (C)
The large marsh grasshopper (D)
Le Clot de la Rama (E)

All useful information

Herd protection dogs - ATV

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When mountain biking, I adapt my behavior by going around the herd, pausing and getting off the bike so the dog can identify me.

Find out more about the actions to adopt with the article "Protection dogs: a context and actions to adopt".
Tell us about your meeting by answering this survey.

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
Consider car-sharing >> www.blablacar.fr

For more information, ask at the Tourist Information Office nearest to the trail starting point >> www.paysdesecrins.com

Access

9 km from L'Argentière-la-Bessée, take the N94

Advised parking

mayor's office ("Mairie") car park, Saint-Martin-de-Queyrières

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 fault (A)

The series of faults in the Durance has long been known to alpine geologists. Categorised as « normal »,these faults are openings associated with a movement of extension and stretching of the Briançonnais zone in contact with the Dauphinois zone located further to the west. Warning: it is dangerous and prohibited to approach a fault. Risk of rock falls.

Attribution : Office de tourisme du Pays des Écrins

The willow tit (B)

A small resident passerine with a black cap, brown back and white underside, the willow or alpine tit lives in the mountain forests. It selects a trunk with rotten wood in which to built its nest, because its beak is not designed for pecking into very solid trunks. This tit is very similar to the marsh tit, which tends to live below 1,400 metres. To distinguish between them, you have to listen carefully to the singing and calls of these two birds.

Attribution : Mireille Coulon - Parc national des Écrins

The gooseberry (C)

Watch out, it's spiky! The gooseberry is a thorny little bush, and very common in this area. In fact, it grows well in dry ground. It bears whitish, sometimes purplish, fruits covered in rather stiff hairs. Its long, strong thorns often discourage people from gathering its fruits, and the feel of the stiff hairs is rather strange in the mouth. But it's worth the effort: they are very tasty!

Attribution : Dentant Cédric - Parc national des Écrins

The large marsh grasshopper (D)

In the wet areas beside the streams lives the large marsh grasshopper. Its French name, criquet engsanglanté, translates as the "bloodied grasshopper" because the female has purple-red marks which stand out against her general green colour. Her eggs are drought-sensitive so she only lays them in damp soil. When courting the female, the male does not chirp but makes clicking sounds, which he produces by stretching his hind leg in a sudden movement.

Attribution : Mireille Coulon - Parc national des Écrins

Le Clot de la Rama (E)

Le Clot de la Rama is a small hamlet in the municipality of Saint-Martin-de-Queyrières. It lies in the Saint-Sébastien valley by the mountain stream, at an altitude of 1,500 metres. Still populated, this small hamlet had several alpine pasture chalets which trace its history and show how valuable the land was. In addition, there is still an alpine pasture chapel here, called the chapel of Sainte-Marie-Madeleine which is marked by its history.

Attribution : Office de tourisme du Pays des Écrins