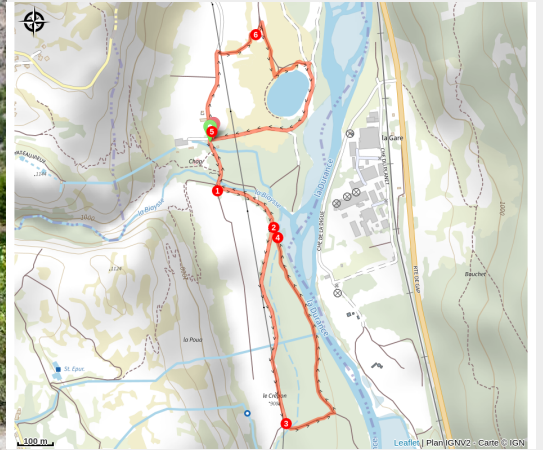


# Rame circuit (no. 10)

Parc national des Ecrins - Champcella



Rame 1 (Thibaut Blais)



*Easy circuit for beginners and families, in a place rich in history.*

This short, easy trail will introduce you to the plain of Les Fonds de Rame. Numerous vestiges from the Roman era have been discovered here. At the starting point, some ruins of a château remain. Today, this plain is partly cultivated. You will cross it on the right-hand bank of the Durance.

## Useful information

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Practice : Mountain bike

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Duration : 1 h

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Length : 3.3 km

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Trek ascent : 20 m

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Difficulty : Very easy

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Type : Loop

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Themes : Fauna, Flora, History and architecture

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# Trek

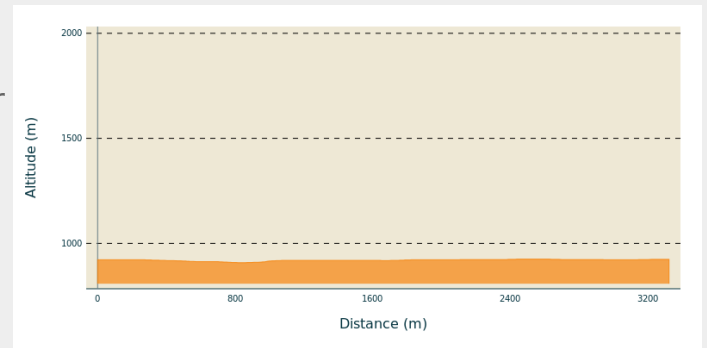
**Departure** : Hydroelectric power station near the chapel in Rame, Champcella

**Arrival** : Hydroelectric power station near the chapel in Rame, Champcella

**Markings** : ➤ VTT

**Cities** : 1. Champcella

## Altimetric profile

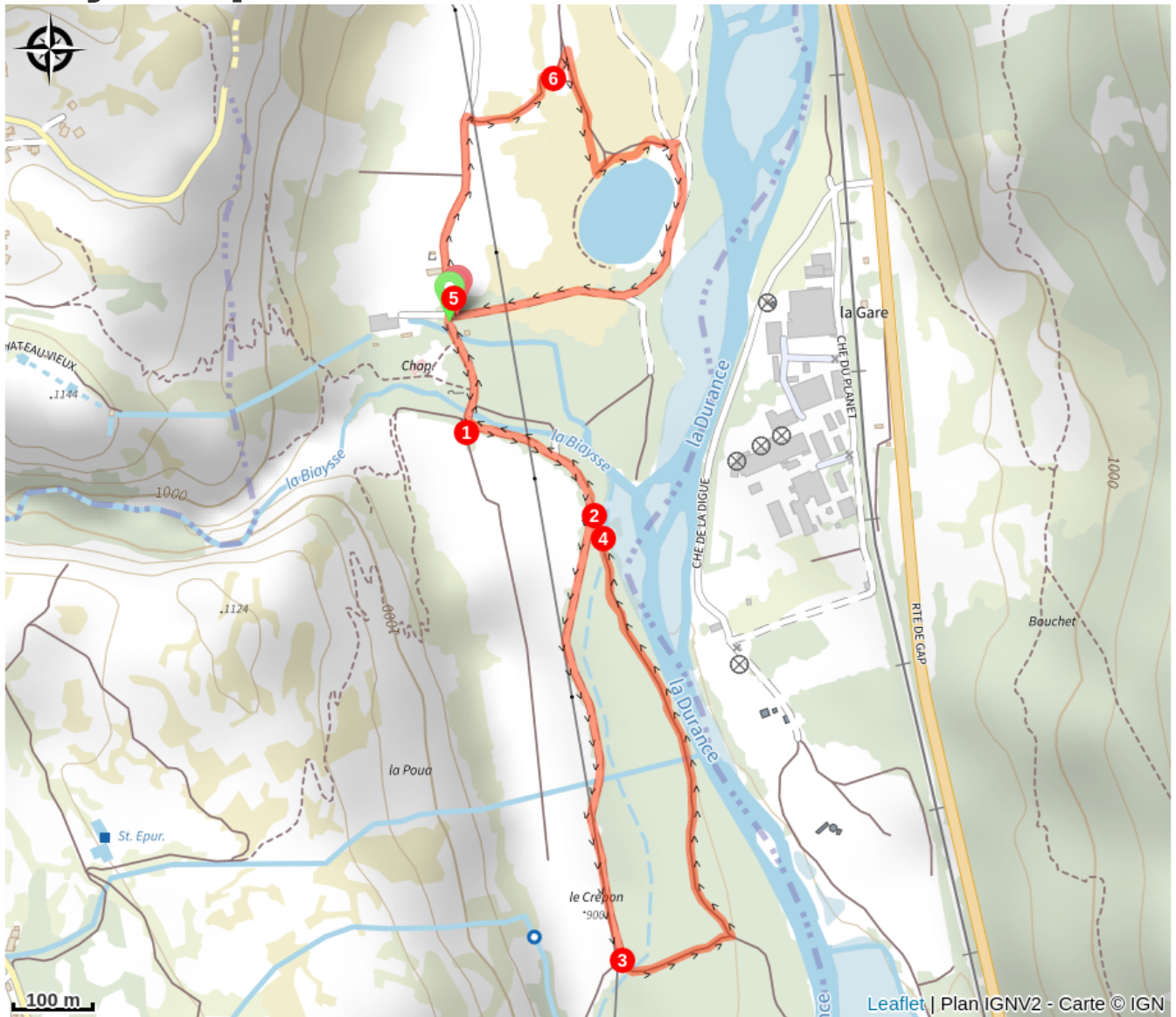





Min elevation 909 m Max elevation 926 m



The route starts just next to the hydroelectric power station. Head due south and go across the bridge spanning the Biaysse.

1. Turn left after the bridge and follow the track
2. At the other side of the plain, take the track on the left which leads back towards your starting point
3. At the car park, continue along the road due north and leave it 300 metres further on, taking [a track] on your right
4. At the intersection of the tracks, turn right along the Durance. Go around the right-hand shore of the lake which brings you back to your starting point

# On your path...



-  The lost village (A)
-  The gravel grasshopper (C)
-  The common toad (E)

-  The summer pheasant's-eye (B)
-  The crag martin (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

10 km from L'Argentière-la-Bessée, take the N94 and the D38.

### Advised parking

Hydroelectric power station near the chapel in Rame, Champcella

## **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...

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## The lost village (A)

In ancient times, the Durance valley was a key communication corridor. Rama was a kind of staging post on the Roman road. In the Middle Ages, Rama was a small town with a noble's château. But the village was devastated by the capriciousness of the Durance and the Biaysse rivers on numerous occasions and the inhabitants gradually deserted the site, moving to neighbouring villages. The attachment of the parish of Rame to that of La Roche in 1446 is indicative of this decline.

Attribution : Jean-Philippe Telmon - Parc national des Écrins

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## The summer pheasant's-eye (B)

The history of plants is fascinating. A large number of messicole plants (those associated with crops), like the poppy and the cornflower, arrived from the Mediterranean basin or the Middle East as seeds, mixed with cereal seeds, as far back as the very first trading activity in prehistory. Unfortunately, herbicides have led to their virtual disappearance and mountain farming has become their last refuge. And so the summer pheasant's-eye, with its splendid but discreet flowers, still grows here.

Attribution : Coulon Mireille - Parc national des Écrins

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## The gravel grasshopper (C)

This species of grasshopper favours islands of gravel, sand banks, and the edges of meandering mountain streams. These habitats are increasingly rare because rivers have been reworked, dammed up or dredged for gravel extraction. So this grasshopper, along with several others, has become critically endangered. The Durance population is one of the few remaining populations in Europe.

Attribution : Coulon Mireille - Parc national des Écrins



### The crag martin (D)

They first appear in the Pays des Écrins from late February, so it's true to say that they don't bring the spring! Brown with a beige underside, as their name suggests they nest on crags and cliffs. It is the most common species of swallow in the mountains and is present up to an altitude of 2,500 metres. They are partially migratory, overwintering in the south of France where they join resident colonies.

Attribution : Combrisson Damien - Parc national des Écrins

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### The common toad (E)

This large toad only lives in the ponds during the spawning season, leaving its long strings of toad spawn in the water. So here in the artificial Lac de Rama it has found a habitat to ensure its survival. After the spawning season, it returns to the cool, wooded areas where it hunts small invertebrates at night and spends the day hiding underneath wood or stones or in underground crevices. It hibernates in cavities, protected from freezing temperatures.

Attribution : Corail Marc - Parc national des Écrins