

# Les Choulières circuit (no. 3)

Vallouise - Vallouise-Pelvoux



vue sur le Pelvoux (rogiervanrijn)



*A lovely, tranquil circuit on the south-facing side of the municipality of Vallouise-Pelvoux*

This path - relatively easy but with a few technical sections - takes you through the south-facing side of the municipality of Vallouise-Pelvoux and will reward you with a fine panoramic vista over the valley. So you will have the opportunity to take in views of Mont Pelvoux and other legendary peaks in the area.

## Useful information

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Practice : Mountain bike

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Duration : 3 h

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Length : 13.4 km

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Trek ascent : 522 m

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Difficulty : Medium

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Type : Loop

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Themes : Fauna, Flora, Geology

# Trek

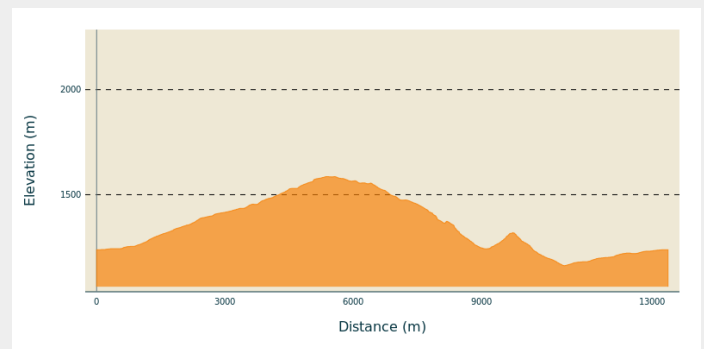
**Departure** : Pelvoux-Vallouise resort

**Arrival** : Pelvoux-Vallouise resort

**Markings** : ➤ VTT

**Cities** : 1. Vallouise-Pelvoux

## Altimetric profile






Min elevation 1163 m Max elevation 1587 m




The trail starts at the Pelvoux-Vallouise resort, near the Village Igloo

1. Cross the footbridge over the Gyr and head left onto the local road. Leave the road 200 metres further on, turning right towards the Domaine des Claux
2. At the end of the track, turn left onto the road leading towards Les Choulières
3. On the hairpin, go straight ahead along a narrow path heading towards the "Adret" (south-facing slopes). ⚠ Caution, dangerous section; if necessary, for safety's sake keep to the biking side along certain stretches
4. At the intersection, turn left towards Le Sarret
5. On the descent to the mountain stream La Juliane, continue straight ahead to cross it
6. At Belle Vue, turn left towards Le Poët and Vallouise
7. At the end of the track, head left, then right and then left again to take a narrow path taking you across the Paulin mountain stream (⚠ Be careful not to be caught by the current!)
8. Head left on a track which runs downhill to a paved road, then the local road in Vallouise
9. At the crossroads near the bridge, turn right to take a track, called Le Moulin, which runs along the left-hand bank of the Gyr
10. Cross the bridge spanning the Gyr and head right towards your starting point.

# On your path...



-  The minor heritage of Pelvoux (A)
-  L'Adret (C)
-  Forest on the water's edge (E)

-  Les Choulières (B)
-  The trout (D)
-  The aspen (F)

# All useful information

## **AdVICES**

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

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 minor heritage of Pelvoux (A)

Every hamlet has its own chapel. In the territory of Pelvoux, Les Claux has the chapel of Sainte-Barbe with a restored sun dial dating from 1792. The seventeenth-century chapel of Saint-Pancrace is in Le Poët. In Le Sarret, you can admire the chapel of Saint-Joseph and the chapel of Notre-Dame des Sept Douleurs stands in Le Fangeas. Every hamlet has its own communal oven and water fountains as well. Finally, the church of Saint-Antoine is located in the hamlet of Saint-Antoine. It has a sun dial dating from 1810.

Attribution : Office de tourisme Pays des Écrins

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## Les Choulières (B)

The French children's song *Savez-vous planter les choux?* (Do you know how to plant cabbage?) is very appropriate here! In any event, the name Choulières is believed to be a reference to a place planted with cabbages and, by extension, a place where vegetables are grown. The phasing out of crop cultivation in the mountains has altered the landscape: the hay meadows and fields are now used as grazing meadows for increasingly large flocks of sheep.

Attribution : Office de tourisme du Pays des Écrins

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## L'Adret (C)

This place is called L'Adret. In some regions, the term adret refers to the slope that is exposed to the sun, facing south or west. This is as opposed to the ubac, the north-facing slope. On the adret side, crops start to grow earlier and ripen faster and the houses warm up quicker too! These warmer slopes have therefore largely been cleared of vegetation, and the forest was maintained as a source of wood for fuel or building material.

Attribution : Office de tourisme du Pays des Écrins

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## The trout (D)

But what's the angler angling for? The brown trout of course! This is the mountain fish par excellence, with a streamlined body to withstand the current more efficiently and light brown skin speckled with black and red. It lives in cold, oxygen-rich waters.

Attribution : Parc national des Écrins

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## Forest on the water's edge (E)

This small wood is a fragment of the riparian forest: natural forest growing adjacent to a body of water. Reduced everywhere due to urbanisation, this type of forest is made up of alder, willow and oak, and also poplar, birch and aspen, among others

Attribution : Office de tourisme Pays des Écrins

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## The aspen (F)

On the right, a stand of aspens with smooth, greenish trunks and rounded, crenelated leaves take on magnificent colours in autumn. The stem, or petiole, of aspen leaves is flat and twisted, so it can be caught by the slightest breeze making the foliage «quake» hence its common name, the quaking aspen.

Attribution : Bernard Nicollet - Parc national des Écrins