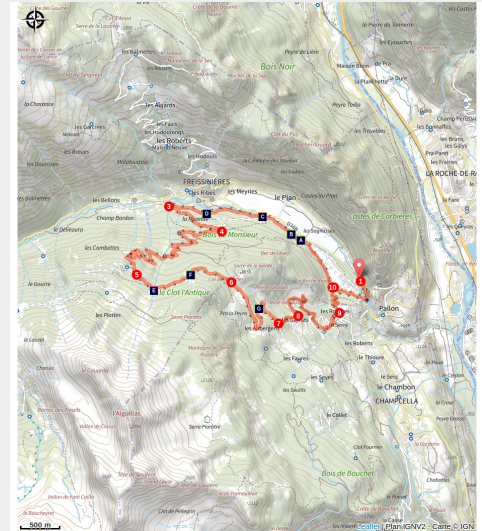


Col des Combes circuit (no. 9)

Parc national des Ecrins - Freissinières



descente single (rogiervanrijn)



A very scenic route alternating between forest and the hamlets of Champcella.

Contrasting scenery between an ascent scattered with a few of the hamlets of Champcella and a descent through the huge forest on the north-facing side of Freissinières.

Useful information

Practice : Mountain bike

Duration : 2 h 30

Length : 14.8 km

Trek ascent : 617 m

Difficulty : Medium

Type : Loop

Themes : Fauna, Flora, Geology

Trek

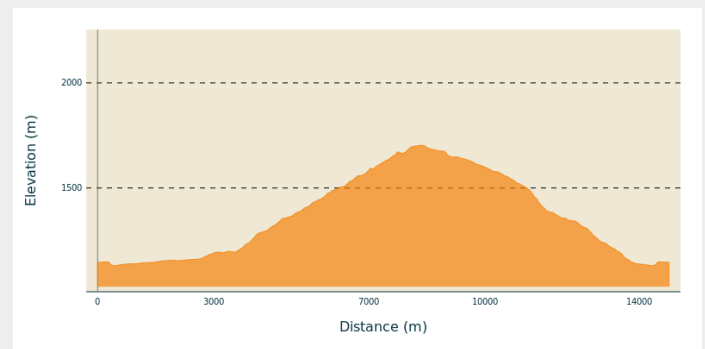
Departure : Car park at the treetop adventure park ("Freissinières Aventure Nature") at the Pavis bridge, Freissinières

Arrival : Car park at the treetop adventure park ("Freissinières Aventure Nature") at the Pavis bridge, Freissinières

Markings : ➡ VTT

Cities : 1. Freissinières
2. Champcella

Altimetric profile

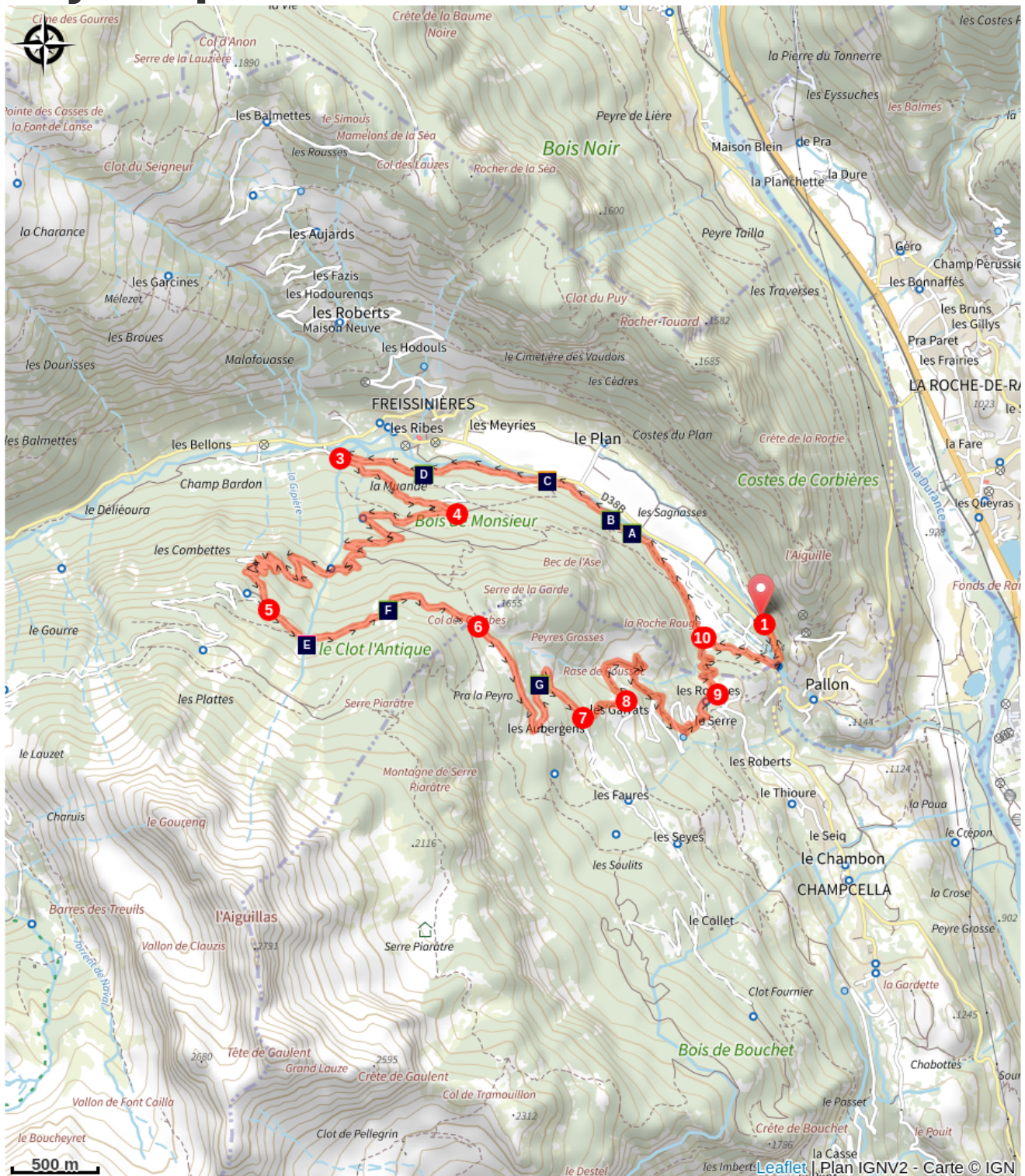


Min elevation 1131 m Max elevation 1704 m

The route starts at the bridge spanning the Pavis, amidst cool, fresh surrounding on a track running upstream along the right-hand bank of the Biaysse mountain stream.

1. 700 metres from the starting point, leave the track and continue straight ahead towards Les Rousses
2. In Les Rousses, when you come to the end of the track on a bend, head to the right on the paved road and continue on uphill. After 200 metres, leave the road right and then follow the track which crosses the road twice before coming to Rase de Roussac
3. Rejoin the road and then carry on uphill. After 1 kilometre, turn right towards Les Faures and then carry on towards the Col des Combes
4. At the Col des Combes, carry straight on along a balcony path
5. 350 metres after crossing the mountain stream Le Gourenq, head right and go downhill towards the park country cabin ("Cabane Pastorale du Parc") and then La Muande
6. At the end of the track, go right onto another track which follows the Biaysse downstream on the right-hand bank, bringing you to your starting point

On your path...



-  The European silver fir (A)
-  The Freissinières valley (C)
-  The avalanche corridor (E)
-  The woodcock (G)
-  The creeping lady's-tress (B)
-  The red squirrel (D)
-  The sweetvetch (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

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

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

Advised parking

Parking du kiosque, Freissinières

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 European silver fir (A)

The fir thrives on this north-exposed slope, called the ubac. Its needles have two white stripes on their undersides. They are arranged on either side of the boughs, and not all the way around them, which distinguishes it from the spruce. The elongated cones stand upright, rather than hanging downwards. They grow in large number, often mingling with larch trees under whose shade they can grow. By contrast, the larch - the "tree of light" - cannot grow under the cover of fir trees.

Attribution : Mireille Coulon - Parc national des Écrins



✿ The creeping lady's-tress (B)

This inconspicuous little orchid grows on moss, in the undergrowth of the pine forest. Growing at the base of the stem, its leaves are oval and pointed, with a network of veins. The upright stem only bears a few scales. Covered in a fine down, the white flowers are arranged in the form of a spiral spike, facing the same way. A little gem that is worth keeping an eye out for!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



🕒 The Freissinières valley (C)

The valley was created as the result of glacial overdeepening, that is to say, when the glacier came to a halt against the Pallon hard rock bar, it created a depression. When the glaciers retreated, a lake was left behind this rock bar and was gradually filled up by alluvial deposits. From a historical point of view, the Protestant pastor Félix Neff fundamentally altered life in the valley in 1826 by founding a training college for primary school teachers, developing irrigation processes and teaching new crop growing methods, among other things...

Attribution : Office de tourisme Pays des Écrins



The red squirrel (D)

Elegant and alert, a squirrel crosses the track, followed by its long feathery tail. Red? This one is dark brown. In the mountains this rodent has adopted a “solar panel” strategy, on the principle that dark colours absorb the heat more efficiently. It is active during the day and does not hibernate, although it does minimise its activity on days when the weather is bad. It is a protected species.

Attribution : Marc Corail - Parc national des Écrins



The avalanche corridor (E)

Better not to linger here! This corridor is regularly swept by avalanches, which is clearly obvious from the vegetation: although the willows and alders manage to bend under the force of the avalanche without too much breakage, although quick to resprout the larch trees won't grow to their full height!

Attribution : Jean-Philippe Telmon - Parc national des Écrins



The sweetvetch (F)

With its clusters of creamy white flowers, this plant forms large upright clumps and usually grows in beautiful colonies on screes and rocky limestone slopes. Endemic to the western Alps, it only grows in France in the southern part of the Alps. Although relatively common in the Pays des Écrins, it is protected at national level.

Attribution : Jendoubi Samy - Parc national des Écrins



The woodcock (G)

Characterised by its long powerful beak, this bird frequents woods and forests, where it hides away during the day, and damp meadows where it feeds at night. Very shy, it can be detected by its call which is rather like a growl. Most woodcocks are migratory. They overwinter right around the shores of the Mediterranean and on the Atlantic coast, and nest in Northern Europe and Russia. But some of their number are virtually resident.

Attribution : Coulon Mireille - Parc national des Écrins