

# Descent track no. 1: Family trail

Vallouise - Puy-Saint-Vincent



(Rogier Van Rijn)



*A fun track for beginners, perfect for experiencing the joys of descent with the whole family.*

A beginners' trail par excellence, suitable for those aged 6 years and over. Easy and really fun, this circuit is a descent almost 4 kilometres long, amidst 100% natural surroundings of meadows and woods, and is ideal for exploring the bike park with the whole family.

## Useful information

Practice : Mountain bike

Duration : 0 min

Length : 4.0 km

Trek ascent : 1 m

Difficulty : Very easy

Type : Descent

Themes : Flora, Pastoralism

# Trek

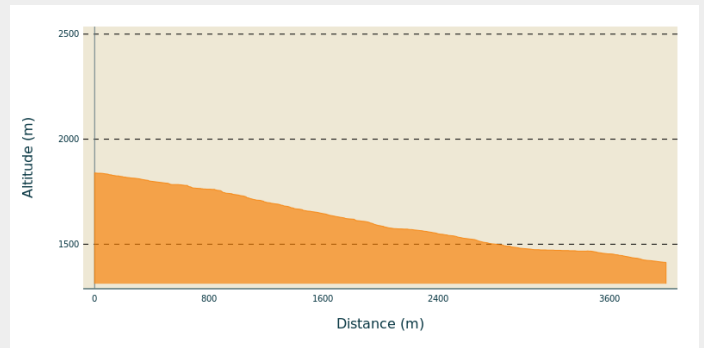
**Departure** : Top of the Les Prés chairlift,  
Puy Saint Vincent

**Arrival** : Puy Saint Vincent 1400 resort

**Markings** : 🚲 VTT

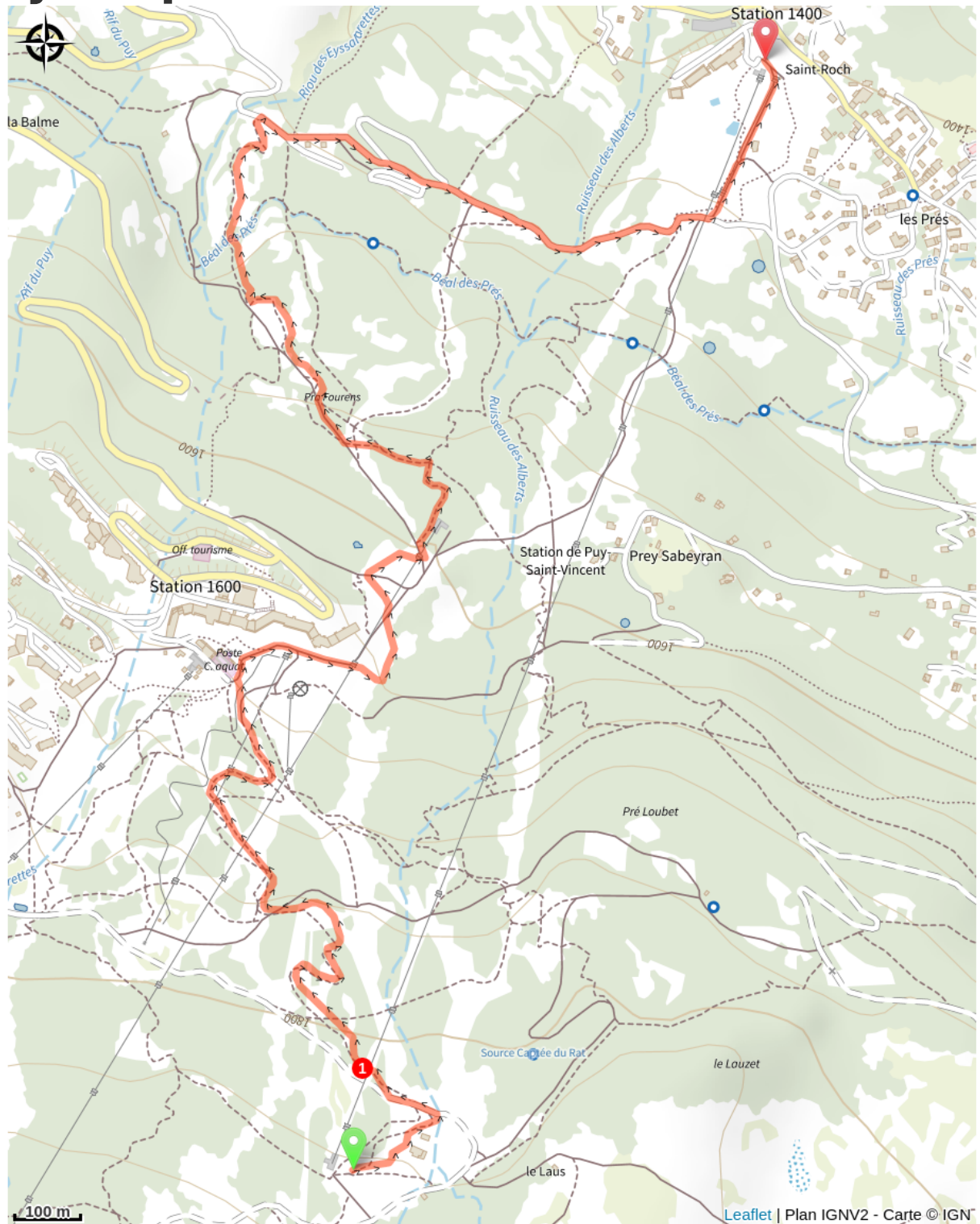
**Cities** : 1. Puy-Saint-Vincent

## Altimetric profile




Min elevation 1413 m Max elevation 1840 m

# On your path...



 The restoration of the canals (A)

 The history of the resort of Puy-Saint-Vincent (B)

 The house with arcades (C)

# All useful information

## **i** 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

Take the Les Prés chairlift to the 1400 resort to reach the starting point of the descent (there is a charge)

Les Prés chairlift open from 7 July to 30 August, 9.30am to 16.45pm (subject to change)

Safety: Helmet obligatory; back protector, knee pads and gloves are strongly recommended.

Regulations: Mountain biking in the Bike Park is regulated by Municipal Order no. 2019.17

Rescue services contact details: Secours Montagne (Mountain Rescue): +33 (0)4 92 22 22 22 or 112 and give the name and number of the marker and the nature of the injuries

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

8.5 km from L'Argentière-la-Bessée, take the D994E and then the D4.

## Advised parking

Car park at the Puy Saint-Vincent 1400 resort

## Accessibility

**Accessibility level :** Beginner

## 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 Puy Saint Vincent 1400

Les Alberts, 05290 Puy Saint Vincent  
1400 m

contact@paysdesecrins.com  
Tel : +33(0)4 92 23 35 80  
<https://www.paysdesecrins.com/>



## Source



Pays des Ecrins

<https://www.paysdesecrins.com>



# On your path...

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## The restoration of the canals (A)

Water is essential to farming in our territory because of the relatively dry Mediterranean climate with hot summers. To compensate for this, our ancestors created artificial water courses, the canals. These performed a dual role because they served not only to irrigate the hay meadows, kitchen gardens and grain fields, but also to prevent torrential flooding by acting as drains. Today, the canals are still used and managed by associations which work to keep them operational and to maintain them, several times a year.

Attribution : Office de tourisme du Pays des Écrins

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## The history of the resort of Puy-Saint-Vincent (B)

Puy-Saint-Vincent is the benchmark resort in the Vallouise. Located on the north-facing side of the valley, it is constructed on three levels, each corresponding to a different period of construction: 1400, developed in the late 1970s, 1600, developed from 1973 onwards and 1800, developed from 2005 onwards. Each level is served by a chairlift to reach the skiing area. It now has 35 pistes covering 75.4 kilometres.

Attribution : Office de tourisme du Pays des Écrins

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## The house with arcades (C)

In the municipality of Puy-Saint-Vincent, there are a number of houses typical of the rural architecture of Vallouise, in particular houses with arcades, in the hamlets of Les Alberts and Les Prés. This type of construction can be recognised by the presence of large arches made from stone from the Montbrison massif and supporting walking galleries. Introduced in the eighteenth century by Piedmontese master masons who settled in the valley, this style with arcaded galleries has become characteristic of the architecture of the Vallouise valley. Elegant and monumental, they replaced modest wooden balconies. They facilitated mobility from one level of the house to the other (the houses did not have interior stairs), and at the same time signalled the wealth of the owner.

Attribution : Office de tourisme du Pays des Écrins