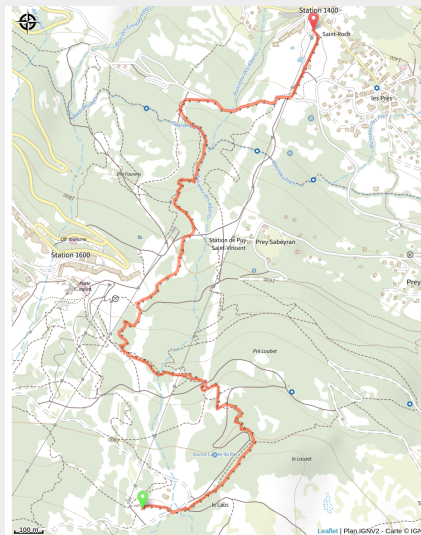


## Descent track no. 3: Easy going

Vallouise - Puy-Saint-Vincent



Easy Going (Thibaut Blais)



### «Easy going» *Relatively challenging track*

A relatively technical track although without major difficulty. Single-track alternating with shaped sections, with a great enduro-type stretch in the last wood.

#### Useful information

Practice : Mountain bike

Duration : 0 min

Length : 3.4 km

Trek ascent : 4 m

Difficulty : Easy

Type : Descent

# Trek

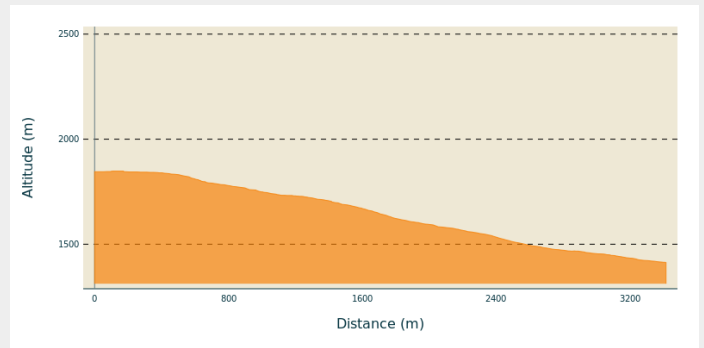
**Departure** : Top of the Les Prés chairlift,  
Puy Saint Vincent

**Arrival** : Puy Saint Vincent 1400 resort

**Markings** : 🚲 VTT

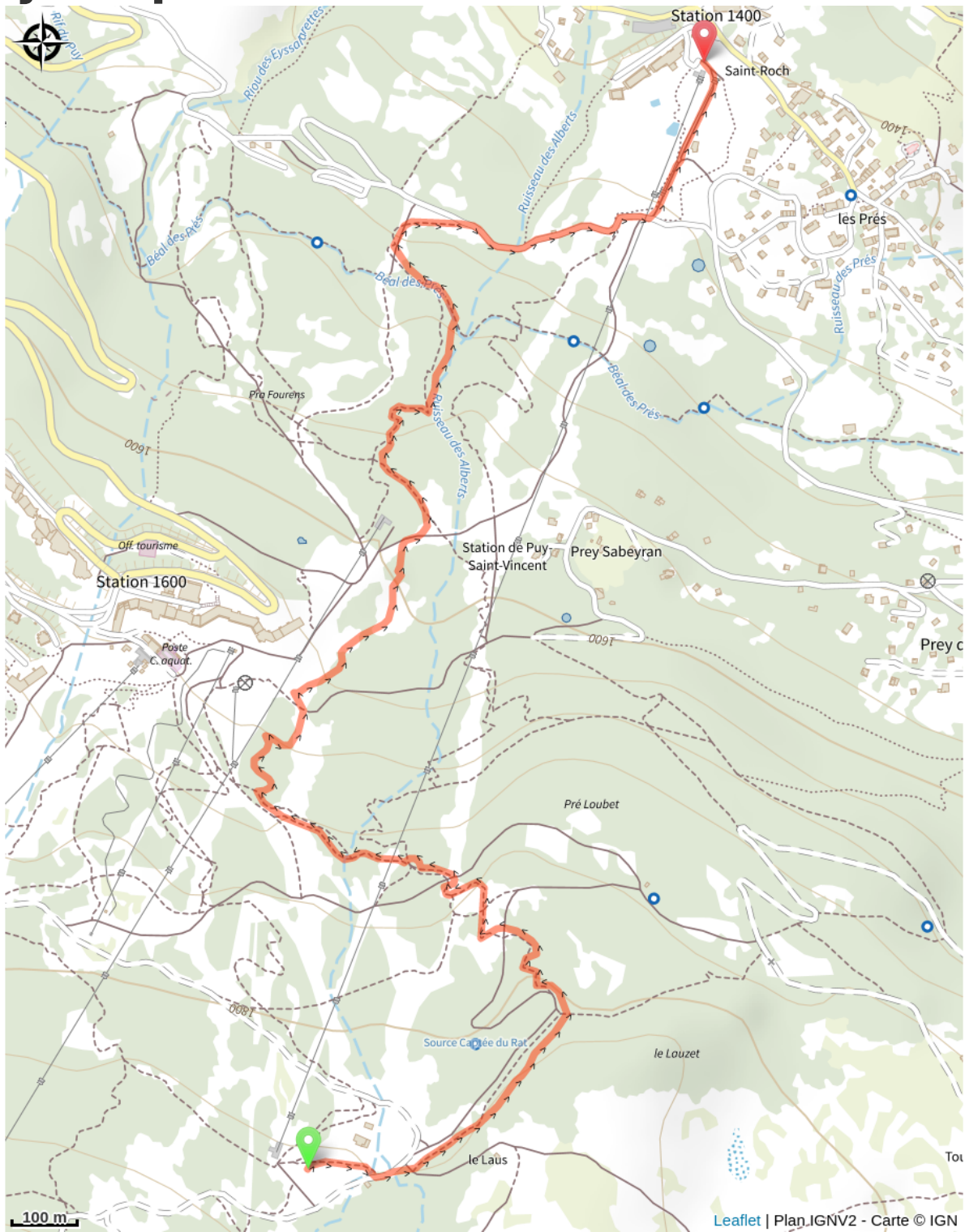
**Cities** : 1. Puy-Saint-Vincent


## Altimetric profile




Min elevation 1413 m Max elevation 1849 m

# On your path...



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

 The house with arcades (B)

# All useful information

## **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

Transports en commun >> <https://services-zou.maregionsud.fr/fr/>

Pensez au covoiturage >> [www.blablacar.fr](http://www.blablacar.fr)

Pour plus de renseignements, s'adresser au Bureau d'Information Touristique le plus proche du départ >> [www.paysdesecrins.com](http://www.paysdesecrins.com)

### Access

À 8,5 km de L'Argentière-la-Bessée, prendre la D994E puis la D4.

### Advised parking

Parking de la station 1400 de Puy-Saint-Vincent

## **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 history of the resort of Puy-Saint-Vincent (A)

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 (B)

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