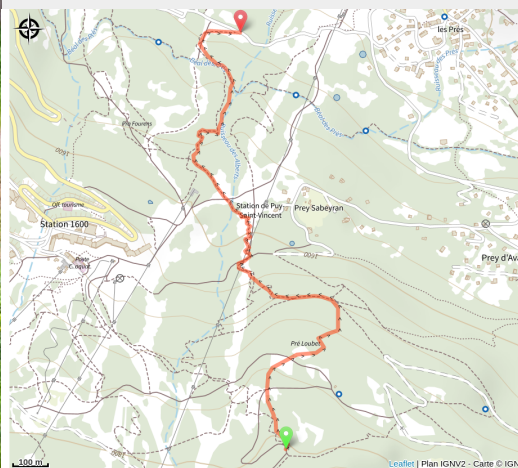


# Descent track no. 5: La Trace

Vallouise - Puy-Saint-Vincent



La Trace (Thibaut Blais)



## *New technical and fun track!*

New layout for this track, essentially through woods with shaped zones and enduro-type sections. Ideal for improving your riding!

### Useful information

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Practice : Mountain bike

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Duration : 0 min

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Length : 2.0 km

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Difficulty : Medium

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Type : Descent

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Themes : Fauna, Pastoralism

# Trek

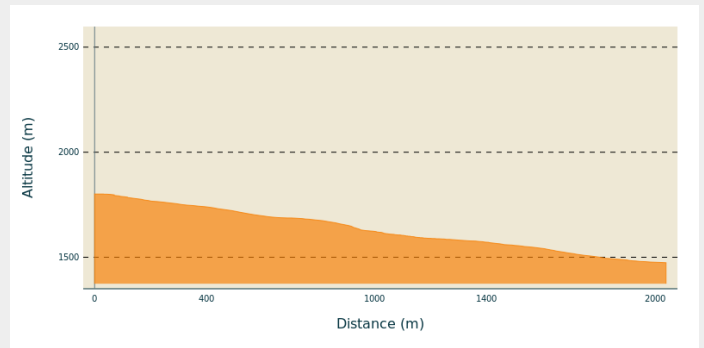
**Departure** : Top of the Les Prés chairlift,  
Puy Saint Vincent

**Arrival** : Puy Saint Vincent 1400 resort

**Markings** : 🚲 VTT

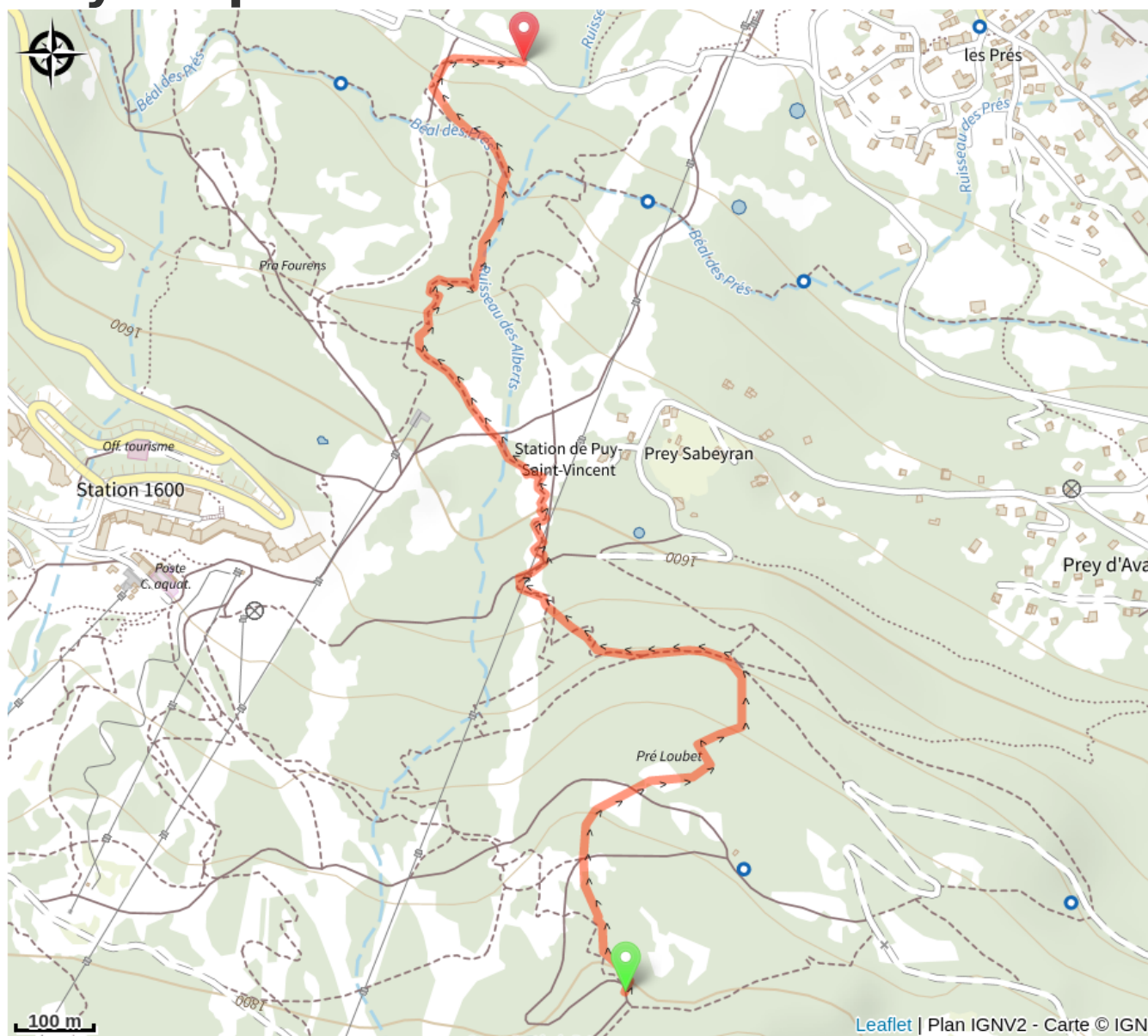
**Cities** : 1. Puy-Saint-Vincent


## Altimetric profile



Min elevation 1475 m Max elevation 1802 m

# On your path...



 Reading the landscape (A)

# 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

## 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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## ◀ Reading the landscape (A)

The Vallouise valley is a tributary valley on the right-hand bank of the Durance. It is made up of three municipalities: Vallouise-Pelvoux, Les Vigneaux and, looking down from the heights, Puy-Saint-Vincent. This 25 km-long valley is dominated by numerous peaks, ranging in altitude from 980 metres, at the confluence of the Durance, to the peak of the Barre des Écrins at 4,102 metres (the highest point in the Les Écrins massif) and covers 18,541 hectares. Lying at the centre of the crystalline massif, the Vallouise valley is the gateway to the Parc National des Écrins and boasts exceptional and varied landscapes and a diverse wealth of fauna and flora.

Attribution : Office de tourisme du Pays des Écrins