

Les Eyssarts

Vallouise - Les Vigneaux



Les eyssarts (Thibaut Blais)



A walk through forest for the most part, its high point being a panoramic view over the Vallouise valley.

This itinerary introduces you to three villages in the territory - Les Vigneaux, Puy Saint-Vincent and Vallouise-Pelvoux - all in tranquil surroundings and which time seems to have passed by. On top of this, the circuit offers a panoramic view from the chapel of Saint-Romain, a fine example of the historical, iconic architecture of the municipality of Puy Saint-Vincent.

Useful information

Practice : By walk

Duration : 4 h

Length : 11.5 km

Trek ascent : 360 m

Difficulty : Easy

Type : Loop

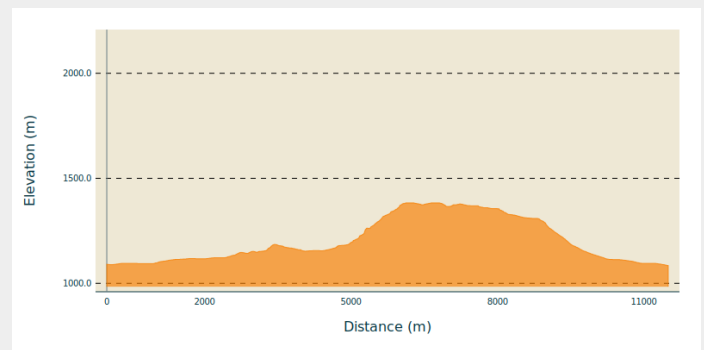
Themes : Fauna, Flora, History and architecture

Departure : Pont du Rif (right-hand bank of the Gyrone), Les Vigneaux

Arrival : Pont du Rif (right-hand bank of the Gyrone), Les Vigneaux

Cities : 1. Les Vigneaux
2. Vallouise-Pelvoux
3. Puy-Saint-Vincent

Altimetric profile



Min elevation 1084 m Max elevation 1383 m

The route starts at Le Pont du Rif, from the car park on the right-hand bank of the Gyrone. Take the paved road heading towards the campsite «Le Courounba»

1. Before you reach the campsite, go left onto a path which runs just above it
2. At the intersection, continue straight ahead towards Les Eyssarts (Snowshoe track ("Piste de raquettes") no. 10)
3. At the end of the path, turn left and after 150 metres head right onto the heritage path ("Sentier du patrimoine") towards the chapel of Saint-Romain
4. Turn right and after another 150 metres turn left which takes you up a short incline. At the end of the path, where you reach the D4, head right and after 15 metres turn right again onto a track leading to the chapel of Saint-Romain
5. At the chapel of Saint-Romain, retrace your steps until you are back on the road, then turn left again and start the descent, following signs for Vallouise, via the "Sentier du facteur" (postman's path)
6. At the end of the track, head left to continue downhill on a new track which brings you to the D4 again. Carry on downhill and at the intersection turn right towards the Park Centre ("Maison du Parc")
7. Leave the road going right to follow the Gyrone towards Champ Clément, Les Parchers and La Chambon. After 350 metres, turn left and continue in the same direction
8. Turn right again, following the first part of the trail in reverse, to skirt around the campsite and back to your starting point

On your path...



- | | |
|--|--|
|  Riparian forest (A) |  The "ubac" (B) |
|  The laserwort (C) |  Wood cranesbill (D) |
|  The Alpine copse snail (E) |  The chapel of Saint-Romain (F) |
|  The aspen (G) |  The Eurasian blackcap (H) |
|  The ash tree (I) |  Les Eyssarts (J) |

All useful information

Advices

Check weather conditions before setting off.

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

Close all gates behind you

Take your litter home

Do not take shortcuts across pastureland

How to come ?

Transports

Public transports >> 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

4.7 km from L'Argentière-La Bessée, take the D994E.

Advised parking

Car park close to the Pont du Rif (right-hand bank of the Gyrone), Les Vigneaux

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification du Circaète-Jean-le-Blanc

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

Merci d'essayer d'éviter la zone ou de rester à une distance minimale de 300m sol quand vous la survolez soit 1790m d'altitude !

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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
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Source



Pays des Ecrins

<https://www.paysdesecrins.com>

On your path...



✿ Riparian forest (A)

The track runs through a wood of alder, beech, aspen and oak, the remnant of the natural forest growing at the water's edge, called riparian forest. This type of forest is in decline everywhere, destroyed by urbanisation and by containment of the mountain streams. Yet it is an essential zone for the fixation of river banks and for purifying the water. Since it offers specific natural habitats, it also plays a major role in maintaining biodiversity.

Attribution : Bernard Nicollet - Parc national des Écrins



📍 The "ubac" (B)

The track rises gently up the right-hand bank of the Gyrone, on the "ubac" side. The "ubac" is the slope that is exposed to the north, so it is in shadow in winter when the sun is low in the sky.

Attribution : Office de tourisme du Pays des Écrins



✿ The laserwort (C)

After the bridge, a large plant with flowers arranged in umbels (in other words, an umbellifer) clings to a small rock bar to the right of the track, the laserwort. This plant belongs to the family Apiaceae, which used to be called umbellifers, and grows in dry areas. It has a distinctive feature: in autumn, the basal part of the stem breaks of its own accord and the entire plant, now dry, sets off rolling down the hillside like a large ball, or is blown by the wind.

Attribution : Cédric Dentan - Parc national des Écrins



✿ Wood cranesbill (D)

The path is edged with large clumps of a plant with purple flowers, the wood cranesbill. The leaves are palmate and divided into 5 to 7 incised and indented lobes. This common plant grows in meadows and cool woods. The «geraniums» we see on balconies are in fact pelargoniums, distant cousins originally from South Africa and cultivated for ornamental purposes.

Attribution : Marc Corail - Parc national des Écrins



The Alpine copse snail (E)

On the damp banks of the stream, hidden in the grass, is a snail with a beautiful golden brown shell speckled with brown, decorated with a dark spiral stripe. It has a black body. The alpine copse snail is relatively rare and, as its name suggests, it is found in the Alps. It is a sub-species of the ordinary copse snail, which is present across Europe.

Attribution : Damien Combrisson - Parc national des Écrins



The chapel of Saint-Romain (F)

Included on the Supplementary Inventory of Historical Monuments in 1931, the chapel of Saint-Romain has been converted into an eco museum. It was the first chapel to be built in Puy-Saint-Vincent and is thought to date from the twelfth century. Up to the mid-fifteenth century, the village bore the name of its patron saint: Puy-Saint-Romain. Then, in honour of the arrival of the Dominican monk Vincent Ferrier, the village took the name Puy-Saint-Vincent. It stands on a rocky promontory outside the village, and offers a panoramic view over the Les Écrins massif and the Gyrone Valley, over Vallouise in particular.

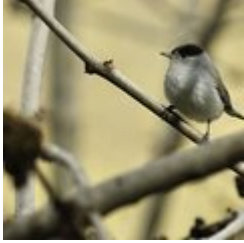
Attribution : Office de tourisme Pays des Écrins



The aspen (G)

A sizeable aspen grows on the roadside, on the edge of a small wood of fellow-aspens. This tree has a smooth, greenish trunk and rounded, crenelated leaves which 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. It grows in places where the soil is quite damp.

Attribution : Bernard Nicollet - Parc national des Écrins



The Eurasian blackcap (H)

Hidden in the tree foliage, the Eurasian blackcap announces its presence with its loud and piping song. Its head is adorned with a cap which is black in the male and russet in the female. The rest of its plumage is greyish, its underside lighter than its back. It is a migratory bird which travels to the Maghreb to overwinter. However, increasing numbers of birds make only a partial migration, flying to the south of France to spend the winter.

Attribution : Mireille Coulon - Parc national des Écrins



The ash tree (I)

This is one of the most common trees, provided the ground is relatively cool. It is characterised by its pinnate leaves, that is to say, made up of several segments, and in winter it can be recognised by its large black leaf buds. The ash was extremely important in times past: its foliage was used to feed cattle and its hard, flexible wood was used to make a variety of objects such as tool handles.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



Les Eyssarts (J)

The track runs through a place called Les Eyssarts, which gave this circuit its name. This name comes from the word *essart* which refers to «a place that has been cleared, most often to create agricultural land». A few meadows, but above all former canals and low walls hidden under the advancing forest, bear witness to this past use of the land.

Attribution : Dominique Vincent - Parc national des Écrins