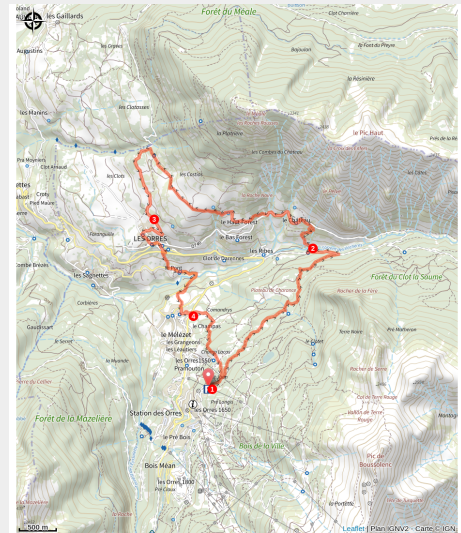


The Grand Pastre

Les Orres



Vue sur le Lac de Serre-Ponçon au pied du Méale (Amélie Vallier)



Follow in the ancient footsteps of the shepherds, along the « Lou Pastre » path from Les Orres, passing through forest, hamlets and alpine pastures.

Starting from the ski resort of Les Orres, this trail is divided into several thematic sections. Follow the course of history thanks to the various interpretation panels provided along the way. You first go through the forest to reach the alpine pastures offering numerous vantage points over the valley of Les Orres and the Lac de Serre-Ponçon.

Useful information

Practice : By walk

Duration : 4 h 30

Length : 13.0 km

Trek ascent : 633 m

Difficulty : Medium

Type : Loop

Themes : History and architecture, Pastoralism

Trek

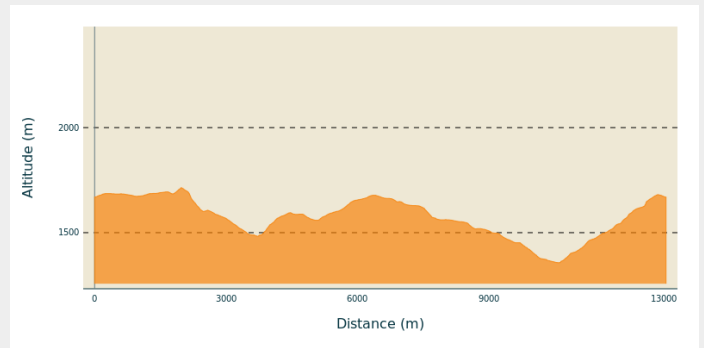
Departure : Ski resort of Les Orres

Arrival : Ski resort of Les Orres

Markings :  PR

Cities : 1. Les Orres

Altimetric profile











Min elevation 1358 m Max elevation 1715 m

From the car park follow signs for the Lou Pastre long loop (« Lou Pastre Grande Boucle »). After a few metres, continue straight ahead.

On your path...



-  Mountain cornflower (A)
-  Retaining walls (C)
-  Grazing (E)
-  Church of Marie-Madeleine in Les Orres (G)

-  Traditional houses (B)
-  The Common Blue (D)
-  The pasture (F)
-  Wash-houses (H)

All useful information

AdVICES

Une grande partie du parcours s'effectue à découvert, à une altitude modeste, et peut être pénible en cas de fortes chaleurs. Veuillez donc à vous protéger du soleil et à vous hydratez régulièrement.

How to come ?

Transports

Public transport: www.pacamobilite.fr

Consider car-sharing: www.blablacar.fr

Access

From the roundabout in the retail centre of Baratier, follow signs for Les Orres and then drive to the centre of the 1650 ski resort, passing through Le Mélézet. Park at the Epervière car park ("Parking de l'Epervière"), the starting point of the trail.

Advised parking

Epervière car park, Ski resort of Les Orres

Information desks

Tourist office Embrun

Place Général Dosse - BP 49, 05202 Embrun

embrun@serreponcon-tourisme.com

Tel : 0492437272

<https://www.serreponcon-tourisme.com/>



Office de Tourisme des Orres

1 place des étoiles, 05200 Les Orres

ot.acceuil@lesorres.com

Tel : 0492440161

<https://www.lesorres.com/>



On your path...



Mountain cornflower (A)

This species is also known as *Centaurea montana*. The flowers of the mountain cornflower are melliferous, attracting butterflies and bees. This plant needs cool, moist soil to grow, whence its presence in the Clot la Saume forest. The cut foliage is green and woolly.

Attribution : Amélie Vallier



Traditional houses (B)

Traditional houses in the Alps are often built into the slope. This can be explained by the desire to preserve the most easily cultivated land. The location of dwellings must also consider the proximity of water, while ensuring sufficient distance from mountain hazards (flooding, avalanches, landslides, etc.). These houses are generally arranged on three levels. The ground floor houses *the stable* for the herd and the farmyard. The heat given off by the animals benefits the whole house as it rises. This floor is sometimes also used to store farm tools. The first floor, accessed by a wooden staircase or balcony, is used for living space. Finally, the second floor is occupied by the barn, which is used to store grain and fodder for a whole year.

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Retaining walls (C)

The retaining walls are made of dry stone. They are called *restanques* in Provence. In steep areas, they can be used to create farmed terraces by retaining the soil. At the time, their construction enabled generations of farmers to make a living from their land, which became fertile and arable. Today, many researchers and craftsmen are trying to bring back this age-old technique.

Attribution : Amélie Vallier



The Common Blue (D)

In this small butterfly, the male's upper wings are dark grey, somewhat bluer at the base of the wings, while the female is brown. It is most often seen at higher altitudes, in July and August, in grasslands and meadows. The Arctic blue is a species of northern regions (Scandinavia, Greenland, Siberia, North America) which, in more temperate parts, lives only in the mountains.

Attribution : Amélie Vallier



Grazing (E)

Pastoralism is an extensive management technique. Known as the "Vachaire", it emerged alongside cattle rearing and milk production. It entailed setting up a community-based herd management system, with the animals grazing every day. And it was the shepherd, "Lou Pastre" in Provençal, who was entrusted with managing the flocks.

Attribution : Joël Faure - PNE

The pastre (F)

This is the Provençal word for shepherd. The trail got its name because of its many traces of pastoral activity along the way. Among other things, you can see the remains of ancient shelters known as muandes. These were used as stopovers between the farm and the mountain pastures during the transhumance up to the summer pastures at the start of the summer and during the transhumance to lower pastures in the autumn.

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Church of Marie-Madeleine in Les Orres (G)

Characteristic of Hautes-Alpes architecture, it was built around 1501 and is remarkable for its size and painted decorations.

Wash-houses (H)

They can be found in almost every hamlet in Les Orres, but their purpose is no longer purely ornamental. Although the mid-twentieth century saw a decline in their use, they were once an essential place for socialising, as women used to gather there to do their washing. The Bua, the great bi-annual wash, thus took several days and followed a very precise ritual that culminated in the arduous operations of rinsing and drying.

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