

Muande de Bonnabelle

Parc national des Ecrins - Puy-Sanières



Paysage depuis Puy-Sanières (Amélie Vallier)



Use your senses as you immerse yourself in the pastoral and forest environments you encounter along this route, discovering the environmental riches of Serre-Ponçon along the way.

From the right-hand shore of the Lac de Serre-Ponçon, set off on a path taking you through a rural landscape of grazing land and crops. The atmosphere changes as you move through a forested area at the foot of Mont Guillaume. Make the most of the cool freshness of the woods before coming to yet more vantage points over the Lac de Serre-Ponçon and its surroundings.

Useful information

Practice : By walk

Duration : 2 h 30

Length : 6.7 km

Trek ascent : 239 m

Difficulty : Easy

Type : Loop



Themes : Fauna, History and architecture

Accessibility : Family

Trek

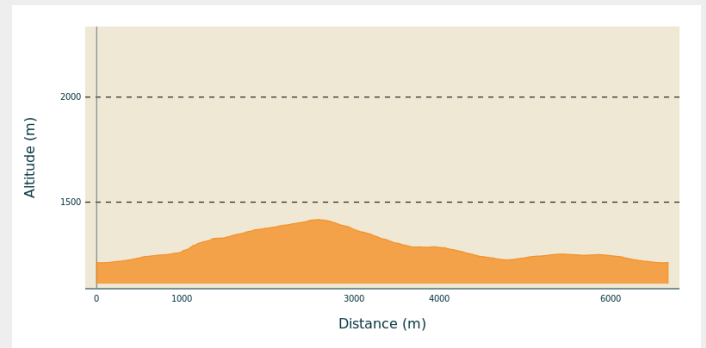
Departure : hamlet of Les Bouteils, Puy-Sanières

Arrival : hamlet of Les Bouteils, Puy-Sanières

Markings :  PR  GR

Cities : 1. Puy-Sanières
2. Embrun

Altimetric profile

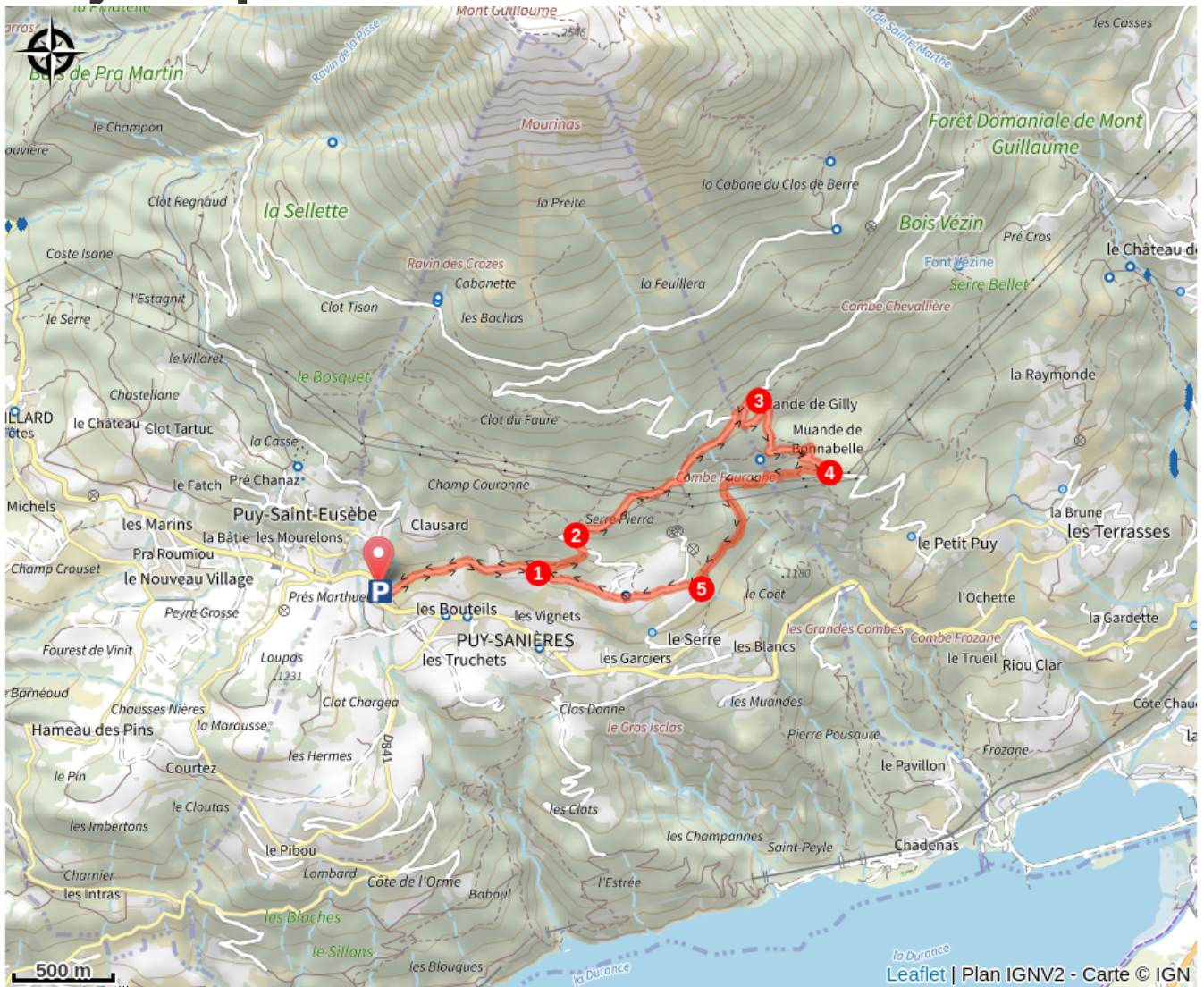





Min elevation 1213 m Max elevation 1418 m




Depuis la route, suivre la piste en balcon en direction du belvédère de la Para.

1. Quitter le chemin lorsqu'il s'aplanit, pour prendre le sentier partant vers la gauche. Continuer vers le panneau attention au feu puis prendre à gauche pour rejoindre le chemin des Fontaines tracé en bleu.
2. Quitter le chemin des Fontaines et ne pas prendre la sente à gauche mais poursuivre sur la large piste. Une fois sous la ligne électrique poursuivre tout droit.
3. Dans le premiers virage en épingle, prendre sur la droite la piste forestière du bois Vezin. Puis, une nouvelle fois à droite sur une piste descendante nommé G3 ou route forestière de Bonnabelle.
4. Une fois arrivé à la Muande de Bonnabelle, au niveau du panneau "propriété privée - animaux en liberté", emprunter le sentier qui pénètre dans la forêt. Après avoir traversé quelques ruisseaux, continuer sur un chemin plus large.
5. Remonter sur une centaine de mètres la piste goudronnée pour retrouver une piste partant à plat sur la droite dans le virage. Continuer à plat sur ce même sentier jusqu'à arriver à l'écluse de Marseille et retrouver le chemin emprunté à l'aller.

On your path...



-  The Grey Cuckoo (A)
-  Grazing (C)
-  Clapiers (E)

-  Retaining walls (B)
-  Deer (D)
-  Common Kestrel (F)

All useful information

Advices

Le parcours est très exposé au soleil. Cette situation appréciable au printemps impose de prévoir une quantité d'eau suffisante en été. Vous n'en trouverez pas sur le parcours.

How to come ?

Transports

Public transport: www.pacamobilite.fr
Consider car-sharing: www.blablacar.fr

Access

From the hamlet of Les Bouteils in the municipality of Puy-Sanières, follow signs for Puy-St-Eusèbe. A little before you come into Puy-St-Eusèbe, park on the right in the car park with the sign « Embrun GR50 et Belvédère la Para».

Advised parking

There is space to park at the starting point of the trail, on the D9 road side.

Accessibility

Family

Information desks

Tourist office Charges

Grand rue, 05230 Charges

charges@serreponcon-tourisme.com

Tel : 0492506425

<https://www.serreponcon.com>



Tourist office Embrun

Place Général Dosse - BP 49, 05202

Embrun

embrun@serreponcon-tourisme.com

Tel : 0492437272

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



Source



Serre-Ponçon

<https://www.serreponcon.com>

On your path...



The Grey Cuckoo (A)

This is a medium-sized migratory bird, identified by its "cuckoo" song, from April to July, between woodland and open spaces. The females seek out the nests of small sparrows and eat one of the eggs of the occupied nest before laying their own. In the cuckooed nest, the cuckoo chick, which is born before the others, will eject all the other eggs so it can be raised by its adoptive parents!

Attribution : Mireille Coulon - PNE



Retaining walls (B)

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.

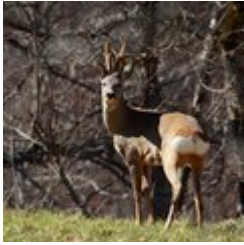
Attribution : Amélie Vallier



Grazing (C)

Pastoralism is an extensive farming technique practised by livestock farmers. It exploits natural resources to feed the herd. This practice is now thought to have begun around 10,000 years ago. Certain animals with a natural tendency to group together are then domesticated. The search for food led mankind to raise these herds with a nomadic lifestyle. This practice is very important in terms of maintaining open environments and encouraging certain specific species.

Attribution : Faure Joël - PNE



Deer (D)

In the semi-darkness, their mirror, that white spot under the tail in the shape of a heart for the female and a bean for the male, can give them away. Elegant, agile and fast, the roe deer is very discreet but leaves the imprint of its frail hooves on the snow or mud up to the alpine level. They can also be spotted by their loud "voice", emitting a powerful bark when disturbed. When it starts out on life, the fawn is covered in white spots that camouflage it. This "bambi" often lies on the grass. If you find one, remember not to touch it: it hasn't been abandoned.

Attribution : Albert Christophe - PNE



Clapiers (E)

"Clavier" is the term used in the southern Alps to describe a pile of stones. They are evidence of former farming activities. The stones were once removed to clear the fields. This made it easier to work the soil and saved space. Back then, everything was done by hand.

Attribution : Amélie Vallier



Common Kestrel (F)

The Common Kestrel is medium-sized. The underside of the wings has a cream colour with black spots. The male's head and top of its tail is blue-grey. This bird of prey flies rapidly, beating its wings fairly continuously, alternating changes of trajectory, short glides and sudden dives. Its characteristic feature is that it comes to a halt in flight, tail open like a fan, wings beating very rapidly, on the lookout for prey. This is known as the "flight of the Holy Spirit".

Attribution : Damien Combrisson - PNE