

# From Vallouise to Ailefroide

Vallouise - Vallouise-Pelvoux



Hameau d'Ailefroide - Chapelle de Bon Secours (© Parc national des Ecrins - Thierry Maillet)



*After running past hamlets in the valley bottom and chalets in the alpine pastures, the balcony path leads into the characteristic granite-bound world of Ailefroide. Loved by climbers the world over, this little hamlet, which nestles among the larches, will only emerge into view at the last minute.*

From pastoral surroundings to high mountain landscapes, from greenery to rock, this trail gradually takes you into an extraordinary environment dominated by water, granite and glaciers.

## Useful information

Practice : By walk

Duration : 3 h 30

Length : 9.9 km

Trek ascent : 580 m

Difficulty : Medium

Type : Stage

Themes : Geology, History and architecture

# Trek

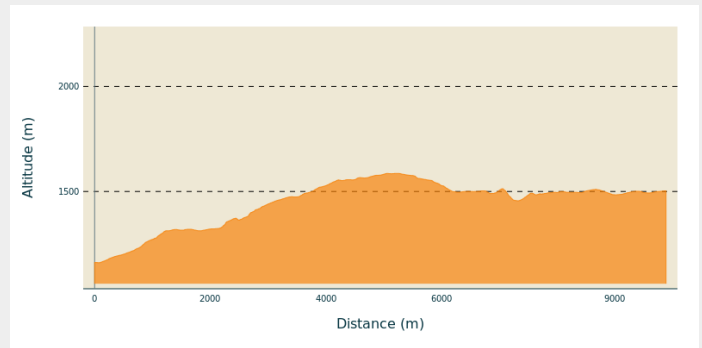
**Departure** : Vallouise downtown

**Arrival** : Ailefroide

**Markings** : — PR

**Cities** : 1. Vallouise-Pelvoux

## Altimetric profile



Min elevation 1162 m Max elevation 1587 m

Cross the bridge over the Gyr and the D994 and take the track opposite ("Chemin du Rièrè Pont"). A few metres further on, turn left. At the next fork (dustbin shelter), continue straight on (Rocher Pointu). At the next intersection, take the small paved road on the right (Rocher Pointu) and then the track on the left (Pelvoux - Le Poet). Go uphill across fields until you reach a balcony track, which you turn left onto (Pelvoux - Le Poet).

1. From here, the path follows the contour of the mountain side, always heading towards Ailefroid (North). The track turns into a path. Go straight on at the intersection. The path winds along the foot of a small cliff, following an irrigation ditch. Ford the Rif Paulin stream and then head towards Le Sarret. There is a short ascent, then bear left. Do not go towards Le Poet; instead, take the path on the right which runs along the irrigation ditch. At the next intersection, "Bellevue 1,330 m", head towards Le Sarret. Follow the left-hand bank of the mountain stream La Juliane upwards and then ford it. On the hairpin bend, take the track on the right (Chambran). On the next hairpin bend, continue straight on. At subsequent intersections, head for Chambran. The track turns into a path. Continue straight on (leave the path to the Cabane Chouvet on the right).
2. At Les Choulières, turn left onto the paved road to Eychauda. 10 minutes after the next hairpin bend, take the track on the right (Ailefroide). Cross the mountain stream L'Eychauda and carry on towards Ailefroide. The track turns into a steeper path.
3. You cross the penstock pipe. The way becomes trickier: sandy ground, sharply sloping gradient, rather steep descent.
4. When fording across the Rif du Fraysse stream, exercise caution in stormy weather and in the spring when winter snow lingers. Reaching the ford crossing can also be tricky. The path descends through the larch forest and leads past a climbing school. Continue straight on until you reach Ailefroide.

# On your path...



## Le rôle des canaux (A)

# All useful information

## **Advices**

There are numerous ford crossings; exercise caution in stormy weather. The last ford crossing, 2 km outside Ailefroide, can still be filled with snow in the event of late-season snowfall.

After the penstock pipe, the path (between Les Choulières and Ailefroide) is narrow, sharply sloping and sandy with a short stretch of steep descent.

Enquire about the presence of lying snow on some sections early in the season.

# 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.

## Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

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

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2380m.

Attention en zone cœur du Parc National des Écrins une réglementation spécifique aux sports de nature s'applique : <https://www.ecrins-parcnational.fr/thematique/sports-de-nature>

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## Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>

# On your path...

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## Le rôle des canaux (A)

Irrigation des prairies et des jardins individuels, conservation des traditions, maintien du lien social grâce aux corvées des canaux entre habitants, aménagement des canaux pour offrir des balades aux touristes et locaux... Les canaux ont une pluralité de rôles d'où l'intérêt de les conserver et de les entretenir.

Attribution : Office de tourisme Pays des Écrins