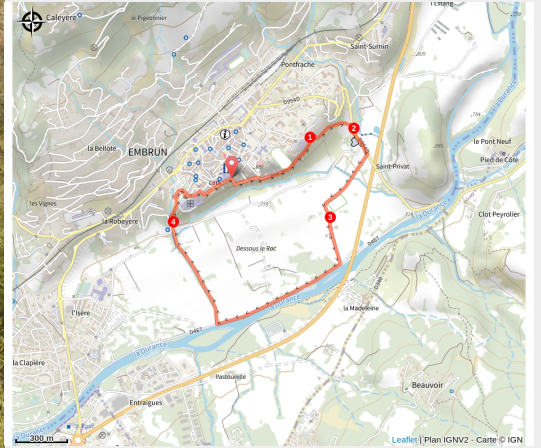


# La plaine sous le roc

Embrunais - Embrun



(etienne.charles)



*Make your way between the tumultuous Durance, and the tranquility of the fields, under the benevolent gaze of the town of Embrun.*

From the town's ramparts, overlooking the plain below the Roc, enjoy this viewpoint as a family, as well as the many informative panels that accompany it. From the Roc, descend to the plain for a peaceful loop along the Durance. This stretch of farmland is a real treasure trove of biodiversity.

## Useful information

Practice : By walk

Duration : 1 h 30

Length : 4.1 km

Trek ascent : 110 m

Difficulty : Easy

Type : Loop

Themes : Fauna, Flora, Geology, History and architecture

Accessibility : Family, Stroller

# Trek

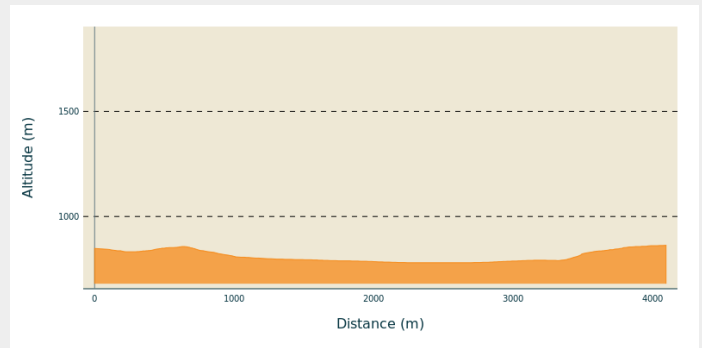
**Departure** : Tour Brune car park

**Arrival** : Tour Brune car park

**Markings** : — PR — GRP — GR

**Cities** : 1. Embrun

## Altimetric profile

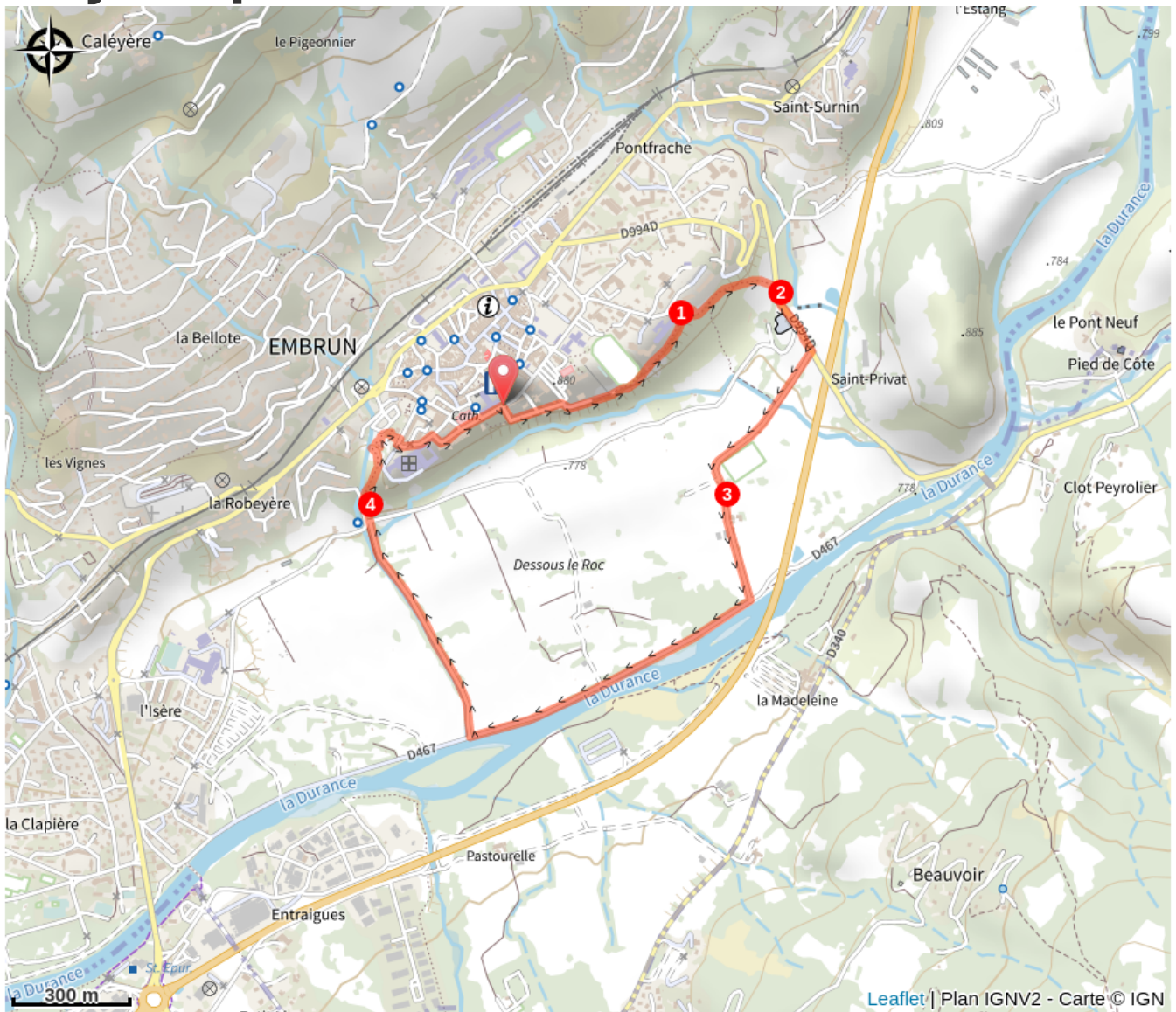




Min elevation 781 m Max elevation 864 m

From the car park, turn left towards the promenade on the banks of the Roc. From there, walk along the wall at the edge of the Roc. Go behind the handling and stadium, where you'll find a wooden footbridge. Cross the bridge, then at the end, take the track on the right at a place called "les Rochassons"

1. Descend the path and rejoin the road.
2. From here turn right at the side of the road. Head past the power station, then take the second road downhill towards the rugby stadium. After the stadium, follow the path.
3. Once you reach the road, at the "chemin du stade" turn right towards "Chaffal d'en Bas", along the banks of the Durance. At "Le Chaffal d'en bas", take the road to the right and follow the canal towards La Ville. At the crossroads, near the fountain, go straight ahead and take the dirt track at "Le Chaffal 1" towards Les Moulineaux.
4. Ascend as far as the car park. At the top, take the stairs leading up to the ramparts on the right. Walk past the hospital and continue along the street until you reach the Cathédrale Notre-Dame-du-Réal d'Embrun, then the car park just behind it.

# On your path...



-  jackdaw (A)
-  The Durance (C)

-  irrigation channels (B)
-  Notre Dame du Réal Cathedral (D)

# All useful information

## **Advices**

Le départ peut également s'effectuer depuis le plan d'eau d'Embrun, en remontant la digue le long de la Durance.

Différents types de pratiques cohabitent, pensez à partager la voie.

## **How to come ?**

### Transports

Public transport : [ccserreponcon.com](https://www.ccserreponcon.com)

### Access

At the Nationale 94 roundabout, head towards Embrun town centre. At the roundabout, turn right up the road to the left of the pharmacy and head towards the Tour Brune, to the left of the Cathedral. Park in the Tour Brune car park.

### Advised parking

Tour Brune car park

## **Accessibility**

non

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Family  Stroller

## Information desks

### **Tourist office Embrun**

Place Général Dosse - BP 49, 05202  
Embrun

[embrun@serreponcon-tourisme.com](mailto:embrun@serreponcon-tourisme.com)

Tel : 0492437272

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



## Source



Serre-Ponçon

<https://www.serreponcon.com>

# On your path...

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## jackdaw (A)

Size: 39 cm

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## irrigation channels (B)

The channels are strategically positioned to irrigate the various plots, by opening and closing the sluice gates. This age-old technique enables water flows to be controlled according to farmers' needs.

Attribution : etienne.charles

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## The Durance (C)

The Durance is the most important river in Provence and the third largest tributary of the Rhône, behind the Saône and the Isère. It rises in the Hautes-Alpes in the municipality of Montgenèvre and is soon joined by the Clarée and Guisane rivers, which flow past it despite being longer and having a greater flow at the confluence point. The Durance valley has been a major communication route for centuries, and its capricious nature has been controlled by the artificial lake at Serre-Ponçon and a canal running downstream. The old proverb from the Ancien Régime, which once claimed that "the three scourges of Provence are the Mistral, the Durance and Parliament", has now been forgotten, and the Durance now brings nothing but life to the land it irrigates.

Attribution : Agence Kros\_Rémi Fabrègue

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## Notre Dame du Réal Cathedral (D)

The cathedral, dedicated to the Virgin Mary, is the city's landmark. It is the largest religious building in the French Alps. It overlooks the Durance valley. Impossible to miss on a visit to the plain beneath the Roc. It stands out for its Lombardy-inspired architecture, with alternating black schist and white limestone.

Attribution : Kairno