

# Fontainiers loop

Embrunais - Embrun



Vue depuis le belvédère de Para (florimont.tilliere)



*This is a fast-paced, sporty route, with one descent and one ascent following another over very different types of terrain.*

A wooded route that stretches along the slopes of Mont Guillaume, offering splendid views over Lac de Serre-Ponçon. Wide tracks conducive to high speeds give way to narrow paths that seem to spring up in front of you, to lead you into the lost heart of the forest.

## Useful information

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Practice : Mountain bike

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Duration : 3 h

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Length : 16.6 km

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Trek ascent : 694 m

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Difficulty : Medium

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Type : Loop

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Themes : Fauna, Flora

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# Trek

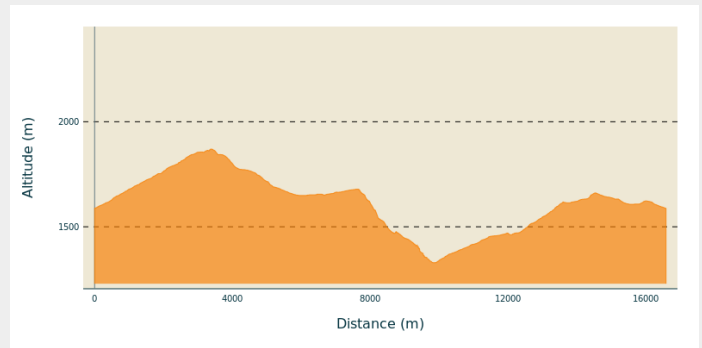
**Departure** : Porte de la forêt car park, Embrun

**Arrival** : Porte de la forêt car park, Embrun

**Markings** : ➤ VTT

**Cities** : 1. Embrun  
2. Puy-Sanières

## Altimetric profile



Min elevation 1330 m Max elevation 1871 m

1. From the Porte de la forêt car park, go straight ahead onto the Route forestière des Fontainiers. The track splits in two after a few hundred metres. Keep to the left, leaving the Bosquet track on your right. Continue along the track and turn left under the Fontainiers chalet. Turn left again at the next intersection, then continue straight ahead on a flat area where the track turns into more of a footpath. Continue for a few hundred metres along a small grassy path. Ford the stream. The path descends shortly afterwards, winding its way through vegetation. The descent continues through the woods, interspersed with flat areas.
2. Join the track at the La Para lookout and turn right. At the junction, leave the Pinée forest road on your left and turn right. Continue along the balcony track overlooking the lake until you come to a small single-track path on the left. Shortly after, turn left at the junction and then left again. Cross a wide, stony track and pick up the trail opposite. Return on a track that you have to ascend by turning left. Continue straight ahead at the intersection with another track, then stay on this carriageway at the next intersection.
3. At the first hairpin bend, take the forest track towards Bois Vezin; after tackling several switchbacks, turn right onto a wide flat track. Continue straight ahead along the same path until you reach the starting point.

# On your path...



 The larch (A)

 common nettle (B)

# All useful information

## How to come ?

### Transports

Transports en commun : [ccserreponcon.com](https://ccserreponcon.com)

### Access

From Embrun, take the D465 to Caléryère, then follow the Château Caléryère road to the Porte de la forêt car park.

### Advised parking

Porte de la forêt car park, Embrun

## 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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## ✿ The larch (A)

The king of mountain trees in the Southern Alps, the larch is the only conifer to drop its needles in winter. In spring, its cones are a characteristic dark purple. The larch is one of the few European tree species that is imputrescible, that is to say, it does not rot. This is why, despite the fact that it twists as it dries out, it is widely used in frameworks, drinking troughs and other water holding vessels in the mountain villages. Incapable of germinating in its own undergrowth, it needs natural openings such as avalanche corridors for the young shoots to develop. It is found at altitudes in excess of 2,200 metres, adopting dwarf forms in these "combat" zones. The larch tree growing at this point on the trail is several hundred years old.

Attribution : Mireille Coulon - PNE

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## ✿ common nettle (B)

Called the common nettle, this is a stinging plant. During difficult times in history - the Middle Ages or the world wars for instance, it was consumed to help survive periods of famine and scarcity. Rich in protein, vitamins and minerals, it is highly effective health cure and is taken as a soup, and added ingredient to various other dishes or as a soft drink. Apart from this usage, in the sixteenth century it was put to industrial use, in the manufacture of paper, garments etc.

Attribution : Amélie Vallier