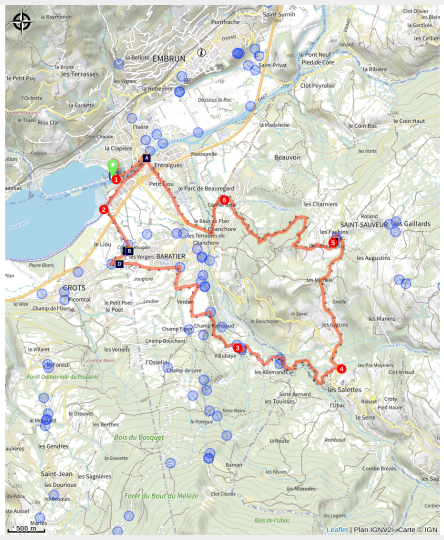
The Saint Sauveur loop

Embrunais

Le torrent des Vachères (florimont.tilliere)



This is a two-stage route, starting with an athletic ascent and then a shady and enjoyable descent back down to Embrun.

While the lakeside setting initially invites you to stroll and daydream, things soon get tougher as you climb along the tumultuous Vachères stream. Finally, you will need all your concentration on the narrow, pleasant descent that winds its way through the forest of Saint Sauveur.

Useful information

Practice : Mountain bike

Duration : 2 h

Length : 16.6 km

Trek ascent : 479 m

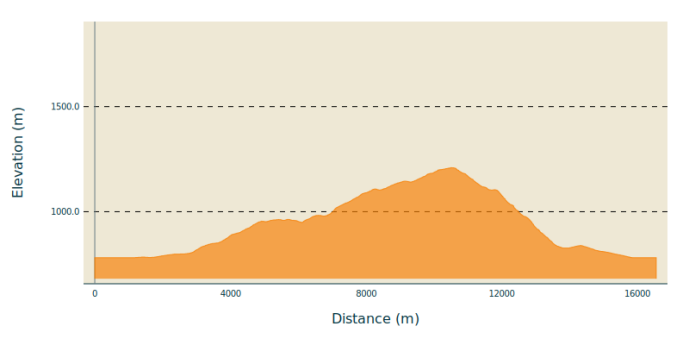
Difficulty : Medium

Type : Loop

Trek

Departure : Lake Embrun
Arrival : Lake Embrun
Markings : VTT
Cities : 1. Embrun
2. Baratier
3. Crots
4. Saint-Sauveur

Altimetric profile

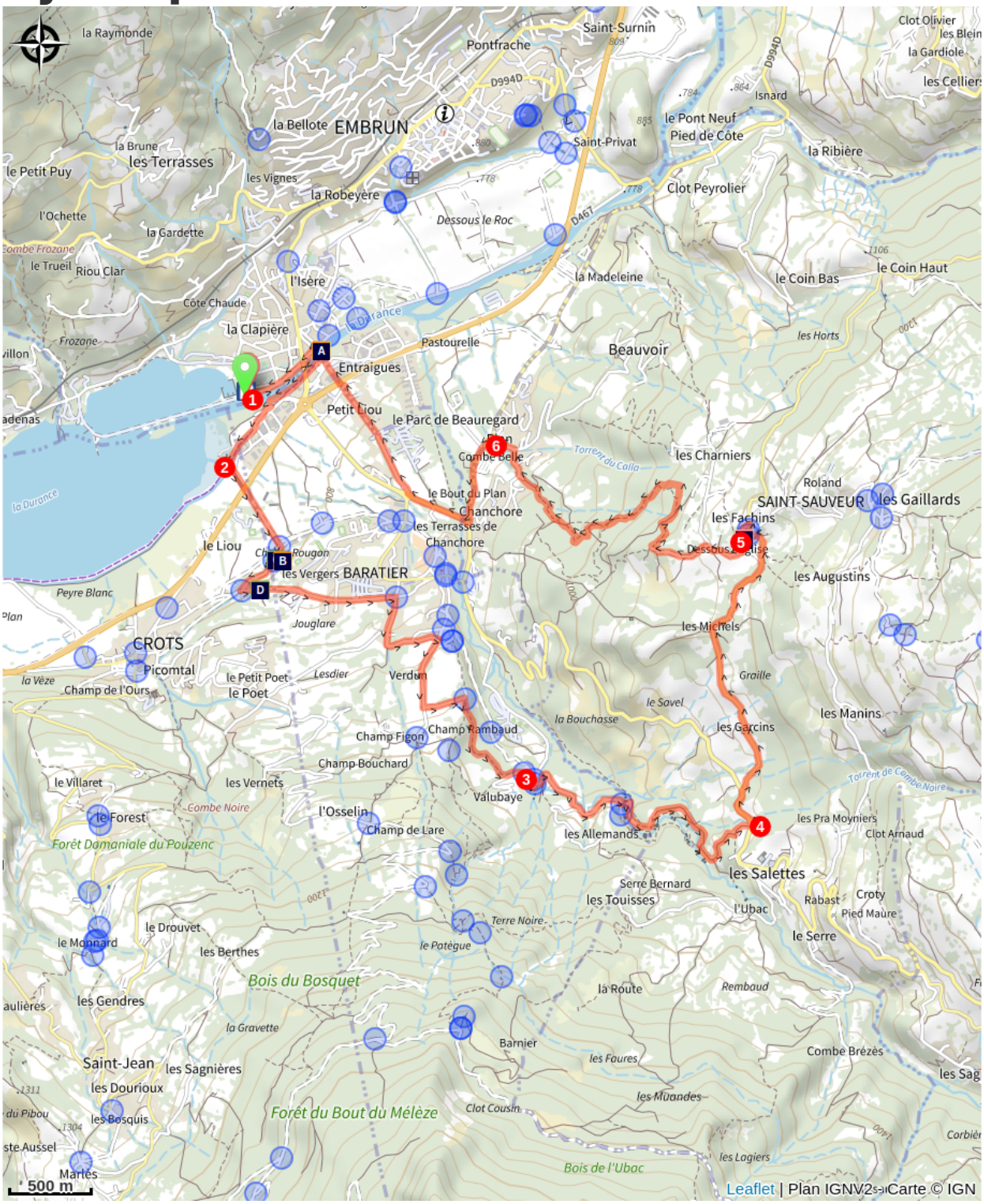


Min elevation 781 m Max elevation 1210 m

1. Join the path laid out on the banks of the Durance from the beach car park, passing in front of the chalet. Head up the Durance and under the road bridge. Then take the footbridge on the right to cross the Durance and turn right again immediately after the footbridge to take a well-developed path alongside the Durance. Take the left-hand track at the next junction 200m further on. Cross a small car park and take the path opposite. Make sure you don’t miss it, as it can be a little overgrown. Follow the path as far as the dam.
2. Take a left at this level. Cross the dual carriageway and take the track opposite. The occasionally heavy traffic requires the utmost vigilance. Go straight on at the sign for the canal, level with a horse farm. Continue along the canal then turn left at the bridge. The path rises to a small road where you need to go straight on. Continue straight on at the crossroads 150m further on. Turn right at the next junction onto a steep road. Follow the road through a housing estate. After a few hundred metres, turn right at the junction with another road. Turn left at Les Clots onto a small road between fields, then right onto a path through the pines. This narrow path winds its way through dense vegetation to a road.
3. Then turn left and then right 75 m further down. Continue along the road. At a sharp bend, turn left to pick up a track. Cross the stream and turn left onto a path that rises sharply. Turn right after a narrow, steep path along the stream. Take the wooden bridge as you return to a wider path. Turn left 150m after the bridge, staying on a wide stony path.
4. Return to the departmental road. Go downhill to the left and after 150m, turn right towards Saint Sauveur. Follow the road up to the church of Saint Sauveur.
5. A narrow path leaves from the end of the church car park and joins the road. Descend the road for 200 m and take a wide path on the left. Go straight ahead at the first junction, then right through the pines and right again on a narrower path 30 m further on. Head right after returning to a wider path, then left. Veer left again onto a single track in the pine forest. Follow the track through the forest. After a long section of single track, turn left onto a wider path on a flat area. Cross the river and turn right just after onto a single track. Continue straight ahead on a wider path. The path ends at a road. Then turn right.
6. When you reach the departmental road turn left and continue along it. Arrive at the road to Les Orres, descend towards Embrun. At the roundabout, take the first exit and continue straight ahead. Then cross the cattle drive to reach the

Entraigues shopping area. At the roundabout, go straight on towards the Durance to rejoin the path you took on the outward journey.

On your path...



Footbridge over the Durance (A)
Clapier des Monges (B)
Poplar (C)
Plantago (D)
church of Saint-Sauveur (E)

All useful information

How to come ?

Transports

Transports en commun : ccserreponcon.com

Access

Follow the N94 from Gap or Briançon, then head towards Embrun lake at the foot of the town.

Advised parking

Beach car park, Embrun

Information desks

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...

Footbridge over the Durance (A)

This footbridge, which was completed in 2019, links Embrun with Crots and Baratier. Although it is a recent development, it actually boasts a long history. It stands on the exact site of the temporary bridge that replaced the La Clapière road bridge from 1953 onwards, which was destroyed during the Second World War by resistance fighters from the Embrunais area after the failure of an American bombing to do so. The aim was to prevent German forces from sending reinforcements to Gap, whose liberation was imminent. Although the bridge managed to withstand the American bombs, several people were killed and an explanatory panel on the footbridge pays tribute to them today.

.

Attribution : etienne.charles

Clapier des Monges (B)

This remarkable protected site is enhanced for the visitor by information panels. Archaeological excavations have revealed four rooms of a Gallo-Roman villa dating from the fifth to the third century BC. It is assumed that this would have been a stopover place for travellers making the journey between Bordeaux and Jerusalem. The area visible today is just one part of the original villa. According to researchers, the four rooms may well constitute a thermal baths.

Attribution : Amélie Vallier

Poplar (C)

There are many poplars along the route. It is a very impressive tree, on account both of its height (30 m) and its robustness (it can withstand temperatures down to -25°C). They thrive in damp ground. The poplar has a very important place in French forestry and in the timber industry. It is usually pollarded for firewood.

Attribution : Amélie Vallier

Plantago (D)

The Latin name Plantago is thought to mean "plant that acts", alluding to the medicinal properties attributed to it by the Romans. They claimed that crushing the leaves and applying them to lesions or bites would heal them. Although not particularly tasty, this plant is edible cooked or even raw. It can be found in lawns and meadows. It is characterised by a flowering spike emerging from a clump of thick leaves, with large veins running from the base.

Attribution : Mireille Coulon - PNE

church of Saint-Sauveur (E)

The church of Saint-Sauveur, also known as the Church of the Transfiguration, was built in the second half of the 15th century. It is easy to identify by its bell tower, which rises high above the town of Embrun and Lake Serre-Ponçon. The interior of the church is particularly notable for its restored murals. They mainly depict the Transfiguration, the period in Christ's life when he revealed his divine nature to his disciples so that they could recognise him as the Messiah.