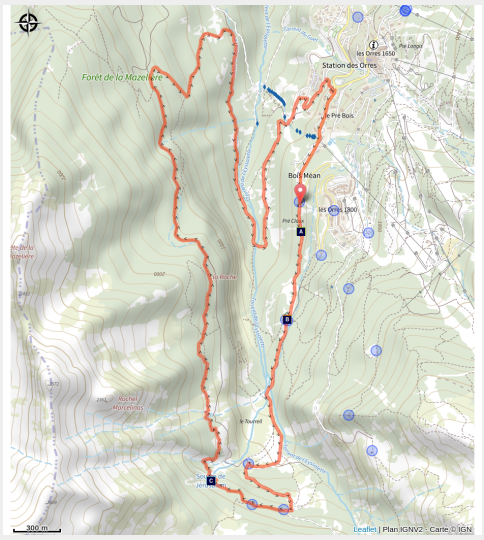
Sources de Jérusalem (Jerusalem Springs)





Les sources de Jérusalem (florimont.tilliere)

The Sources de Jérusalem reward a gradual ascent with a magnificent waterfall. An accessible hike despite its relative length.

You will travel alongside the Eysalettes stream on a long uphill section, its refreshing presence easing the strain on legs from the slope and the heat that can be an issue when shade is scarce. If you're struggling, rest assured that it won't be long before the shade of the larches returns for a final push all the way back to the springs. A waterfall with iridescent reflections under the sun's rays awaits and is the high point of this beautiful walk along the water.

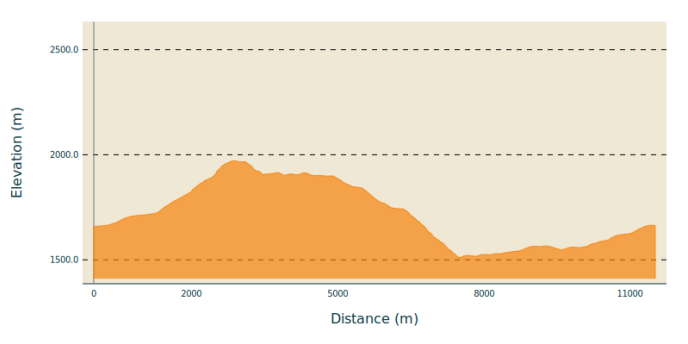
Useful information

- Practice : By walk
- Duration : 4 h 30
- Length : 11.5 km
- Trek ascent : 520 m
- Difficulty : Medium
- Type : Loop
- Themes : Lake and glacier
- Accessibility : Family

Trek

Departure : Pré Claux, Les Orres 1800
Arrival : Pré Claux, Les Orres 1800
Markings : Trail PR
Cities : 1. Les Orres

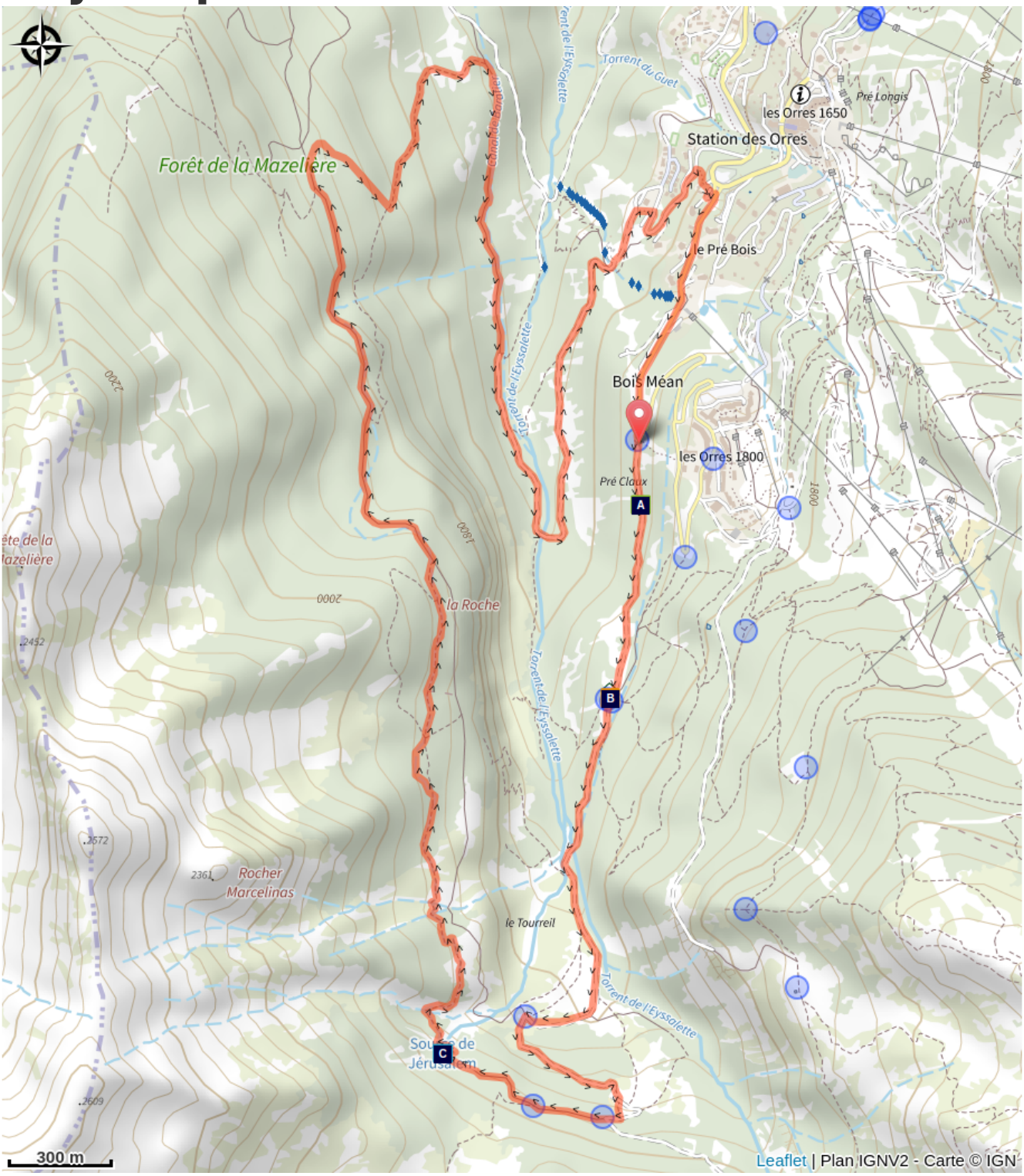
Altimetric profile



Min elevation 1510 m Max elevation 1971 m

1. Start from the Pra Paisset car park. Follow the forest track at the end of the car park. Continue straight ahead past the Gautier sheepfold, then cross the stream. Go straight on at the via ferrata sign after 1.8km.
2. Take the path at the end on the right level with the flat ground of *Pré Lapierre*. Here the slope starts to steepen. Turn left at the *Cime de Lapierre* sign after 2.6 km. Continue straight ahead at the Rocher Long sign, staying on a wide, fairly steep path shaded by larch trees. Turn right 150m after the sign fr *Jerusalem*. The springs are 200m further on. 1.8km.
3. After reaching the springs, take a path down to the right. Cross the stream at the foot of the waterfall. A second ford is required shortly afterwards, before the path stretches along the mountainside. A series of flower-filled meadows, undergrowth and river crossings punctuate the route. Continue straight ahead on the small path through a cut littered with stumps. You should see the resort opposite and then to the right. Take another track after a short descent, then turn left. Descend the track to the valley hut.
4. Then take a grassy path to the right. The trail markings are now accompanied by yellow PR markings. You will need to take a short passage through scree a few hundred metres further on. After a long descent along this path, return to a wider track where you will have to turn right. A heavily wooded section leads to the bridge over the Eyssalette stream. Cross the bridge and follow the path. Follow this wide, well-maintained path to a new stream, which you will need cross to reach the first home. Take a right here to join a road. Turn right and follow the road for around 200m to take a steep track on your right. Pass a new home and join the main road. Then climb back up to the Pra Paisset car park, following the road for the last few kilometres.

On your path...



Red squirrel (A)

Gautier Sheepfold (B)

The springs of Jerusalem (C)

All useful information

How to come ?

Transports

Public transport : ccserreponcon.com

Access

Take the N94 from Briançon or Gap and follow the D40 through Embrun towards the resort of Les Orres.

Advised parking

Pra Paisset car park, les Orres 1800

Accessibility

Family

Information desks

Office de Tourisme des Orres
1 place des étoiles, 05200 Les Orres
ot.acceuil@lesorres.com
Tel : 0492440161
https://www.lesorres.com/



Source

Serre-Ponçon

https://www.serreponcon.com

On your path...

Red squirrel (A)

The red squirrel or Eurasian squirrel is an arboreal, diurnal rodent. As its name suggests, it can be found over much of the Eurasian continent, but is nonetheless one of the key species in French coniferous and mixed forests. It weighs an average of 600 grams and measures 18 to 20 cm plus a tail of 16 to 20 cm. Its colour varies from reddish to brownish-black, but its belly is always white. It spends much of its life stocking up on food, seeds or acorns, in preparation for winter. In fact, it does not hibernate and only slows down during this period. Squirrels lead solitary lives and only meet other squirrels when they are breeding. The threat of the grey squirrel, which was imported from North America, is better adapted to deciduous forests and carries a deadly virus for its cousin, is worsening in Europe and could soon spread to the Alps.



Gautier Sheepfold (B)

This centuries-old sheepfold was first restored in 1755 during Jean Francois Gautier's term as mayor of Les Orres, after whom it was named, and once again in 2009 after withstanding more than two centuries of weathering. The floor of the sheepfold was laid using the traditional "standing timber" technique. Small, debarked trunks 12 cm high are held vertically by crushed gravel between the trunks.

Attribution : florimont.tilliere



The springs of Jerusalem (C)

These springs emerge between two layers of limestone rock, after which the water is then partially channelled to supply the ski resort of Les Orres . While the name of these springs may seem out of place in the heart of this mountain range, it comes from the Order of St John of Jerusalem, which held land in the valley and in particular the Muretier valley located just above the springs.

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Attribution : florimont.tilliere