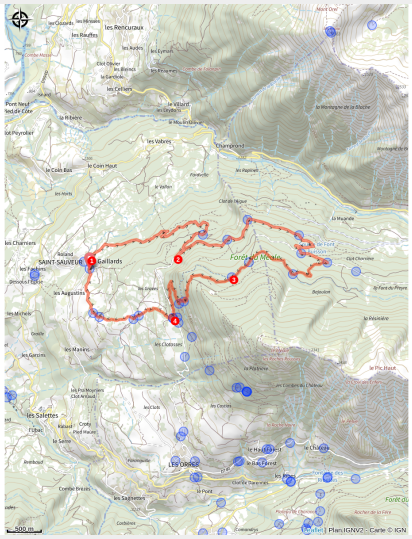
# The Méale loop

Champ de coquelicots (florimont.tilliere)



*This is a physically and technically demanding route under the ever-present forest cover.*

The forest cover keeps things cool in summer. Clearings in the forest sometimes offer beautiful views of Embrun and Lac de Serre-Ponçon. The final section takes in fields bursting with spring flowers, where the red of the poppies dominates

## Useful information

Practice : Mountain bike

Duration : 2 h 30

Length : 13.8 km

Trek ascent : 624 m

Difficulty : Hard

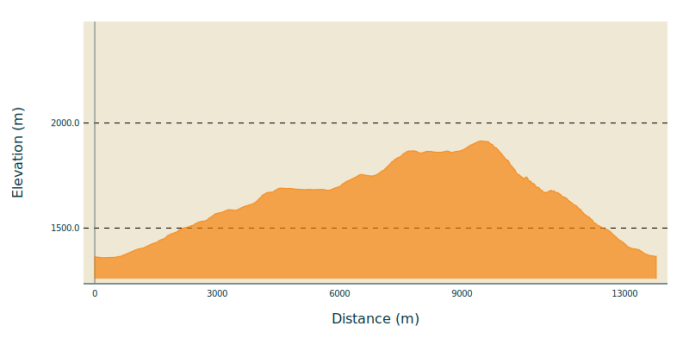
Type : Loop

Themes : Flora

# Trek

**Departure** : Les Gaillards, Saint-Sauveur
**Arrival** : Les Gaillards, Saint-Sauveur
**Markings** : VTT
**Cities** : 1. Saint-Sauveur
2. Crévoux

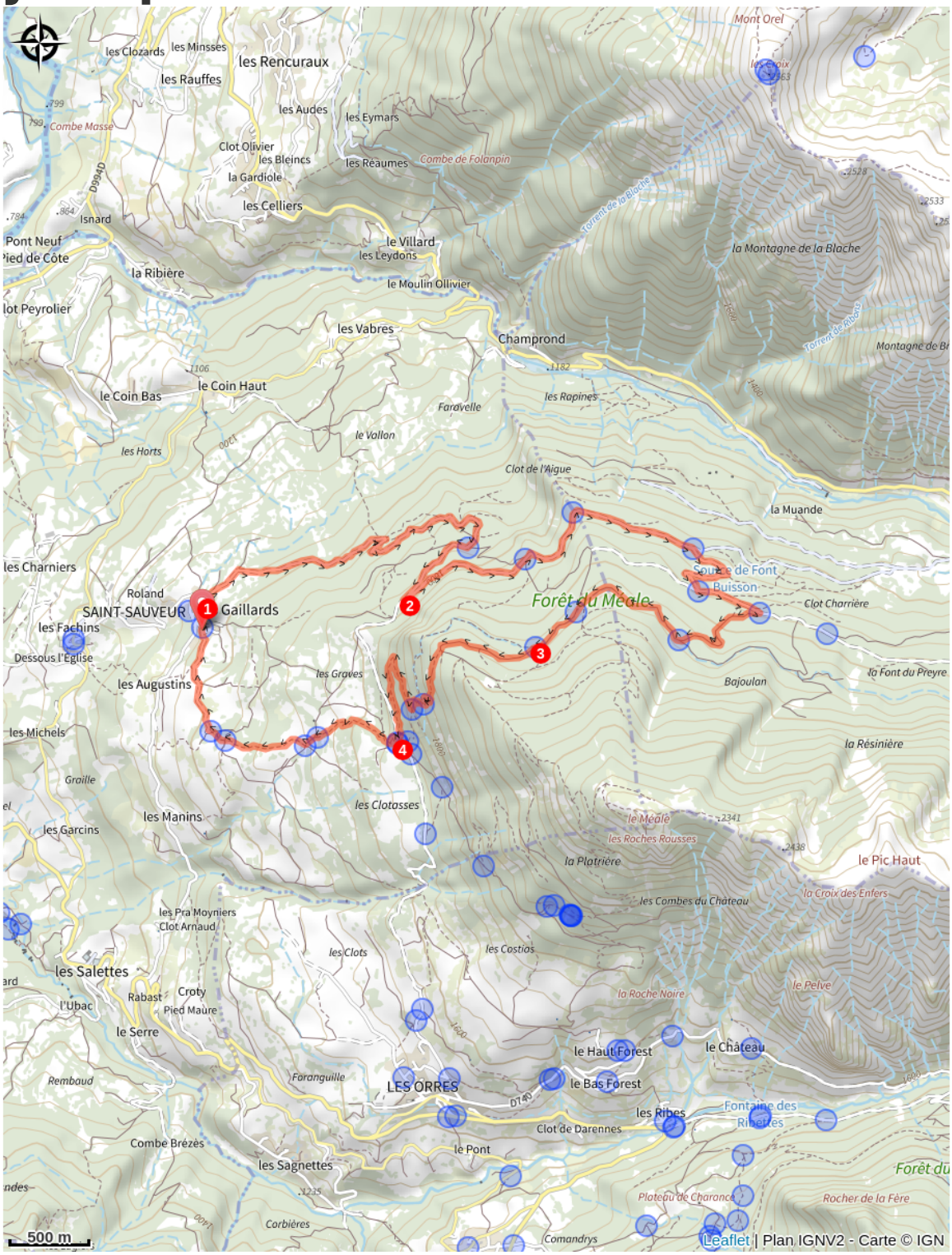
## Altimetric profile




Min elevation 1359 m  Max elevation 1915 m

1. Descend the road to a hairpin bend where you need to turn right towards Méale. Turn right at the next junction, staying on a wide carriageway. The track gradually rises through the larches and must be followed again at the next junction, a few kilometres further on.
2. Continue on the track again after a hairpin bend for several kilometres. Turn right shortly after the Source de Font Buisson and go past the Cabane du Landet. Turn right again after joining a wide track. Continue along this wide track, passing a sign for Le Méale and Saint Sauveur. The road becomes flat after this sign.
3. Turn left at the next intersection to take an uphill section. At the new signs, turn right onto a narrow path heading towards Saint Sauveur via Les Gaillards. Follow the narrow winding path, then when the path splits in two at the sign for Le Canal, turn right.
4. Return to the track at the *Les Graves.* sign. Cross the track and descend on a path that immediately turns right and winds through the forest before joining a wider path that needs to be descended. Cross some meadows then take a small path to the right, at the *Pré de QuiQuiou.* Continue straight on to the next intersection at the sign for *Le Lot*. Join and descend a passable path to the hamlet. Follow the road and turn left towards Saint Sauveur shortly afterwards. Then descend the carriageway to the neglected road. Return by the same path.

# On your path...


Mont Orel
les Clozards
les Minsses
les Rencuraux
les Rauffes
les Audes
les Eymars
Combe Masse
Clot Olivier
les Bleincs
les Réaumes
Combe de Folanpin
la Gardiole
les Celliers
Isnard
Pont Neuf
Pied de Côte
le Villard
les Leydons
la Ribière
le Moulin Ollivier
la Montagne de la Blache
Clot Peyrolier
les Vabres
Champrond
le Coin Bas
le Coin Haut
les Rapines
Faravelle
le Vallon
les Horts
Clot de l'Aigue
la Muande
les Charniers
Roland
SAINT-SAUVEUR
Gaillards
Forêt du Méale
Source de Font Buisson
Clot Charrière
les Fachins
Dessous l'Église
les Augustins
les Graves
Bajoulan
la Font du Preyre
les Michels
la Résinière
Graille
les Clotasses
les Manins
les Garcins
le Méale
les Roches Rousses
la Platrière
le Pic Haut
les Combes du Château
la Croix des Enfers
les Pra Moyniers
Clot Arnaud
les Clots
les Costios
les Salettes
Rabast
Croty
Pied Maure
l'Ubac
la Roche Noire
le Pelve
le Serre
le Haut Forest
le Château
Rembaud
Foranguille
LES ORRES
le Bas Forest
les Ribes
Fontaine des Rivettes
Clot de Darennes
Combe Brézès
le Pont
les Sagnettes
Plateau de Charance
Rocher de la Fère
Corbières
Comandrys
500 m
Leaflet | Plan IGNV2 - Carte © IGN

# All useful information

## ⚠ Advices

**ATTENTION ! En raison de travaux forestiers indispensables, menés par l'Office National des Forêts dans différents secteurs sous le Méale, ce sentier sera impraticable et interdit jusqu'au 17 août 2026. Merci pour votre compréhension.**

## How to come ?

### Transports

Transports en commun : ccserreponcon.com

### Access

From Embrun, follow the D40 towards Les Orres, then turn left to join the D39a for Saint-Sauveur.

### Advised parking

Along the road leading to Les Gaillards

## 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