

# The Méale loop

Saint-Sauveur



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

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Practice : Mountain bike

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Duration : 2 h 30

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Length : 13.7 km

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Trek ascent : 632 m

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Difficulty : Hard

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Type : Loop

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Themes : Flora

# Trek

**Departure** : Les Gaillards, Saint-Sauveur

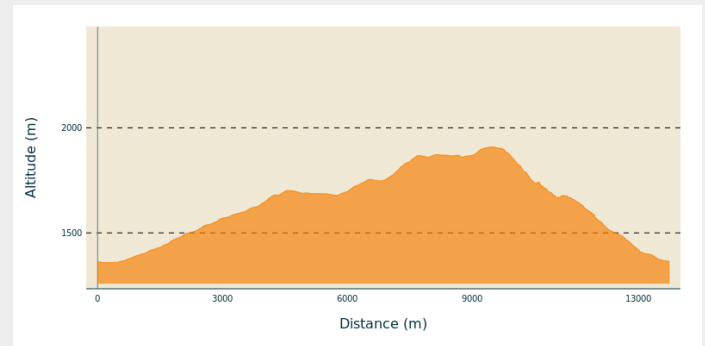
**Arrival** : Les Gaillards, Saint-Sauveur

**Markings** : 🚩 VTT

**Cities** : 1. Saint-Sauveur

2. Crévoux

## Altimetric profile



Min elevation 1359 m Max elevation 1910 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...



# All useful information

## How to come ?

### Transports

Transports en commun : [ccserreponcon.com](https://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](mailto:embrun@serreponcon-tourisme.com)

Tel : 0492437272

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



## Source



Serre-Ponçon

<https://www.serreponcon.com>