

# Col Girabeau loop

Crévoux



Col du Parpaillon en arrière plan (florimont.tilliere)



*Splendid landscapes that never cease to change with each demanding ascent and descent. This route is for experienced mountain bikers only.*

*Route not currently recommended due to the presence of aggressive mountain dogs.*

Climb the legendary Col du Parpaillon with its wild and unspoilt setting. The route takes you to the Col Girabeau shortly before the summit for good reason, to make the most of a technical descent into another steep valley. The route then follows the course of a stream before returning to the forest. The mountain experience in a nutshell!

## Useful information

Practice : Mountain bike

Duration : 6 h

Length : 37.9 km

Trek ascent : 1541 m

Difficulty : Hard

Type : Loop

Themes : Fauna

# Trek

**Departure :** Crévoux

**Arrival :** Crévoux

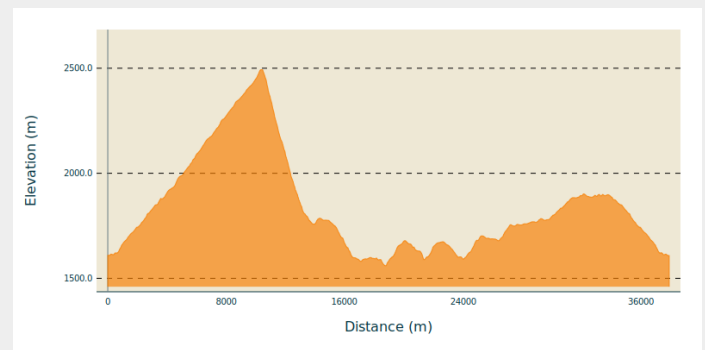
**Markings :** ➡ VTT

**Cities :** 1. Crévoux

2. Les Orres

3. Saint-Sauveur

## Altimetric profile









Min elevation 1560 m    Max elevation 2493 m

1. From the car park serving the slopes, drive past La Tanière crêperie then down the narrow road towards the village. Turn right at the first intersection with a wide path. Continue straight ahead on this path at the next three intersections. After a more wooded section, the landscape opens up again and the path leads to the Col de Parpaillon road.
2. Turn right onto this road and follow it up several hairpin bends through the Larch trees to the Cabane des Espagnols. Continue on the track that leads to the Col du Parpaillon for quite a few kilometres.
3. Take a wide track to the right 200m after a mountain pasture chalet. Once at the top, descend via a technical single track on the left. (Be careful, especially at the top). Make sure you pass to the right of the sheepfold on the descent, then immediately to the left to pick up a single track that winds through the larches. Once you reach the track, turn right to descend it.
4. After descending the track for several kilometres, take a path to the right. Cross the bridge and then take the wide balcony path to the hamlet. Turn left onto the road. Follow the road for a few hundred metres, then immediately after a bridge, take a small path on the right to reach the hamlet of Haut Forest.
5. Turn right onto the road, which continues along a gravel path. Turn left at the next junction and then straight on for 100m. Turn left again shortly after, then take a small grassy path on the right. Join a wider path and immediately take a small track on the right. Then turn right into the undergrowth on a small path that leads to a track.
6. Take a right to go back up the track. Follow the track for several kilometres, first uphill and then downhill. At the junction with another track, turn right towards Crévoux, then right again towards Pont du Réal at the next junction. Turn right again after several hairpin bends and follow the Bouche Clauze forest road to the Pont du Réal.
7. Then return via the route taken on the outward journey.

# On your path...



-  Crévoux (A)
-  Traditional houses (C)
-  The Common Blue (E)

-  Cabane des Espagnols (B)
-  Retaining walls (D)
-  Grazing (F)

# All useful information

## **Advices**

En raison de travaux forestiers indispensables, menés par l'Office National des Forêts, ce sentier sera impraticable et interdit jusqu'au 15 août 2024. Merci pour votre compréhension.

Itinéraire actuellement déconseillé en raison de la présence de patous agressifs.

## **How to come ?**

### Transports

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

### Access

Take the D994d from Embrun, then turn right just before Saint André d'Embrun to join the D39 to Crévoux.

### Advised parking

Car park at the foot of the slopes, Crévoux

## **Information desks**

### **Tourist office Crévoux**

Le pont du plan, la Chalp, 05200 Crévoux

[crevoux@serreponcon-tourisme.com](mailto:crevoux@serreponcon-tourisme.com)

Tel : +33 (0)7 86 07 56 78

<https://www.crevoux.fr>



### **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**

## On your path...

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### Crévoux (A)

Nestled amongst peaks approaching 3,000m, such as the Grand Parpaillon and Pic Saint André, the village of Crévoux occupies a deep valley that has seen the establishment of several hamlets, including La Chalp, which extends over a narrow alluvial terrace. Once at the heart of a major craft industry, with the rise of basket-making and cabinet-making, the village now revolves around its small ski resort, created in 1937, making it one of the oldest in the Hautes-Alpes.

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### Cabane des Espagnols (B)

This hut is a memorial to the Spanish refugees who were mobilised in Crévoux to maintain and repair the Parpaillon road, a militarily important road in those troubled times. The Spanish camp at Crévoux was set up in 1939, on the eve of the Second World War and in the twilight of the Spanish Civil War, which saw Franco's victory and the flight of many Spanish republicans to France.

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### Traditional houses (C)

Traditional houses in the Alps are often built into the slope. This can be explained by the desire to preserve the most easily cultivated land. The location of dwellings must also consider the proximity of water, while ensuring sufficient distance from mountain hazards (flooding, avalanches, landslides, etc.). These houses are generally arranged on three levels. The ground floor houses *the stable* for the herd and the farmyard. The heat given off by the animals benefits the whole house as it rises. This floor is sometimes also used to store farm tools. The first floor, accessed by a wooden staircase or balcony, is used for living space. Finally, the second floor is occupied by the barn, which is used to store grain and fodder for a whole year.

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## Retaining walls (D)

The retaining walls are made of dry stone. They are called restanques in Provence. In steep areas, they can be used to create farmed terraces by retaining the soil. At the time, their construction enabled generations of farmers to make a living from their land, which became fertile and arable. Today, many researchers and craftsmen are trying to bring back this age-old technique.

Attribution : Amélie Vallier

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## The Common Blue (E)

In this small butterfly, the male's upper wings are dark grey, somewhat bluer at the base of the wings, while the female is brown. It is most often seen at higher altitudes, in July and August, in grasslands and meadows. The Arctic blue is a species of northern regions (Scandinavia, Greenland, Siberia, North America) which, in more temperate parts, lives only in the mountains.

Attribution : Amélie Vallier

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## Grazing (F)

Pastoralism is an extensive management technique. Known as the "Vachaire", it emerged alongside cattle rearing and milk production. It entailed setting up a community-based herd management system, with the animals grazing every day. And it was the shepherd, "Lou Pastre" in Provençal, who was entrusted with managing the flocks.

Attribution : Joël Faure - PNE