

# 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

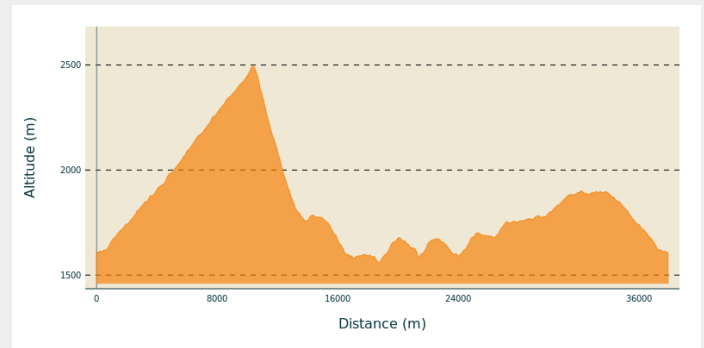
**Markings** : ▶ VTT

**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...



# 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](http://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

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## Source



Serre-Ponçon

<https://www.serreponcon.com>