Le Fort

Parc national des Ecrins

Le hameau des Gourniers (florimont.tilliere)

Treat yourself to a mountain bike outing in the beautiful Réallon valley, dominated by the ruins of the medieval castle.

Explore the Réallon valley, a wild and unspoilt verdant setting where you can still see a few traces of ancient occupation, such as the ruins of the fort of Réallon and the old village.

Useful information

Practice : Mountain bike

Duration : 1 h 30

Length : 9.3 km

Trek ascent : 290 m

Difficulty : Medium

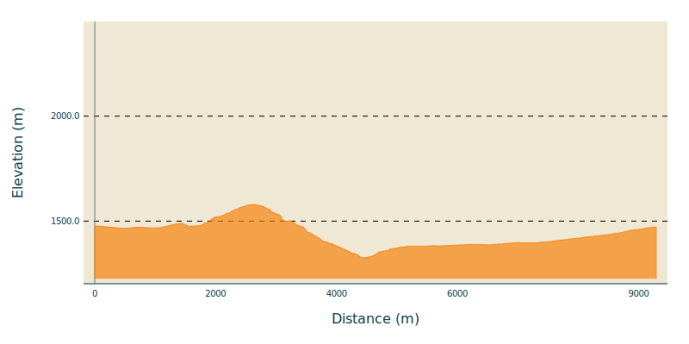
Type : Loop

Themes : Fauna, Flora

Trek

Departure : Les Gourniers, Réallon
Arrival : Les Gourniers, Réallon
Markings : VTT
Cities : 1. Réallon

Altimetric profile



Min elevation 1326 m Max elevation 1579 m

1. Start at the bridge over the Réallon stream then descend the road taken on the outward stretch. Then take a small path on the left, about 200m further on. Cross the fields and turn right at the intersection with a wide track. Cross the stream of la Sauche then turn left. Follow a small path on the mountainside.
2. Descend to the right shortly before the fort of Réallon. Turn right after a stony and slightly technical descent. Reach a car park at Reallon and then cross the road. Join the departmental road.
3. Turn left and then immediately right onto a small road that descends and continues along a footpath. Cross the bridge and continue left on the same path after a steep climb with two crossings over the stream.
4. Turn right onto a wide path. Cross the stream again, then travel alongside it. Turn right when the path seems to split in two, continuing up the stream.
5. Then follow the road closest to the river towards the camp-site, then turn left just before the car park. Turn right just before crossing the river to get back to the starting point

On your path...

- Short-toed Snake Eagle (A)
- Rock Partridge (C)
- Roe Deer (E)
- Réallon county town (G)
- Mountain farming (B)
- Squirrel (D)
- Oaks and Pines (F)

All useful information

How to come ?

Transports

Transports en commun : ccserreponcon.com

Access

From Savines-le-Lac, follow the D641 then the D9 before joining the D41, which becomes the D241 at Réallon.

Advised parking

Les Gourniers car park

Information desks

Tourist office Réallon Station
Pra Prunier, 05160 Réallon
reallon@serreponcontourisme.com
Tel : 0492442567
http://www.reallon-ski.com

Source

Serre-Ponçon

https://www.serreponcon.com

On your path...

Short-toed Snake Eagle (A)

The Short-toed Snake Eagle is a large bird of prey, easily recognisable by its white underside and large, often chocolate-brown head. But it can be confused with some very light common buzzards. This trans-Saharan migrant feeds mainly on reptiles, which it hunts in steppe areas, scrubland, wasteland and rocky areas, but also in the mountains, even in alpine meadows. Its fairly small nest is often built in pine trees.

Attribution : Mireille Coulon © Parc national des Ecrins

Mountain farming (B)

Each generation has stripped the soil to feed their families and livestock, creating well-exposed, irrigated terraces. As the land made mechanical farming difficult, farming began to decline around 1955.

Rock Partridge (C)

The Rock Partridge lives in the mountains on well exposed slopes, like those here at Roche Méanne. Every two years, the Ecrins National Park rangers count how many there are on this slope. Before sunrise, they take position in their different « sections » with small tape recorders to imitate the song of these birds. « We listen attentively in case there is an answer ». The song indicates the presence of a « singing male ».
« Sometimes we only hear their song, but other times, suddenly, the silence in the mountains is interrupted by the crashing of beating wings which makes us jump. We just have the time to count them and then we see them diving off at top speed ».

Attribution : Damien Combrisson - PNE

Squirrel (D)

Did you know that the squirrel uses a very elaborate language? It is a sign language, with mimics and expressions, without forgetting the movements of its tail. It also possesses quite an extensive range of sounds. It cackles, yelps, growls or groans, it also chatters. So if you don’t see it come out of the woods, don’t make a sound, maybe you will be lucky enough to hear this animal secretly expressing itself.

Attribution : Mireille Coulon - PNE

Roe Deer (E)

Hidden in the larch forest, the Roe Deer sometimes shows its fine head at dawn or at dusk. Not always easy to see this discreet animal but a few tracks or droppings can give its presence away.: the heart shaped print of its delicate hooves, the trunks of shrubs nicked by young fallow deer rubbing new antlers there to remove the last shreds of velvet, the ground scratched by the young male to mark his territory during the rutting season. Its little round black droppings in piles called « moquettes » in French! Sometimes it is a deep sonorous and guttural bark that resonates in the woods. Have a listen!

Attribution : Damien Combrisson - PNE

Oaks and Pines (F)

Oaks and pines live here together. They replace the ancient hay meadows once maintained by the inhabitants of Réallon. The pine forest consists of Black Pines and some Scots Pines. The Austrian Black Pine has long, rigid, prickly dark green needles; those of the Scots Pine are short, twisted and bluish green. Due to its hardiness, The Austrian Black Pine was introduced in the 19th century and was often used to restore the eroded soil of the Southern mountains. This was the case on the « sunny » (Southern slope) at Réallon where it was planted by the Mountain Restoration Service at the beginning of the 20th century to stabilize the slopes and to protect the village and the road.

Attribution : Robert Chevalier - PNE

Réallon county town (G)

The Réallon valley, fertile and rich in game and fish, was occupied as early as the 8th century BC by a Ligurian people.