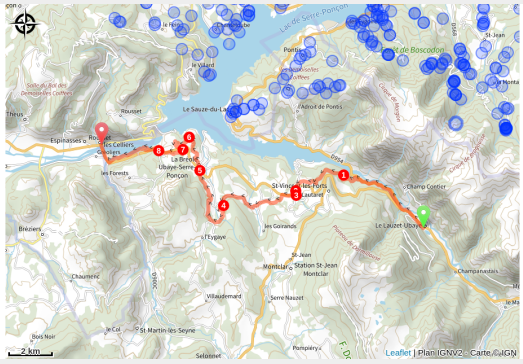
From Lauzet-Ubaye to Rousset

Au loin les Aiguilles de Chabrières (Parc national des Ecrins - Emmanuel Danjou)



Less physically demanding, this stage runs through the Haute Provence countryside dotted with villages and hamlets. This day could be best summarised as "uphill and downhill" taking in terrain that is more hilly than mountainous.

Exiting the Ubaye cluse will be the challenge of the morning, with its "impossible" uphill climb! The landscape then opens up onto plateaus and hills. A few more pedal strokes sets you off on a stretch running through villages that exude tranquillity and conviviality. None will be left unmoved by the technical trail of L'Escoubaye, its belvedere and the final descent down to the lake, even bikers with experience of this astonishing route.

Useful information

Practice : Mountain bike

Duration : 4 h

Length : 27.8 km

Trek ascent : 777 m

Difficulty : Medium

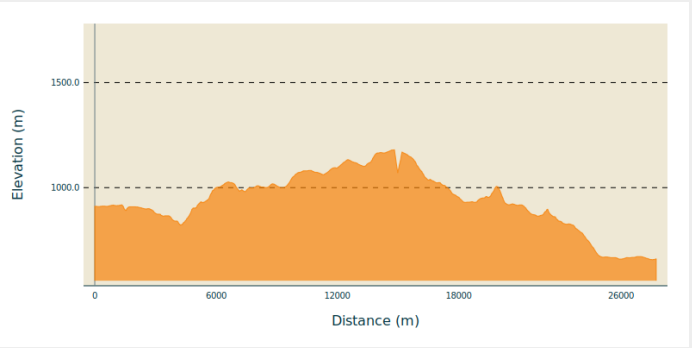
Type : Stage

Themes : Geology, History and architecture, Panorama

Trek

Departure : Sortie du village du Lauzet-Ubaye
Arrival : Belvédère du barrage, Rousset
Markings : VTT
Cities : 1. Le Lauzet-Ubaye
2. Rousset

Altimetric profile



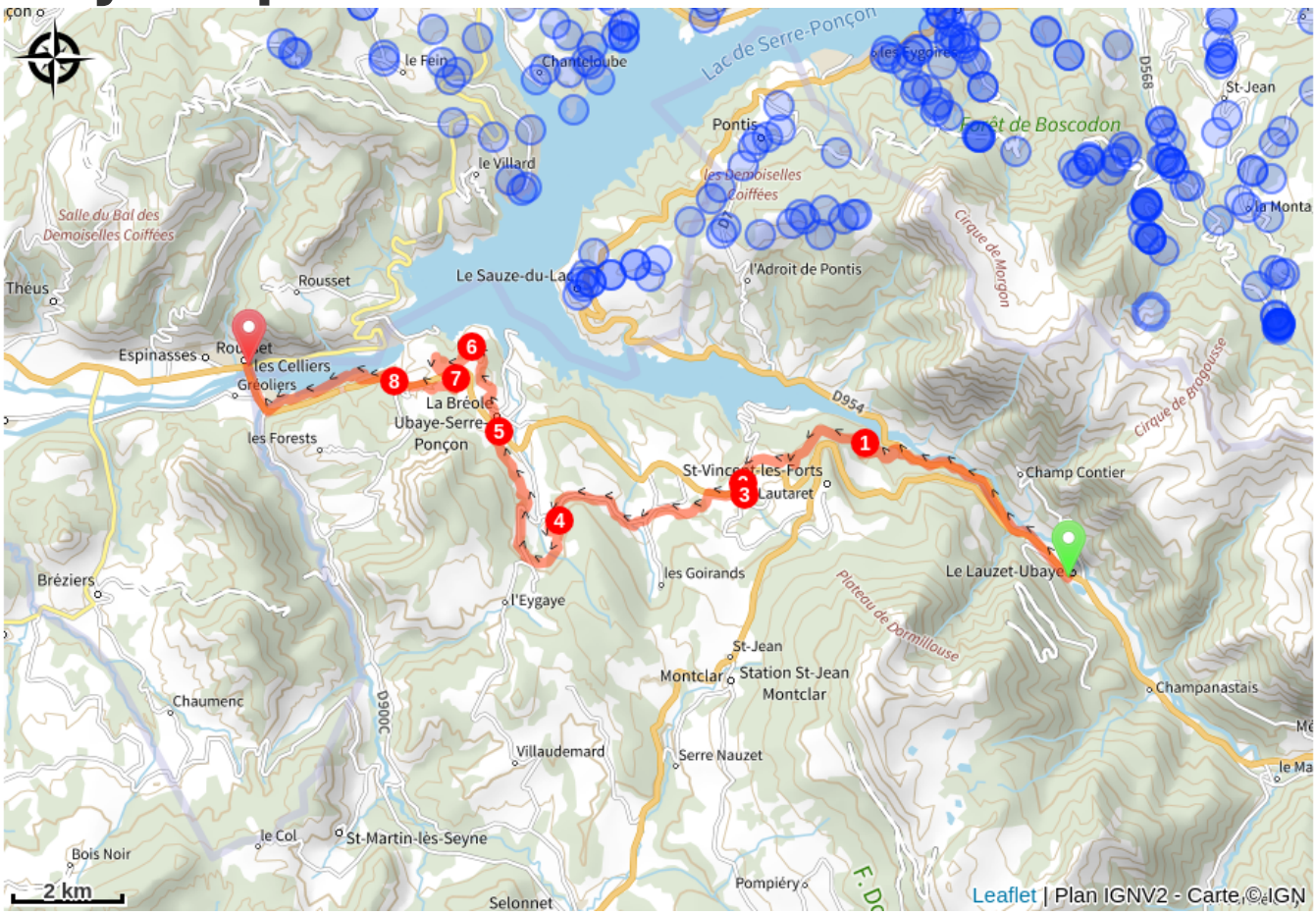
Min elevation 657 m Max elevation 1180 m

At the electricity substation in Le Lauzet, leave the Transubayenne route; turn right onto the path leading uphill towards Colmar. When you come to the D900 road, turn right (/!\). At the Pas de la Tour (view over the Costeplane waterfalls), turn right towards Savines-le-Lac (D954). Be careful: before you cross the high voltage line go left. Climb uphill on a path on your left (along a gas pipe). At the Col de la Femme Morte, head down the trail on the right heading towards Le Fein (/!\ steps).

1. At the bridge, at the campsite entrance, go downhill and then turn left uphill and left uphill again along the narrow road. Stay on the main road and at the La Pinède signpost, take the option leading up the path on the left. Stay on the main trail.
2. At the road (D7), go uphill to the left. On the bend, follow the path on the right until you come to Bologne. At Bologne, carry straight on along the road towards Le Lautaret Saint-Vincent-les-Forts.
3. At Le Lautaret, follow the D900B for 500 metres /!\ and turn right after the bakery. Follow the road and cross the D900B /!\ to follow the uphill path opposite. Climb up this path until you come to the hamlet of Les Lafons, then continue along the road ignoring the intersections on the right, until you come to the intersection in La Rouvière.
4. Here, head left for 300 metres and take the right-hand path. Climb up this path and turn left to reach the road (D7). Head right down the road and take the hairpin trail leading downhill. 100 metres after the bend, follow the trail on the left as far as the D900B.
5. Cross the D900B /!\ and go down the path opposite which takes you to the village of La Bréole: left then right (grocery store, snack bar, water fountain etc.) (D57).
6. Before the La Gayesse bridge, turn left onto the track heading towards L'Escoubaye. Then climb up the trail on the left running through pine trees (some pushing - challenging uphill trail).
7. At the small col, after the laid-out viewing point of L'Escoubaye, at the branching junction take the hillside trail on the right through the Terres Noires. Go left downhill to the path running along the edge of the fields and then onto the road until you come to the D900B.

8. At the RD 900B /!\ turn left and then right onto the uphill track. At the edge of the wood (post numbered 9) take the path on the right and then head right downhill through the Terres Noires. When you come to the road, head right downhill towards the dam (take care).
9. Be alert. Before a left-hand bend, under the high voltage line, take the trail on the right. Then follow the lake shore until you come to the road /!\ and reach the roundabout in Rousset.

On your path...


Lac de Serre-Ponçon
Forêt de Boscodon
Salle du Bal des Demoiselles Coiffées
les Demoiselles Coiffées
Cirque de Morgon
Cirque de Brogousse
Plateau de Dormillouse
le Fein
Chanteloube
Pontis
le Villard
St-Jean
la Monta
Théus
Rousset
Le Sauze-du-Lac
l'Adroit de Pontis
Espinasses
les Celliers
Gréoliers
les Forests
La Bréole
Ubaye-Serre-Ponçon
D954
St-Vincent-les-Forts
Lautaret
Champ Contier
Le Lauzet-Ubaye
les Goirands
l'Eygaye
Brèziers
St-Jean
Montclar
Station St-Jean Montclar
Champanastais
Chaumenc
D900C
Villaudemard
Serre Nauzet
le Col
St-Martin-lès-Seyne
Bois Noir
Pompiéry
Selonnet
2 km
Leaflet | Plan IGNV2 - Carte ©IGN

All useful information

⚠ Advices

Numerous points where you need to be alert along the D900B
Take care on the descents from Le Fein, Champ Raféou and the Serre-Ponçon dam.
Bakery at Le Lautaret; bar, restaurant and grocery store at La Bréole.
In Rousset, take the time to visit the Muséoscope du Lac and the water and energies visitor centre ("Maison de l’Eau et des Énergies").

Source

Parc national des Ecrins

https://www.ecrins-parcnational.fr