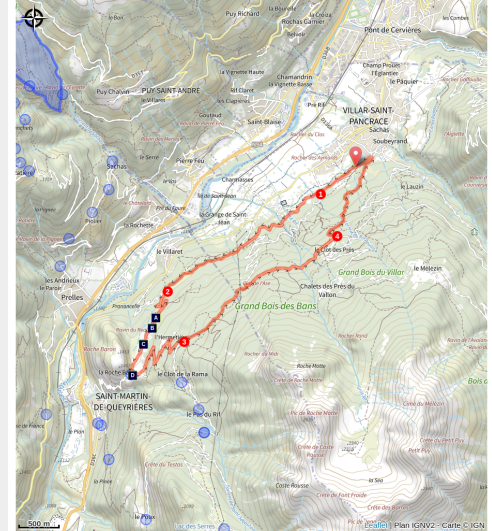


## 63 - Le Grand Bois des Bans



Le clot de Rama (M. Buffet)



### *Boucle très difficile avec passages intéressants et exigeants*

Boucle rapide, découverte de différents hameaux de montagne. En sous-bois, le sentier est exigeant avec quelques portions rapides et des ressauts raides.

### Useful information

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Practice : Mountain bike

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Duration : 2 h

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Length : 10.8 km

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Trek ascent : 423 m

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Difficulty : Hard

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Type : Loop

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Themes : History and architecture, Pastoralism

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# Trek

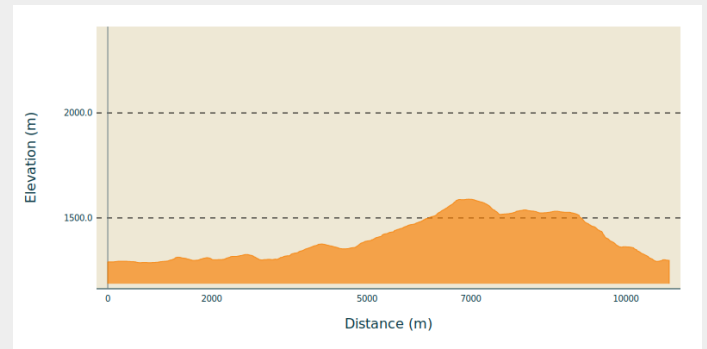
**Departure** : Centre montagne Villar st Pancrace

**Arrival** : Centre montagne Villar st Pancrace

**Markings** : 🏔️ VTT

**Cities** : 1. Villar-Saint-Pancrace  
2. Saint-Martin-de-Queyrières

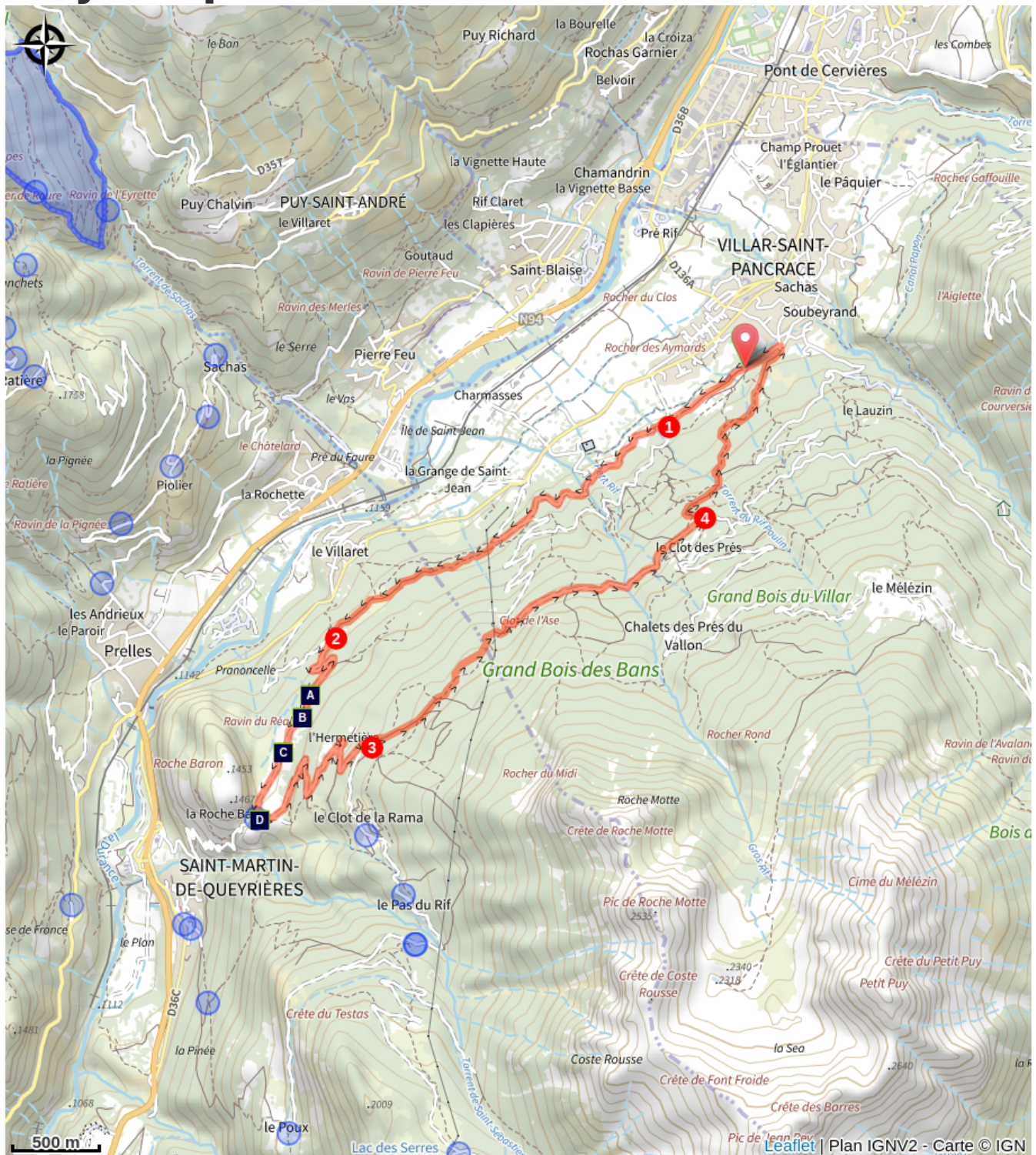
## Altimetric profile







Min elevation 1287 m Max elevation 1590 m

1. Départ du centre montagne sur un chemin qui ondule à travers champs en balcon au-dessus de Villard.
2. Poursuivre en traversée à travers bois et monter à Rocher Baron.
3. Encore quelques lacets pour le Clot de la Rama, prendre un beau sentier étroit et technique pour le Clot de l'Ase.
4. Un bon chemin amène au Clot des Prés. Un enchainement de sentiers et chemins descendants permet de retrouver le centre montagne.

# On your path...



-  The alpine anemone (A)
-  The bullfinch (C)

-  The larch (B)
-  The large marsh grasshopper (D)

# All useful information

## **Advices**

Période praticable : Mai à Novembre

## **How to come ?**

### Access

Depuis la N94, accéder au parking du Centre Montagne à Villard Saint Pancrace via la D238

### Advised parking

Parking du Centre Montagne, Villard Saint Pancrace

## **Source**

Briançonnais

# On your path...

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## ✿ The alpine anemone (A)

The alpine anemone or the alpine pulsatilla blooms here in the spring. It is a plant with a downy covering of white hairs on the large drooping flowers which are dark purple, contrasting with the bright yellow of the numerous stamens, and with very indented leaves. In summer, its fruits with a long pappus, or tuft, form a feathery seed head atop the stem. Although it is frequently found in localised areas, it is nevertheless a rare species dependent on steppe meadows in the Durance valley.

Attribution : Thierry Maillet - Parc national des Écrins

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## ✿ The larch (B)

Golden yellow needles in autumn, purple cones in the spring... The larch offers colour interest throughout the year, and rather suits its title "the tree of light". It drops its soft deciduous needles in autumn and winter. In spring, the slender branches of this conifer are dotted with female flowers, which will develop into cones, and male flowers. The larch thrives on the north-facing slopes and lights up the mountainsides.

Attribution : Robert Chevalier - Parc national des Écrins

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## 🐦 The bullfinch (C)

Gentle and melancholic calls can be heard coming from trees in the forest. They are the calls of the bullfinch, a plump and timid little passerine. The male can be identified from his pinkish red underside, while the female's is beige. Both have a black cap. They often live in small groups, staying in contact with one another through their little calls. It is a year-round resident.

Attribution : Christophe Albert - Parc national des Écrins

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## The large marsh grasshopper (D)

In the wet areas beside the streams lives the large marsh grasshopper. Its French name, *criquet engsanglanté*, translates as the "bloodied grasshopper" because the female has purple-red marks which stand out against her general green colour. Her eggs are drought-sensitive so she only lays them in damp soil. When courting the female, the male does not chirp but makes clicking sounds, which he produces by stretching his hind leg in a sudden movement.

Attribution : Mireille Coulon - Parc national des Écrins