

# From Chapelle-en-Valjouffrey to Valsenestre

Valbonnais - Valjouffrey



La Chapelle-en-Valjouffrey (Jean-Pierre Nicolle)



*A gently start, with this short and forested stage which lead the hiker to the hamlet of Valsenestre.*

After a steep start above the hamlet of La Chapelle-en-Valjouffrey, the almost exclusively forested route weaves along the left bank of the Béranger torrent. The path, often narrow, rarely sloping, alternates between sections overlooking the torrent and less steep sections.

## Useful information

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Practice : By walk

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Duration : 2 h

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Length : 5.1 km

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Trek ascent : 354 m

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Difficulty : Easy

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Type : Stage

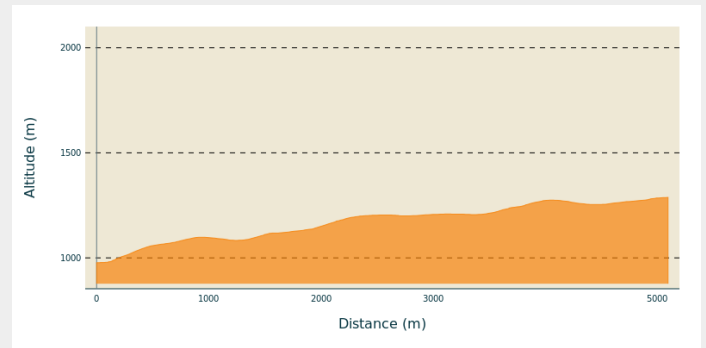
# Trek

**Departure** : La-Chapelle-en-Valjouffrey

**Arrival** : Valsenestre

**Cities** : 1. Valjouffrey

## Altimetric profile



Min elevation 978 m Max elevation 1289 m

From the car park at the downstream entrance to La Chapelle-en-Valjouffrey, join the RD117. Follow it to the right for around ten metres, then turn left onto Rue de l'église. At the "sur la Chapelle - 980m" crossroads, head for Valsenestre. The path starts with a steep and short flight of concrete steps, then rises rapidly above the hamlet, before skirting the Béranger torrent.

1. After about 2km, the path approaches the torrent. Stay on the left bank. Then tackle a longer climb, with a few hairpin bends, to the saw bridge (follow signs for Valsenestre).
2. After another climb and another flat spot, the path joins a track. Follow it to the right for a few metres. The path then turns off to the left.
3. After several hairpin bends on a stony path where the remains of old low walls can be seen, the path crosses a gullied area where a temporary torrent flows (ford crossing). After a short descent, the path joins a grassy track and the Valsenestre meadows.
4. Join the RD117A, which you follow for 600 metres until you reach Valsenestre.



# All useful information



## Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



## ⚠️ Advices

Easy, but sometimes narrow and vertiginous on some sections.

## How to come ?

### Transports

Come by bus :

<https://www.itinisere.fr/>

<https://carsisere.auvergnerhonealpes.fr/>

<https://zou.maregionsud.fr/>

### Access

D26 from La Mure. D526 from Pont du Prêtre. D117 from Entraigues to la Chapelle-en-Valjouffrey.

### Advised parking

Car park at the downstream entrance to La Chapelle-en-Valjouffrey

# Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

## Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins  
Julien Charron  
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone !

Attention en zone cœur du Parc National des Écrins une réglementation spécifique aux sports de nature s'applique : <https://www.ecrins-parcnational.fr/thematique/sports-de-nature>

## Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

Contact: Parc National des Écrins  
Julien Charron  
julien.charron@ecrins-parcnational.fr

Nidification du Circaète-Jean-le-Blanc

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

Attention le survol motorisé dans la zone cœur Parc National des Écrins est interdit en-dessous de 1000m sol et une réglementation spécifique s'applique au survol non-motorisé.

Voir la réglementation pour les survols non-motorisés : <https://www.ecrins-parcnational.fr/les-survol-non-motorises>

Voir la réglementation pour les survol motorisés : <https://www.ecrins-parcnational.fr/les-survol-non-motorises>

## Information desks

### **Maison du Parc du Valbonnais**

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## Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>