

# Snow Trail: Le Plan

Vallouise - Freissinières



snowtrail



## *Discover trail running on snow on the Freissinières plain*

A magical winter atmosphere in an open environment and in the forest, running this SnowTrail route on groomed sections is a real pleasure!

### Useful information

Practice : Snow trail

Duration : 1 h

Length : 4.7 km

Trek ascent : 42 m

Difficulty : Very easy

Type : Loop

# Trek

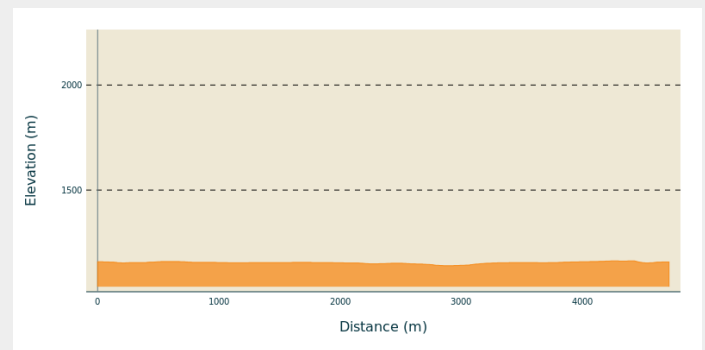
**Departure** : Freissinières artificial icefall

**Arrival** : Freissinières artificial icefall

**Markings** :  Snow trail

**Cities** : 1. Freissinières

## Altimetric profile






Min elevation 1141 m Max elevation 1164 m




From the Freissinières artificial waterfall, head east to the bridge over the Biaysse.

1. Before the bridge, turn left
2. Cross the road and continue straight ahead
3. Turn right
4. Go straight on
5. Take a sharp right and cross a small bridge
6. Continue along the road to the right, then turn left over the bridge to follow the route along the right bank of the river
7. At the crossroads, continue straight ahead
8. Go downhill on your right to reach the finish line

# On your path...



-  The common barberry (A)
-  The southern water vole (C)
-  The creeping lady's-tress (E)

-  The petasites hybridus or butterbur (B)
-  The European silver fir (D)
-  The Freissinières valley (F)

# All useful information

## **Advices**

Before setting off on your trail, it is essential to check the opening times of the route on the website: <https://www.onpiste.com/explorer/routes/snow-trail-du-plan-freissinieres-6659>

On some sections of this route, you will be using a cross-country ski trail. Dog sleds may also frequently pass by: keep in line on the right-hand side of the route. Pet dogs are also not recommended.

Check the weather conditions before setting off.

Emergency contact details: Secours Montagne: 04 92 22 22 22 or 112

Respect the work of farmers and owners

Close all fences

Bring back all your rubbish

Do not cut the route through meadows

The Snowtrail routes are also suitable for snowshoe trekking.

## **How to come ?**

### Transports

Public transport >> <https://services-zou.maregionsud.fr/fr/>

Car pooling >> [www.blablacar.fr](http://www.blablacar.fr)

For more information, contact the Tourist Information Office nearest to your departure point.

### Access

Access to Freissinières via the N94 in the upper Durance valley, then the D38 which takes you to the Maison de la Vallée/Mairie de Freissinières. There is a car park nearby. The artificial icefall and the start of the snowtrail are nearby.

Advised parking

Town Hall car park / Maison de la Vallée de Freissinières

### Source



Pays des Ecrins

<https://www.paysdesecrins.com>



# On your path...

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## ✿ The common barberry (A)

The common barberry is a bush with long thorns arranged in threes, and with oval serrated leaves. In spring, it produces clusters of yellow flowers, which later develop into red, oval and elongated berries. These tart fruits are edible and can be made into jellies... if you have the patience to gather them! This shrub grows almost everywhere.

Attribution : Mireille Coulon - Parc national des Écrins

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## ✿ The petasites hybridus or butterbur (B)

The ditches on the Freissinières plain are edged by a plant with very broad leaves: the petasites hybridus or butterbur, also called the devil's hat in French. In Ancient Greek, the petasos was a round felt hat. Nobody knows whether the devil wears this hat, but the plant is certainly used as a herbal remedy. Very common in the lowlands, it is quite rare in the Pays des Écrins although other species of petasites do grow at higher altitude.

Attribution : Ludovic Imberdis - Parc national des Écrins

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## 🐭 The southern water vole (C)

Flattened paths through the reeds, and holes 6 to 7 cm in diameter... the southern water vole has been here! This large rodent with dark brown fur on its back digs its burrow in the banks of the stream. This species, which lives close to water, causes no damage to crops. Not a prolific breeder, its numbers are low and it is threatened with extinction.

Attribution : Damien Combrisson - Parc national des Écrins

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### ❄️ The European silver fir (D)

The fir thrives on this north-exposed slope, called the ubac. Its needles have two white stripes on their undersides. They are arranged on either side of the boughs, and not all the way around them, which distinguishes it from the spruce. The elongated cones stand upright, rather than hanging downwards. They grow in large number, often mingling with larch trees under whose shade they can grow. By contrast, the larch - the "tree of light" - cannot grow under the cover of fir trees.

Attribution : Mireille Coulon - Parc national des Écrins



### ❄️ The creeping lady's-tress (E)

This inconspicuous little orchid grows on moss, in the undergrowth of the pine forest. Growing at the base of the stem, its leaves are oval and pointed, with a network of veins. The upright stem only bears a few scales. Covered in a fine down, the white flowers are arranged in the form of a spiral spike, facing the same way. A little gem that is worth keeping an eye out for!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



### 🕒 The Freissinières valley (F)

The valley was created as the result of glacial overdeepening, that is to say, when the glacier came to a halt against the Pallon hard rock bar, it created a depression. When the glaciers retreated, a lake was left behind this rock bar and was gradually filled up by alluvial deposits. From a historical point of view, the Protestant pastor Félix Neff fundamentally altered life in the valley in 1826 by founding a training college for primary school teachers, developing irrigation processes and teaching new crop growing methods, among other things...

Attribution : Office de tourisme Pays des Écrins