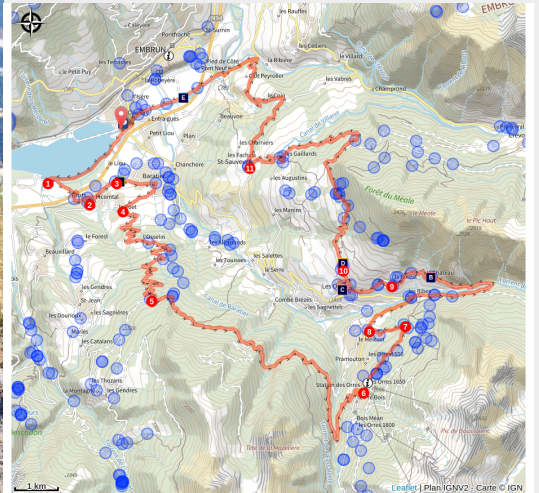


Loop 59 - From Embrun to Les Orres

Embrunais



(Kinaphoto)



Les Orres! Well-known for its mountain biking, the Gravel can certainly hold its own with this 50km loop for sports enthusiasts.

A demanding Gravel loop for experienced riders only. One ascent, one descent and 20 undulating kilometres in between. The route mainly takes in woodland, with a bit of a ski resort and mountain atmosphere in the valley of the torrent des Vachères. A return trip to the Grand Vallon hut is available as an option.

Useful information

Practice : Gravel

Duration : 4 h 30

Length : 54.3 km

Trek ascent : 1642 m

Difficulty : Hard

Type : Loop

Themes : Lake and glacier,
Panorama, Top

Trek

Departure : Embrun

Arrival : Embrun

Markings : — PR — GRP

Cities : 1. Embrun

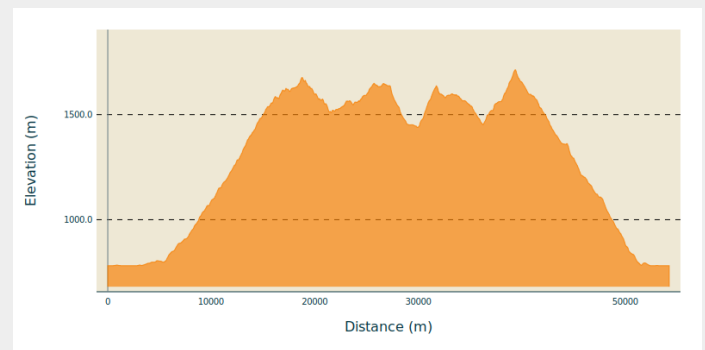
2. Baratier

3. Crots

4. Saint-Sauveur

5. Les Orres

Altimetric profile

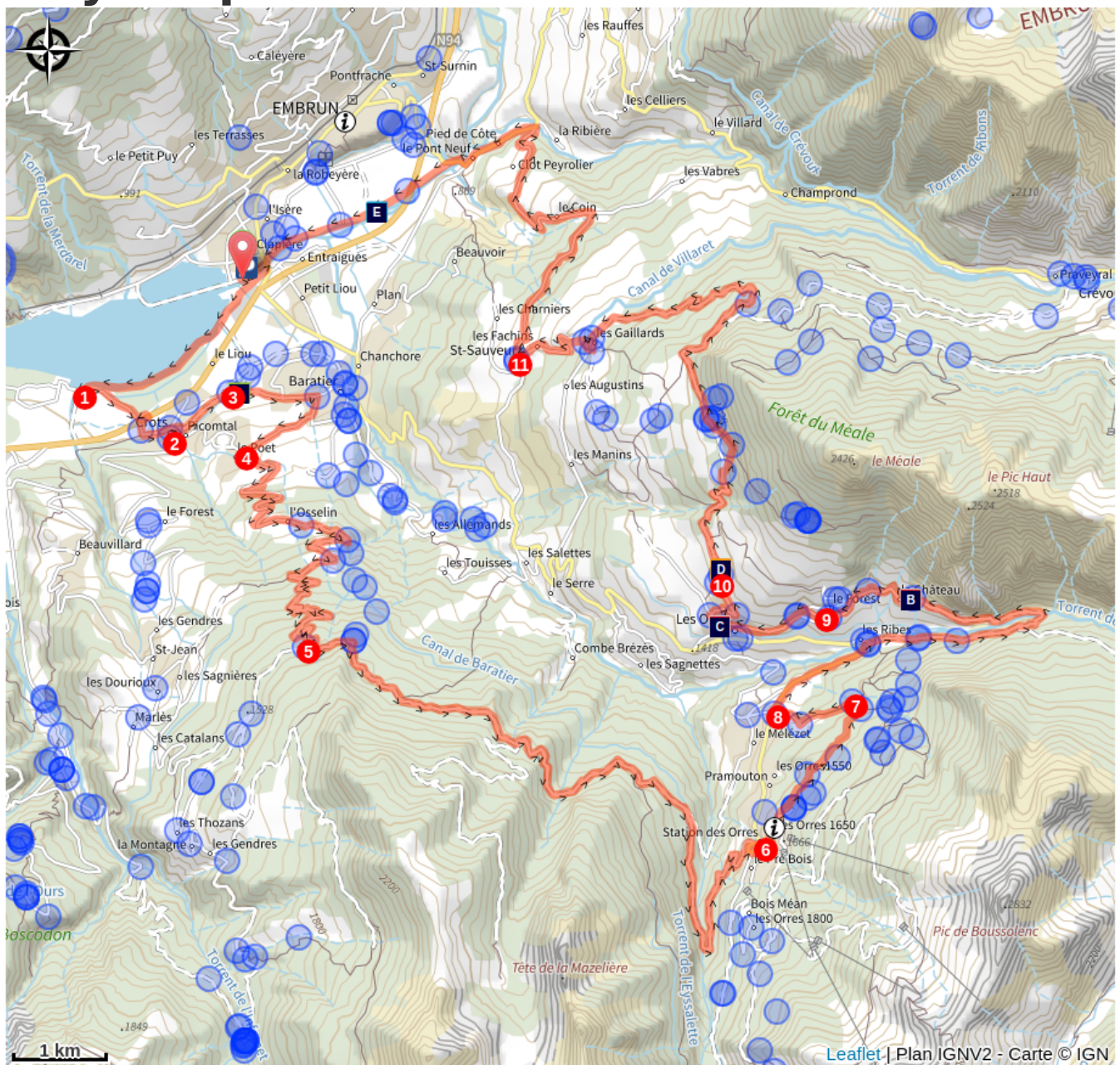


Min elevation 781 m Max elevation 1713 m

1. Facing the lake, (start of the mountain bike circuits), join the dam and turn left. Follow the course of the Durance. At the footbridge, cross the stream and turn right. Head along the left bank of the Durance, passing under the bridge. At the no-cycling sign, turn left to cross the business park. After the footbridge, continue along the dam towards Crots. At the end of the dam, turn 190 degrees to the left.
2. Just before the N94, take the cycle lane on the left and cross the road through the tunnel. At the end of the tunnel, turn right. At the D90, turn left (/!\ for cars). At the crossroads, turn right and pass in front of Crots town hall. At the Château de Picomtal roundabout, turn left.
3. Before the bridge (torrent de Bellegrave), descend to the left then turn right to go along the stream to the bridge. At the bridge, ascend to the right.
4. At Chènevrières (at the stop sign), ascend the road to the right. At the entrance to the impasse de la Combe, turn right. Continue to the crossroads (recycling point) and turn left. After climbing the hairpin road, continue on the track.
5. At DFCI track H18, take a left hairpin turn and continue straight ahead.
6. As the GRP (red and yellow markings) veers to the left, you ascend to the right. Cross the bridge, then continue along the main path to the left. At the Domaine du Loup Blanc, continue on the hairpin road. At Prélallègre, take the main road on the right towards the resort centre of Les Orres 1650.
7. At the Chalet de la Navette in Bois Mean, continue straight ahead on Allée des Chamois, then go left down the Allée des Fouonts. After the gate, take the left-hand path onto the ski slopes. Continue straight on up the path, passing through larch undergrowth. /!\ roots. In the larch undergrowth, choose the downhill option on the left.
8. At les Abouchiers, descend the track on the left towards "le Melezet". At Les Seyes, continue downhill to the right to reach the hamlet and the road. On the road, turn right.
9. In the bend before the bridge, go right up the track towards "Grand Vallon". At the fountain, continue straight on towards the Saint-Pierre chapel and the Grand Vallon. Then descend to the left, cross the bridge and cross to the right bank of the torrent (return trip possible to the Grand Vallon, add 10 km). At the Château, continue left along the road to Les Orres county town. On leaving "Bas Forest", continue straight ahead on the flat road.

10. At Rue du Fort turn right towards the church. After the communal fountain, turn right twice onto the Méale road and then the stony track.
11. At the crossroads of the DFCl track H24, descend to the right. At Faravelle continue straight downhill then turn right. At the junction at the end of the level track, turn right and stay on the main path. At Les Gaillards, turn right down the road towards Saint-Sauveur. At the church of Saint-Sauveur, turn right onto the road. At Coin Haut, turn left and follow the D994d along the left bank of the Durance, then cross the wooden bridge to change banks. Stay on the right bank to reach the lake.

On your path...



-  Plantain (A)
-  Traditional houses (B)
-  Church of Marie-Madeleine in Les Orres (C)
-  The pasture (D)
-  The Durance (E)

All useful information

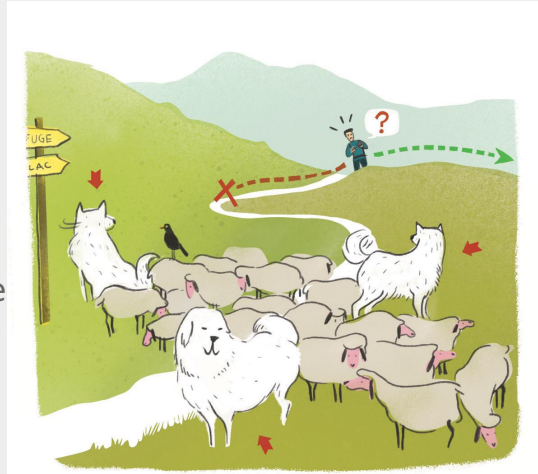
Herd protection dogs

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When I hike I adapt my behavior by going around the herd and pausing for the dog to identify me.

Find out more about the actions to adopt with the article ["Protection dogs: a context and actions to adopt"](#).

Tell us about your meeting by answering this [survey](#).



Advices

Avant de partir vérifiez l'état de votre vélo, surveillez la météo et équipez vous selon la saison et la durée de votre randonnée.

Vous évoluez en zone de montagne, privilégiez des pneus de Gravel large, des freins à disque hydraulique et maîtrisez votre vitesse.

Prudence dans la descente du Hameau de Vière et pour rejoindre la vallée de la Durance.

Pour plus de confort faites appel à un moniteur de cyclisme

Secours : 112

How to come ?

Transports

SNCF: Chorges station, Embrun <https://www.sncf-connect.com/>

Bus : Valserres, La Bâtie Neuve, Chorges, Puy Saint Eusèbe, Puy Sanières, Embrun Baratier, Les Orres, Remollon, Theus, Espinasse

Marseille-Briançon : (LER29)

Marseille, Nice : Lignes Express Régionales (LER) +33 (0)809 400 415

Grenoble : Transisère +33 (0)4 26 16 38 38

Gap-Barcelonnette (LER535)

Carpooling area : Rond point des Orres - 05200 Baratier

Plane:

Marseille Provence Airport (188km) - +33 (0)820 811 414

Grenoble Alpes Isère Airport (158km) - +33 (0)4 76 65 48 48

Lyon Saint Exupéry Airport - (203km) +33 (0)826 800 826
Turin Caselle Airport - (178km) + 39 011 567 63 78

Access

From Marseille, Montpellier A51 to La Saulce, continue towards Tallard (D942) and Briançon (RN 94).

Advised parking

Embrun lake car park

Information desks

Tourist office Embrun

Place Général Dosse - BP 49, 05202
Embrun

embrun@serreponcon-tourisme.com
Tel : 0492437272
<https://www.serreponcon-tourisme.com/>



Office de Tourisme des Orres

1 place des étoiles, 05200 Les Orres

ot.acceuil@lesorres.com
Tel : 0492440161
<https://www.lesorres.com/>



Source



Serre-Ponçon

<https://www.serreponcon.com>

On your path...



Plantago (A)

The Latin name Plantago is thought to mean "plant that acts", alluding to the medicinal properties attributed to it by the Romans. They claimed that crushing the leaves and applying them to lesions or bites would heal them. Although not particularly tasty, this plant is edible cooked or even raw. It can be found in lawns and meadows. It is characterised by a flowering spike emerging from a clump of thick leaves, with large veins running from the base.

Attribution : Mireille Coulon - PNE

Traditional houses (B)

Traditional houses in the Alps are often built into the slope. This can be explained by the desire to preserve the most easily cultivated land. The location of dwellings must also consider the proximity of water, while ensuring sufficient distance from mountain hazards (flooding, avalanches, landslides, etc.). These houses are generally arranged on three levels. The ground floor houses *the stable* for the herd and the farmyard. The heat given off by the animals benefits the whole house as it rises. This floor is sometimes also used to store farm tools. The first floor, accessed by a wooden staircase or balcony, is used for living space. Finally, the second floor is occupied by the barn, which is used to store grain and fodder for a whole year.

.

Church of Marie-Madeleine in Les Orres (C)

Characteristic of Hautes-Alpes architecture, it was built around 1501 and is remarkable for its size and painted decorations.

The pastre (D)

This is the Provençal word for shepherd. The trail got its name because of its many traces of pastoral activity along the way. Among other things, you can see the remains of ancient shelters known as muandes. These were used as stopovers between the farm and the mountain pastures during the transhumance up to the summer pastures at the start of the summer and during the transhumance to lower pastures in the autumn.

.



The Durance (E)

The Durance is the most important river in Provence and the third largest tributary of the Rhône, behind the Saône and the Isère. It rises in the Hautes-Alpes in the municipality of Montgenèvre and is soon joined by the Clarée and Guisane rivers, which flow past it despite being longer and having a greater flow at the confluence point. The Durance valley has been a major communication route for centuries, and its capricious nature has been controlled by the artificial lake at Serre-Ponçon and a canal running downstream. The old proverb from the Ancien Régime, which once claimed that "the three scourges of Provence are the Mistral, the Durance and Parliament", has now been forgotten, and the Durance now brings nothing but life to the land it irrigates.

.

Attribution : Agence Kros_Rémi Fabrègue