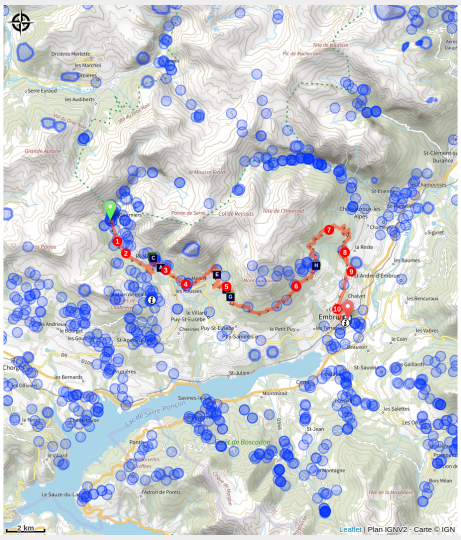
Réallon - Embrun (TSP Gravel)

Parc national des Ecrins

(Kinaphoto)



The terminus of this Gravel route: the Balcons Sud du Lac de Serre Ponçon

The final section sums up the tour: beautiful, rolling DFCI tracks, interspersed with stretches of mountain gravel and exceptional panoramic views. The most demanding ascent will be rewarded with one of the most beautiful balconies of this trip on the slopes of Mont Guillaume: the Chemin de la Baume.

Useful information

Practice : Gravel

Duration : 2 h 45

Length : 36.2 km

Trek ascent : 918 m

Difficulty : Medium

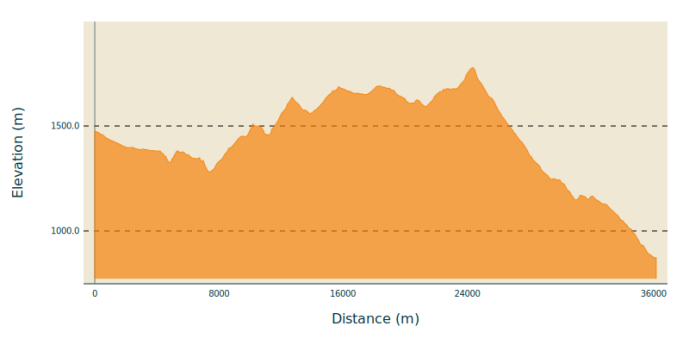
Type : Stage

Themes : Lake and glacier, Panorama, Pastoralism

Trek

Departure : Les Gourniers, Réallon
Arrival : Embrun
Markings : GRP GR
Cities : 1. Réallon
2. Puy-Saint-Eusèbe
3. Puy-Sanières
4. Embrun
5. Châteauroux-les-Alpes

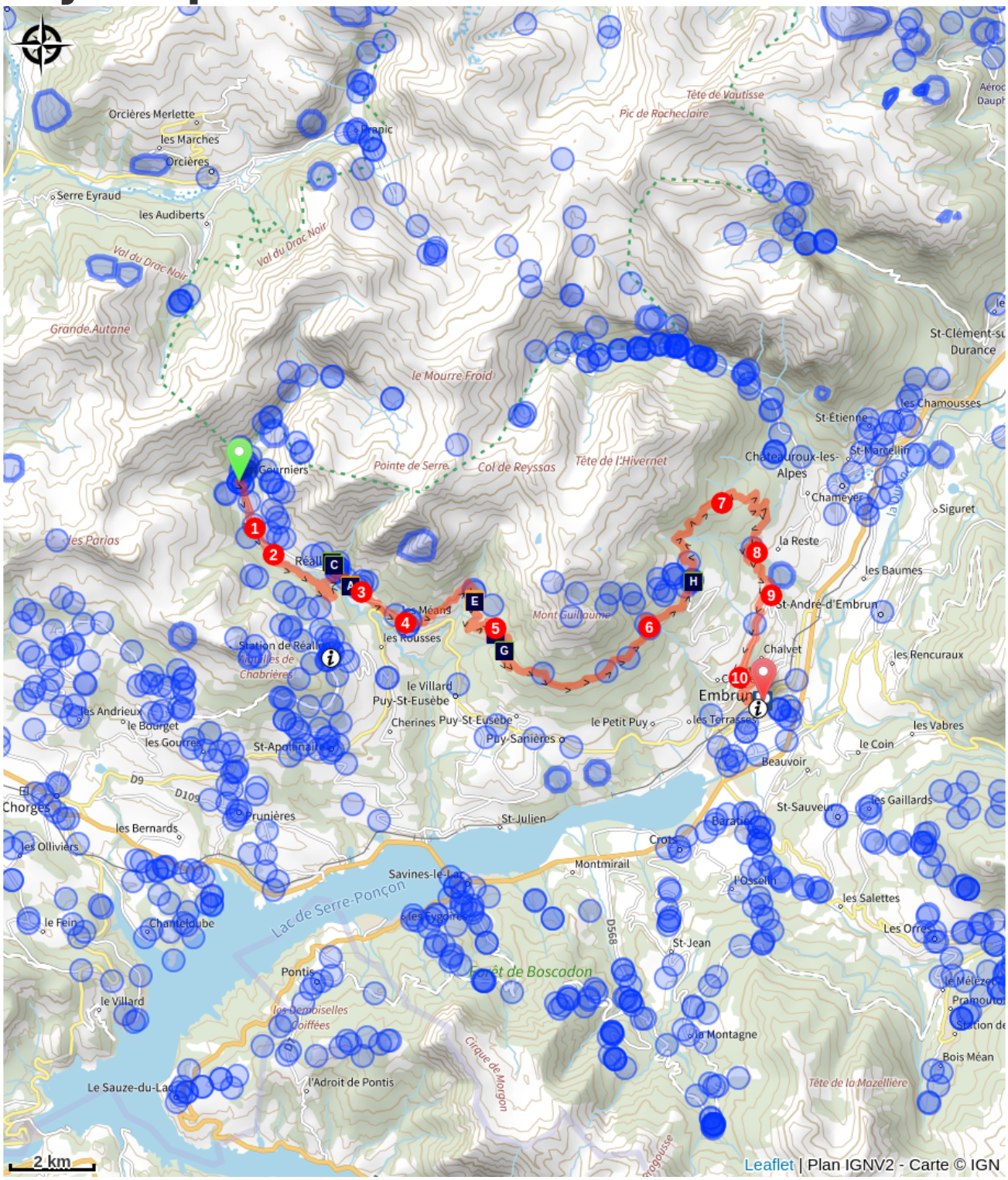
Altimetric profile



Min elevation 873 m Max elevation 1777 m

1) Turn right at Le Mélézin restaurant. After the bridge, turn right onto the road and then the track. Stay on the left bank and as close as possible to the stream as far as the Iscle leisure centre. At the Cure bridge, stay on the left-hand road towards Réallon.
2) At the road, turn right and then left to stay on the GR. Cross the Villard bridge to the right and head along the right bank. At "Côte Garcine", turn left towards the stream and ascend to Réallon. At the road, cross the village to the right.
3) After the Réallon village exit sign, leave the D41, take the left-hand track and then the first right onto the GR signposted path.
4) In the hamlet of Méans (Charrière des Touisses), turn left onto the small road towards Puy-Sanières Embrun (GR50). At the track, turn left. At the Reyssas stream, push the bike for 100m (steep, stony section)
5) At the chemin de la Baume, take the carriageway to the right. At the bend in the DFCI G1 track, turn left and stay on the main track to reach the "Porte de la Forêt" via the Lookout of La Para. (DFCI G1)
6) At the Porte de la Forêt car park, turn left onto the route forestière des Fontainiers. At the Route forestière du Bosquet, keep right (DFCI track G82).
7) Before the steep climb, take the path on the right towards Châteauroux 9 km. /!\ Quite a steep descent. Turn right at the path under the larches. Stay on the main road until you reach the hairpin /!\ watch your speed. Return journey possible as far as Châteauroux les Alpes (where accommodation is available) by turning left (follow route no. 53)
8) /!\ watch your speed: at the hairpin turn right and take 2 left turns on the less steep options. Then turn right at the edge of the wood onto the path on the right, which is carpeted with pine needles. (/!\ Several short sections with roots and stones).
9) After the houses, continue to the right on the less visible flat track. Above Les Barthelons, descend to the left, then take the first right onto the road. After the hamlet, turn left towards Embrun centre.
10) /!\ Slow down and turn left onto Chemin du Pigeonnier. /!\ Fast descent with waterways. At the end of the Chemin du Pigeonnier, turn left down the road to Embrun. Stay on the main road. Cross the railway line and take the 1st turning on the left to reach the SNCF station.

On your path…



- Retaining walls (A)
- Black Redstart (C)
- Retaining walls (E)
- Chaffinch (G)
- Common Rock Thrush (B)
- Abandoned farms (D)
- Vantage point overlooking the Lac de Serre-Ponçon (F)
- The larch (H)

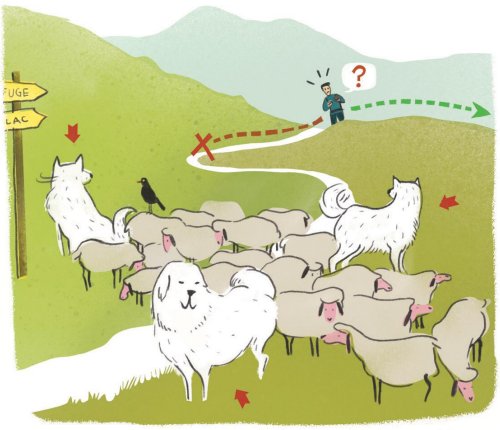
All useful information

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 maitrisez 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 86

Access

From Grenoble, Lyon, Paris : RN 85 or RN 75. At Gap, take the RN 94 towards Briançon.
From Marseille, Montpellier A51 to La Saulce, continue towards Tallard (D942) and Briançon (RN 94).

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.

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.

Merci d’essayer d’éviter la zone ou de rester à un distance minimale de 300m sol quand vous la survolez soit 1470m d'altitude !

Information desks

Tourist office Embrun
Place Général Dosse - BP 49, 05202 Embrun

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

Tourist office Réallon Station
Pra Prunier, 05160 Réallon

reallon@serreponcontourisme.com
Tel : 0492442567
http://www.reallon-ski.com

Source

Serre-Ponçon

https://www.serreponcon.com

On your path...

Retaining walls (A)

The retaining walls are made of dry stone. They are called restanques in Provence. In steep areas, they can be used to create farmed terraces by retaining the soil. At the time, their construction enabled generations of farmers to make a living from their land, which became fertile and arable. Today, many researchers and craftsmen are trying to bring back this age-old technique.

Attribution : Amélie Vallier

Common Rock Thrush (B)

The Common Rock Thrush likes sunny rocks. It only visits us in April until the end of August to nest either on the ground, or in a rock cavity. Orange breast, blue head, white rump, its song consists of sweet, clear melodious stanzas.

Attribution : Pascal Saulay - PNE

Black Redstart (C)

Mr. Black Redstart sports a grey skullcap and white marking on his wings, a black tail and rump. Originally a mountain bird, it has adapted to other environments, as long as there is a rocky atmosphere. Which is the case here, on the slope of the Roche Méanne. The Black Redstart is a common bird, bright and very lively: it constantly hunts insects in flight and on the ground. Often perched up high on a wall or a rock, it makes brief cries of alarm while bending its legs. Its chatty song, punctuated with sounds of « paper rustling » is characteristic. Partially migratory, it spends winter in the bottom of the valleys.

Attribution : Damien Combrisson - PNE

Abandoned farms (D)

Numerous abandoned farms can be seen. Some are no longer visible today because they have been overrun by vegetation. They were abandoned during the significant agricultural decline seen in the region during the nineteenth and early twentieth century, commonly called the "rural exodus" This altered the landscape significantly, with vegetation taking over in the abandoned fields and around ruined buildings. It is easy to imagine the harsh living conditions endured here by the peasants.

Attribution : Amélie Vallier

Retaining walls (E)

In the very steep areas of the mountains, growing conditions were difficult. In order to alleviate the difficulty of cultivating steeply sloping ground, dry stone retaining walls were built. In Provence, they are called restanques. These had the effect of retaining the earth and levelling out the ground, making it possible to grow crops. This is known as terrace cultivation.

Attribution : Amélie Vallier

Vantage point overlooking the Lac de Serre-Ponçon (F)

This vantage point from the Pra Marin wood offers a sweeping view over the Lac de Serre-Ponçon. To the far left, the bridge of Savines-le-Lac and the Pic Morgon can be seen; to the right the view extends almost as far as the dam downstream from Sauze-du-Lac. In clear weather you can see in the background the La Blanche mountain range and the L'Estrop massif, in Alpes-de-Haute-Provence. On the right-hand shore of the lake stands the hamlet of Chèrines, together with the ski resort of Réallon at the foot of the Aiguilles de Chabrières.

Attribution : amelie.vallier

Chaffinch (G)

The common chaffinch can easily be recognised by its double white wing stripe. It is the most common and widespread of the three species of chaffinches. Territorial during the breeding season, it gathers into large flocks to feed in winter. From the coast to the alpine zone, a year-round resident in the mountains, it is demanding, although it has a preference for open and cool forests. It is usually a seed-eater, it becomes an insectivore during the breeding season.

Attribution : Damien Combrisson - PNE

The larch (H)

The king of mountain trees in the Southern Alps, the larch is the only conifer to drop its needles in winter. In spring, its cones are a characteristic dark purple. The larch is one of the few European tree species that is imputrescible, that is to say, it does not rot. This is why, despite the fact that it twists as it dries out, it is widely use in frameworks, drinking troughs and other water holding vessels in the mountain villages. Incapable of germinating in its own undergrowth, it needs natural openings such as avalanche corridors for the young shoots to develop. It is found at altitudes in excess of 2,200 metres, adopting dwarf forms in these "combat" zones. The larch tree growing at this point on the trail is several hundred years old.

Attribution : Mireille Coulon - PNE