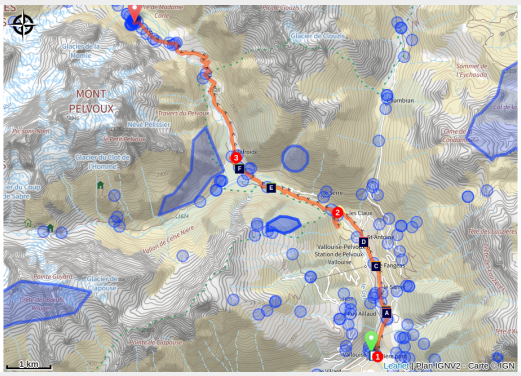
Cycling up to Pré de Mme Carle

Parc national des Ecrins



(Rogier van Rijn)



Heading to Pré de Madame Carle, a legendary mountaineering destination at the very end of the Ailefroide road.

The small road climbing from Ailefroide up to Pré de Madame Carle will take you to discover this remote corner of the world, both mythical and magical, following the same route taken by the earliest mountaineers of the era.

You will pass through the hamlet of Ailefroide, which has been since the 20th century the base camp for mountaineers in pursuit of high-altitude peaks. The route then continues through the heart of the Écrins National Park, a protected area renowned for the diversity and beauty of its landscapes. Be prepared to push yourself to conquer the climb, the sense of achievement will be all the greater for it!

Useful information

Practice : Cycling

Duration : 2 h

Length : 13.4 km

Trek ascent : 750 m

Difficulty : Medium

Type : Return trip

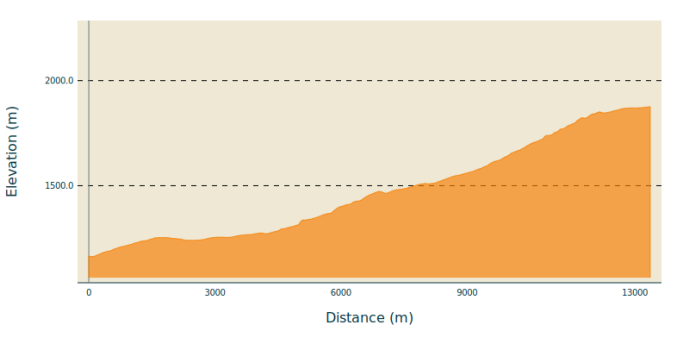
Themes : Flora, History and architecture, Panorama

At Pré de Madame Carle, a refreshment stop awaits you for a moment of relaxation and a cool drink, with views of the glaciers and iconic summits of the massif.

Trek

Departure : Vallouise
Arrival : Pré de Mme Carle
Cities : 1. Vallouise-Pelvoux

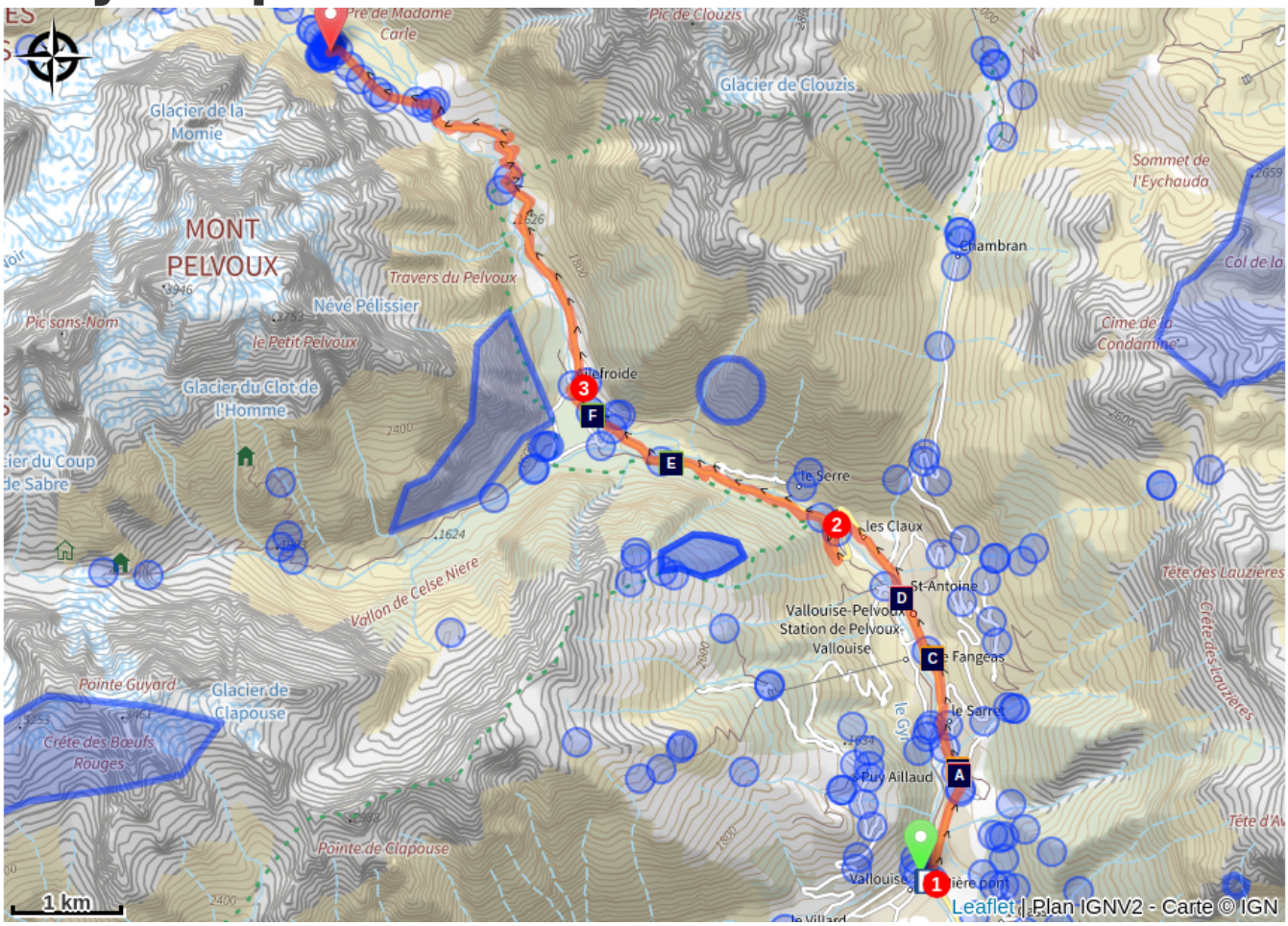
Altimetric profile



Min elevation 1162 m Max elevation 1876 m

1. From the Vallouise bridge, continue along the road climbing towards the hamlets of Pelvoux.
2. Cross the Claux bridge where the climb to Ailefroide begins.
3. Once in Ailefroide, continue along the same road up to the final hairpins leading to Pré de Madame Carle. Return to Vallouise via the same route.

On your path...



- Bread oven (A)
- The "bua" (C)
- The larch (E)
- Le Poët chapel (B)
- The minor heritage of Pelvoux (D)
- The golden eagle (F)

All useful information

⚠ Advices

Follow the designated direction of the routes.

Respect other road users.

Wearing a helmet is mandatory.

Don't hesitate to check Info Route 05 before setting off.

Gear

Helmet

Cycling shoes

Cycling bib and jersey

Water and food

Windbreaker

How to come ?

Transports

Public transport >> www.pacamobilite.fr

Consider carpooling >> www.blablacar.fr

For more information, contact the nearest Tourist Information Office to the starting point of the ride.

Access

At 10 km of L’Argentière-La Bessée, take the D994E in direction of Vallouise.

Advised parking

La Gravière Car Park, Vallouise

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

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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

Information desks

Bureau d'Information Touristique de Vallouise
Place de l'Eglise, 05340 Vallouise

contact@paysdesecrins.com
Tel : +33(0)4 92 23 36 12
https://www.paysdesecrins.com/



Source

Pays des Ecrins

https://www.paysdesecrins.com

On your path...



Bread oven (A)

It is already there on the Napoleonic land register, and was renovated by the town less than 10 years ago with original stone and fire-resistant brick for the vault. Each village had a communal oven saving wood and social ties explain the importance of shared bread baking. Almost a whole month, day and night, between November and December, was devoted to baking bread. The ritual is now carried on in summer baking during religious feast days or other local events.

Attribution : PNE



Le Poët chapel (B)

A portrait of St-Pancras, the patron saint of the Poët chapel, was once painted on the façade, dressed as a crusader. On his feast day, 12 May, *there was a morning mass and we made rice pudding* to share with inhabitants from other towns who had journeyed there. Almost two months earlier, the feast of Saint-Joseph was celebrated with a mass in Le Sarret, with families from neighbouring villages invited to eat stew and the traditional rice pudding.

Attribution : PNE



The "bua" (C)

Before the year's work began in the fields, the women would spend a special day washing the winter's linen. This was called the "bua". A second was organised in the autumn. The bed linen brought outside to be washed with soap, in cold water. A brief rinse and second wash in soap completed this pre-wash step, called *«essangeage»*. The laundry was then *«poured»* nto a wooden vat, lined with a coarse canvas.

Attribution : PNE



The minor heritage of Pelvoux (D)

Every hamlet has its own chapel. In the territory of Pelvoux, Les Claux has the chapel of Sainte-Barbe with a restored sun dial dating from 1792. The seventeenth-century chapel of Saint-Pancrace is in Le Poët. In Le Sarret, you can admire the chapel of Saint-Joseph and the chapel of Notre-Dame des Sept Douleurs stands in Le Fangeas. Every hamlet has its own communal oven and water fountains as well. Finally, the church of Saint-Antoine is located in the hamlet of Saint-Antoine. It has a sun dial dating from 1810.

Attribution : Office de tourisme Pays des Écrins



The larch (E)

The symbol of the Southern Alps, this softwood tree loses its leaves in winter, and is swathed with gold and lights up the mountains in autumn. The larch forests are maintained by the grazing of flocks. Without them, other trees like the fir or other pine trees could grow, creating a different kind of forest. A pioneer species, the larch establishes freely in light conditions. Its solid rot-proof wood has always been used in the construction of houses.

Attribution : Christophe Albert - Parc national des Écrins



The golden eagle (F)

A pair of eagles lives in the Ailefroide valley. Every pair has a very large hunting territory, which means there can be no more than one pair in a small valley of this size. This pair has built several eyries in the cliff walls around Ailefroide: just one is occupied every year, after a few refurbishments. The eyries are located at the lower altitudes of the hunting territory, so that the eagles can easily bring heavy prey back to the eaglet.

Attribution : Pascal Saulay - Parc national des Écrins