

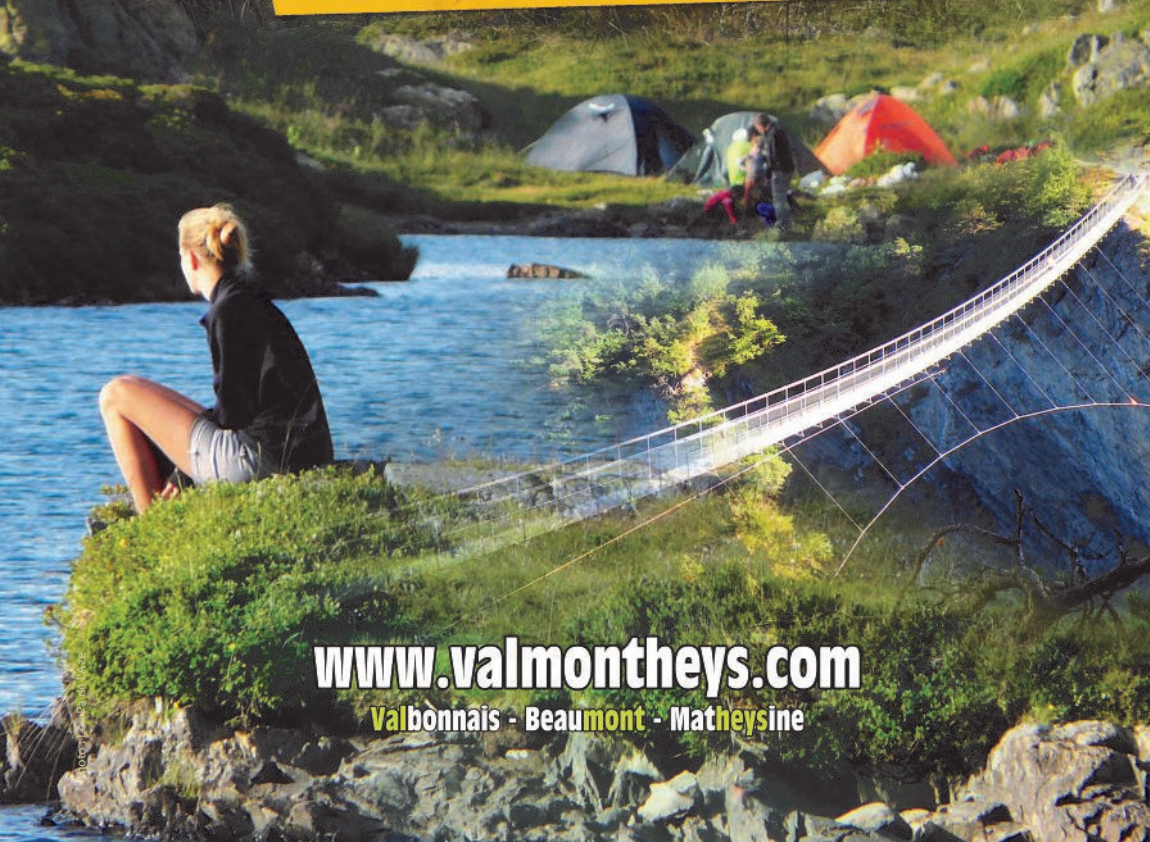
C'est en  
isère



**WELCOME**  
**to Valbonnais, Beaumont, Matheysine !**  
*Surprisingly Natural !*



**RAMBLING GUIDE** 



**[www.valmontheys.com](http://www.valmontheys.com)**  
Valbonnais - Beaumont - Matheysine

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# to Valbonnais, Beaumont, Matheysine !

Surprisingly Natural !

**A mosaic of landscapes, water, rambling, sensations and discovery, ... 360° of humanity and simplicity !**

In the French Alps, at less than an hour's drive from Gap or Grenoble, between the mountain ranges of Ecrins, Dévoluy and Vercors, Matheysine, Beaumont and Valbonnais unfolds a magnificent **mosaic of landscapes**, made up of glacial lakes or dams, extensive agricultural plateaux, narrow gorges and dense forests, deep valleys and majestic peaks.

From east to west, the territory is layered from 362 m in altitude at the surface of Lake Monteynard to 3,564 m altitude at the summit of the Olan, in the heart of the Ecrins, materialising the transition between the limestone Préalpes and the crystalline Alps.

Between these two extremes, **a thousand and one delightful experiences** await you : water sports, bathing and relaxing on or beside the lakes, mountain climbing, protected climbing paths, mountaineering, paragliding, fishing or water sports in the torrents, bungee jumping, adventure park, Winter sports and, naturally, **all kinds of rambling and hiking !**

Our territory remains free of large urban, industrial or tourist developments, hardly affected by a mining operation from which the area formerly made its fame and fortune, our land remains preserved and authentic.

In this medium altitude countryside where the high mountains are never far away, partly covered by the Ecrins National Park, the rhythm of nature, harvests and seasons can be experienced all year round. And you are welcomed "home from home" with **simplicity and conviviality.**

# From one hour to several days

## THE MOST BEAUTIFUL RAMBLINGS

To enable you to better understand and discover our mountains...

*For you who come to visit us for a few days or just for a day, for those of you who live here, for all of you who seek open roads to get some fresh air, escape or simply recharge your batteries,*

*We selected the most beautiful walks to allow you to not only better discover our valleys and our mountains, but also their history, their forests, refuges, lakes and rivers, etc. in what they hold as most intimate, most secret and most authentic !*

*This guide was designed for all, sports enthusiasts or not ; it neither presents the most difficult journeys nor the most accessible, but rather those we are certain will offer you the most beautiful views, will give you the greatest emotions, and the most wonderful memories, whether you are alone, looking for a moment to be by yourself, or with friends or family, for a moment of reunion and shared joy.*

*The staff at the Tourist Welcoming Offices, the refuge guardians, mountains guides, accommodation hosts, artisans, merchants and caterers are pleased to welcome you to Valbonnais, Beaumont and Matheysine !*

*Together with all our staff members, we make every effort to ensure that your escapade in our mountains will be a most successful adventure ! Take the time to enjoy it ! Proceed at your own pace, breathe, stop as often as you like ... And open your eyes!*

*The Promotion Center of Corps, La Mure and Valbonnais districts.*

*The informations contained in this guide are supplied in indicative purpose and commit in no way the responsibility of the publisher.*

# COME & orient oneself



## By Car

- From Grenoble or Gap, direction « Gap » or « Grenoble » then « La Mure » by the RN 85.
- From Bourg d'Oisans, direction « La Mure » by the D526 and the Cold' Ornon, or by the RN 91 then the RN 85 via Vizille.

## By Coach

Departing from Grenoble : regular lines to La Mure, Corps or l'Alpe du Grand Serre. Departing Gap : regular line Gap-Grenoble.

**By plane or by train :** regular international lines to Lyon Airport or to the Grenoble railways station. Then, by coach.



Parc national  
des Ecrins

Le Beaumont

Saint-Etienne  
en-Dévoluy 15 km

GAP 40 km  
Sisteron 90 km  
Nice 270 km

Map bottom provided by :  
isère  
Rhône-Alpes  
Alpes sud isère

[www.valmontheys.com](http://www.valmontheys.com)

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# TO WIDEN your horizons



## The Holiday Book

The **Holiday Book** has been specifically designed to enable families to discover the Valbonnais, Beaumont and Matheysine areas while having fun. The book contains details of half-day round walks, a book of games suitable for all ages, informative articles, photos, drawings and above all an interactive competition quiz for you and your children!

Ask your host for a copy or get one from your nearest tourist office and set off in the company of our marmot into the centre of this carefully preserved fragile but natural territory.



“**Détours dans les Alpes**” is a website designed to showcase places of interests in the Vercors, Oisans and south Isère regions. It makes suggestions for you to experience, through planned themes, a new alternative way of discovering our villages, and to wander on our footpaths in search of natural curiosities and sites, and cultural features.

Whether for a half day, full day or several days, regardless of whether you are already in or staying nearby the area, download the suggested walks and the helpful internet links and set off on the itineraries on foot, by bike or by car to get to know a little more about nature and the men who have shaped the landscape and still today continue to create our region's identity!

# The Activities Directory



From Corps to Laffrey and from the Lac de Monteynard to the refuge de Font Turbat, the **Activities Directory** presents the major activities you can do in the Valbonnais, Beaumont and Matheysine areas : - water-related activities on rivers and lakes, spine-tingling activities (adventure parks, giant zip-line, Via Ferrata, bungee jumping) and the discovery of the natural and cultural heritage.

The **Holiday Book** complemented by this **Rambling Guide** is a must for a full and varied stay in the Valbonnais, Beaumont and Matheysine region. Whether for a few days or throughout the year it will very quickly become an inseparable companion.



## Useful Contacts

### L'ALPE DU GRAND SERRE TOURIST OFFICE :

[www.alpedugrandserre.info](http://www.alpedugrandserre.info) — +33 (0)4.76.72.13.09 — Map : C2

### VALBONNAIS TOURIST OFFICE :

[www.ot-valbonnais.fr](http://www.ot-valbonnais.fr) — +33 (0)4.76.30.25.26 — Map : D4

### CORPS TOURIST OFFICE :

+33 (0)4.76.30.03.85 — [www.villedecorps.fr](http://www.villedecorps.fr) — Map : D6

### ECRINS NATIONAL PARK INFORMATION HOUSE :

+ 33 (0)4.76.30.20.61 — Map : D4

### LA MURE MOUNTAIN GUIDES & TREK LEADERS OFFICE :

[www.altalika.fr](http://www.altalika.fr) — +33 (0)4.76.81.14.56 — Map : B4

### LA MOTTE D'AVEILLANS TOURIST OFFICE :

+33 (0)4.76.30.72.75 — [www.maisondutourisme38770.com](http://www.maisondutourisme38770.com)

THE ACTIVITIES DIRECTORY  
ON YOUR SMARTPHONE !



**FOR ALL EMERGENCIES AND FIRST AID NEEDS : 112**  
**MOUNTAIN RESCUE : +33 (4)76.22.22.22**



# SOME TIPS for walking round our region

## The departmental maps

Good for finding your way around in the Valbonnais, Beaumont and Matheysine region. Obtain the corresponding Topo-guides from the collection “Balades en Isère: promenades et randonnées” on sale in the local tourist offices. With a 1:25,000 scale, these richly illustrated guidebooks accurately indicate each of the footpaths of the departmental network of hiking itineraries (“P.D.I.P.R.” = yellow signs) and offer many opportunities for hiking together with practical information (accommodation, eating out, heritage, activities...).



### Legend of the marking

	GOOD DIRECTION
	FALSE DIRECTION
	TURN TO RIGHT
	TURN TO LEFT

## Recommendations

The mountain is a fragile and often unpredictable environment.

For your safety, never leave on your own and advise those close to you of your itinerary and the approximate time of your return ; plan to take good walking shoes, a hat, sun cream, warm clothes and a change of clothing (windcheater, pullover, bonnet, etc.), food and drink.

Be informed of the weather conditions and equip yourself with the IGN map covering the totality of your itinerary ; only leave when the weather is stable.

For the protection of the environment, close gates of agricultural enclosures behind you, keep your dog on a leash and bring back your litter.



## Even more hikes

# starting from the Tourist Offices!

This Guide is intended to advise you about the more representative walks of the area, of the richness and environmental diversity, (landscaped and natural), in the Valbonnais, Beaumont and Matheysine area - not forgetting the cultural heritage - but the possibilities for walks and hikes are numerous and cannot all be referenced in a few dozen pages!

Fortunately, the local Tourist Offices will be happy to suggest to families some themed itineraries which are easy and well marked, of which **some are accessible for pushchairs**. They can also recommend alternative more difficult routes to the more experienced hikers which you can put together according to your own expectations.

## Getting started Guide

### Colour coding and symbols guide you throughout the brochure!

The Valbonnais, Beaumont and Matheysine areas are so rich and varied that it is difficult to see the full range in a short space of time. We have also chosen to present each of the walks in this guide under one of the themed angles to best characterise our territory. You will find your way by recognising the symbol and colour coding associated with each of the suggested hikes.



**Peaks and lookouts**

6



**Destination « refuges »**

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**Lakes and mountain streams**

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**Heritage and histories**

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**Forests and spirits**

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**Tours, from summits to valleys**

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### *For your comfort, we also added the following pictograms:*



*The number of shoes indicates the average difficulty of a route according to duration, the distance, the gradient and the technicality of the ground. From "very easy", accessible to all as well as to the accompanied children, to "very difficult", for experimented walkers and in excellent physical condition.*



*Practicable rambling with children (according to the appreciation of the parents).*



Photo: L. Dupont

# 1 PEAKS AND LOOKOUTS

*Valbonnais, Beaumont and Matheysine are primarily mountainous countries, uniformly dominated by slopes and marked by relief. But they are also lands of contrasts, where the contoured shapes brush with rugged peaks, where verdant alpine pastures compete with steep rock faces.*

*In this mosaic of landscapes and mountains, hundreds of miles of marked trails allow you to distance yourself from any form of urban civilization and immerse yourself in a world where, sometimes, time seems to have no hold.*

*Of grass or stones, and although sometimes impressive, these mountains still remain accessible, offering the hiker 360 degree views of the surrounding mountain ranges : Vercors, Dévoluy, Ecrins, Chartreuse and Belledonne.*

*Whatever your level, you will find in these pages all information required to safely access these unique viewpoints, and embrace in one glance our area, its peaks, but also its valleys, lakes, history and culture...*



**Departure :** Pierre-Châtel

⇒ **Inside map :** B3

**Gradient :** 300 m

**Difficulty :** very easy

**Duration :** 1h45 for the tour

**Maps :**

- IGN 3336 OT La Mure

- Carto-guide « La Matheysine »\*.



Photo : B. Coessens

**Short easy hike on the Matheysin plateau to one of the 7 Wonders of Dauphiné : The Pierre Percée, a natural arch located at the top of the hill of Creys at 1220 m altitude. From the summit of the hill, you can enjoy a wonderful view over all the Matheysine.**

Once you arrive at Pierre-Chatel, park at the cemetery then take the tree-lined track until you reach the old Picardon coalmine. Continue straight on along the coast, cross the hamlet of Vernay and keep going straight on. Then you enter the Bois de Parailat. Once you reach the crossroads, walk up on the left to reach the GR de Pays "Tour of the Laffrey lakes". Then veer left and follow the ridge through the woods to the Pierre Percée.

To return, slightly retrace your steps and turn right to descend. You will continue on your left in order to reach the old coalmining site of Picardon and your vehicle.

**THE « + »**



*For families with small children, there is the possibility to take short circuit hikes departing from the hamlet of Putteville by a comfortable track (only 170m gradient !).*



**Departure :** La Motte d'Aveillans

⇒ **Inside map :** B4

**Gradient :** 700 m

**Difficulty :** easy

**Duration :** 4h00 for the tour

**Maps :**

- IGN 3336 OT La Mure

- Carto-guide « La Matheysine »



Photo : B. Coessens

**The S n py's mighty dome is host to the largest managed high mountain pasture in France, where over a thousand cattle are present every summer ! Easy-going and easily accessible, its peak nevertheless offers fantastic panoramic views !**

Departing from the small Les Signaroux ski area, you will initially follow a forest trail to reach the mountain pastures. You will continue due south, always keeping the slope on your right, until you reach the Le S n py pass, where the view opens suddenly in the direction of Le D voluy and Les Ecrins. From there, you take a trail, first in a crossing, then frankly rising up to the summit of the dome where there is a 360° view. Take time to note all the sights that present themselves: beneath your feet, the turquoise waters of Lake Monteynard, in front of you, the east Vercors limit, the mountain ranges of D voluy and Ecrins; far to the north, slightly downhill, the Grenoble basin and even further behind, the Chartreuse mountain range ! To go down, leave the ascent trail at the pass and follow the long ridge towards the Pierre Plant e, in order to enjoy the panoramic view for as long as possible.

**THE « + »**



*In summer, visits of the mountain pasture and the herd accompanied by the shepherd.*

**INFOS :** Mr Nier : +33 (0)4.76.81.04.82 — +33 (0)6.84.19.14.43.



**Departure** : Saint-Honoré 1500

⇒ **Inside map** : B3

**Gradient** : 900 m

**Difficulty** : rather difficult

**Duration** : 2h30/ 3h for the ascent

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « La Matheysine »



**At a height of 2389 m, the Tabor has a truly alpine feel ! Light, rocky, wild, between cliffs and pastures, this mountain gives the first good view of the central Alps.**

Straddling the border of this geological formation, overlooking the meadows of Lavaldens, the sheep-grazing mountain pastures of Saint-Honore and the shadow of an ephemeral ski resort, the Tabor tells the complete story of a civilization of mountaineers in constant evolution.

From the parking lot at Saint-Honoré 1500, we go up by way of a fine trail, under the larch trees and over the grass. At 1900 metres, Lake Charlet is the perfect place to take a break, then we progress along a winding, west-facing rocky outcrop, facing the cliffs of Le Vercors. Finally the summit ridge appears and the panorama takes your breath away : to the East, the Ecrins ; to the South the Dévoluy. Mineral or woodland slopes, rocky barriers and proud peaks, all far from the crowds!

**THE « + »**



*The most sports enthusiasts or mountain loving will choose to set out from the col de Malisol (between Nantes-en Rattier and La Valette) to follow along a beautiful ridge route via the Piquet de Nantes (2214 m). Wide tracks of rocky climbing on the face dominating the Charlet Lake ( The Oreille du loup, 2291 m).*



**Departure** : Le Villard-d'Entraigues

⇒ **Inside map** : D4

**Gradient** : 1274 m

**Difficulty** : rather difficult or easy (if departure from the sanctuary).

**Duration** : 4h for the ascent

**Maps** :

- IGN 3336 ET Les 2 Alpes
- Carto-guide « Pays du Valbonnais » \*



**Between the mountain ranges of Ecrins and Dévoluy , the landscape unfolds over 360° around this easily accessible summit. Culminating above the Salette Notre-Dame Sanctuary, this hike offers magnificent panoramas in the heart of the Valbonnais, Beaumont and Matheysine countryside.**

After Entraigues, on the road D 117, veer right until you reach the hamlet of le Villard and park near the wash house : "col d'Hurtières" signpost. The forest trail rises in a straight line along the brook, after the highest houses, to reach the mountain pastures of the la Vacherie plateau in 1 1/2 hours. After another half hour, you reach the pass after a few bends and the unexpected passage through small tunnels carved into the rock. Continue level along the mountain pastures and slopes of Mount Gargas towards the sanctuary, which can be reached in 30 minutes more. From the large parking, follow then the path spreading on the left in numerous laces up to the summit, crowned with a viewpoint indicator.

**THE « + »**



*For families, it's always possible to begin the rambling to the Gargas directly from the parking of the sanctuary, approachable by road from Corps.*



**Departure :** Entraigues

⇒ **Inside map :** D4

**Gradient :** 1.352 m

**Difficulty :** difficult

**Duration :** 4h for the ascent

**Maps :**

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



**An amazing belvedere on the Bonne and Malsanne valleys, in front of grassy domes of the Colombier and the Gargas and abrupt faces of Coiro and massif of Armets !**

On the road to Valjouffrey after the school at Entraigues, turn left onto the wide, marked trail towards "lac Gary" / "le Vet". After passing through a meadow and a creek bed, veer left up to a wooden post and go back up the Combe de la Draye (cairns). After a good two hours of walking on a trail at times aerial and with many bends, the landscape opens onto a pasture. At a crossroads under the peak of le Vet, the trail continues to the right, bypassing the peak from the east to enter the valley of the same name, then rises toward the Gary breach. Near a block of rock, called the "Roche Moutte", turn towards the col Blanc (indicated). Beautiful view over the valley of Malsanne. Continue on the ridge towards the South to reach the summit with ease.

You may descend directly on the steep but grassy side to get back to the coastal trail 1900 m (junction).



**Departure** : Le Périer

⇒ **Inside map** : D3

**Gradient** : 1707 m

**Difficulty** : very difficult

**Duration** : 5h for the ascent

**Maps** :

- IGN 3336 ET Les 2 Alpes

- Carto-Guide « Pays du Valbonnais »



Photo : B. Coessens

**The diversity of the landscapes you will encounter will compensate for the significant climb which separates you from the Coiro summit, lookout of the Matheysin plateau and the Roizonne valley.**

Below the village of Périer, take the path of la Drayre, then the Moulin path. After crossing the Malsanne river, the trail marked "Les Surrees, col de la Pierre luminet" rises in a beautiful beech forest and passes near the ruins of the hamlet of les Surrees. Continue by rising gradually into the Infernet valley. Emerging from the forest, turn left on the north-eastern slope, through the rhododendrons then further up through the short grass. At an old cabin, continue upwards to reach the Coiro pass, then after a few steps of climbing, the summit. Descent via the same route.

If the hike seems too long, at the old cabin, steer towards the col de la Pierre Luminet, which offers a magnificent view of the Valbonnais.

**THE « + »**



*For experienced hikers, the ascent of Coiro is also possible from Valbonnais by the col de la Pierre Luminet, or by heading north through the wild and alpine valley of Rif Bruyant (district of La Vallette in the valley of Roizonne). Several variations of tours in loops or in crossings are therefore available to you...*





**Departure** : Pellafol

⇒ **Inside map** : C6

**Gradient** : 1315 m

**Difficulty** : very difficult

**Duration** : 4h for the ascent

**Maps** :

- IGN 3337 OT Dévoluy

- Carto-guide « Pays de Corps\* »



**A sometimes tricky climb, reserved for experienced hikers to be undertaken only in fair weather and dry conditions, but one that provides access to one of the most breathtaking mountain spectacles!**

Departing from the Col de la Sambue, a trail reaches the mountain pastures via the Col des Faïsses and heads straight for the impressive bulk of the Obiou. Having reached a narrow gap of rock, go around the valley to the right to reach the foot of the scree. Following the red markings, the ascent becomes steeper and rockier, zigzagging towards the Col des Deux Obiou. Do not leave the trail and be alert to falling rocks!

After the pass, the trail skirts the top of the Obiou from the west and becomes vertiginous at the "Dalles" and "La Cravate" passages, requiring a few easy steps of climbing. The ascent ends with a sloping rocky summit and an imposing panoramic view ! Return via the same route, paying close attention to the risks of falling.

**THE « + »**



*For families looking for an unusual experience or for roaming hikers, possibility of overnight stays in the Col de la Sambue National Forests Office refuges.*

**INFO** : Mr Sylvain Garcia : +33 (0)4.76.30.90.65 or +33 (0)6.23.01.87.09



Photo : B. Coessens

# 2 LAKES AND MOUNTAIN STREAMS

*No mountains without streams nor summits without waterfalls. Here, more than anywhere else, water is omnipresent.*

*But it is in the form of lakes that it is most visible : the reservoir lakes all along the course of the Drac river in as many inland seas with turquoise waters ; the lakes of the Matheysin plateau, witnesses of the last ice age, in a row that borders the Route Napoleon from Laffrey to Pierre-Châtel ; the mountain lakes, more discreet, accessible only by foot ...*

*Some are suitable for cruises, others for water sports, the latter for fishing or meditation. All are zones of tranquility, places of healing, treasure-troves of colour, light and biodiversity.*

*From the Monteynard, international kite-surfing spot, to the valley's lake, which is revealed at the last minute after hours of walking, go on an adventure along routes that can at times be surprising, and let yourself go in search of these little other worlds !*

## 8 The balcony of the lake of Laffrey, 1090 m



**Departure** : Laffrey

⇒ **Inside map** : B2

**Gradient** : 190 m

**Difficulty** : easy

**Duration** : 2h00 (G/R)

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « La Matheysine »



**A gentle loop like a gallery around Lake Laffrey, between forests, mountain pastures and charming hamlets at the foot of the Grand Serre mountain. A jewel of the Matheysine to discover in green and blue!**

Park at the Laffrey Town car park and take a few steps along the national road to Grenoble. After about twenty metres, turn left onto the Tour des lacs trail and immediately leave the village, climbing slightly. The trail makes a loop back to the south, before turning due east to the hamlet of Pras. After crossing the road to Notre-Dame de Vaulx, the route enters the meadows and then the forest, where it forks again due south, running along the Crêts hill's ridge. In a large clearing, the view of the great Lake Laffrey and its satellites Petichet and Pierre-Châtel is revealed.

Before you, the stunning mountain pasture of the Grand Serre, bordering the "bois de Napoleon", in the shape of an eagle ; below to the left, the "Prairie de la Rencontre", where the Emperor was cheered by the royalist troops who awaited his return from the island of Elba ; to the right, the rocky heights of the Dévoluy and the unavoidable silhouette of the Obiou... Return by the same route

**THE « + »**



*For the more active, possibility to complete the full circuit of the lake by Petichet, Cholonge, les Bigeards and Lake Mort.*

## 9 The Himalayan walkways of Monteynard



**Departure** : Mayres-Savel

⇒ **Inside map** : A4

**Gradient** : 0 to 400 m

**Difficulty** : very easy or rather difficult

**Duration** : 1h30 (G/R) to 5h (tour)

**Maps** :

- IGN 336 OT La Mure

- Carto-guide « La Matheysine »



Photo : B. Coessens

**Dizzy hike around Lake Monteynard on two Himalayan walkways, suspended above the Drac and Ebron gorges : guaranteed thrills !**

Completing (or almost) the tour of lake Monteynard is now possible thanks to two Himalayan walkways suspended over the Drac and the Ebron. As breathtaking as they are discreet, they open up magnificent views of the lake and its surroundings. Walkers and mountain bikers can therefore connect the Matheysine to Trièves — or vice versa, depending on their starting point (Mayres-Savel or Treffort) — by an exotic, spectacular and contrasting route, lined with superb viewing points.

Here, seasoned athletes will find a playground to test their legs. Others, especially families, who do not wish to do the whole route, can easily reach one or the other walkways (in roughly an hour and a half of walking) for the pleasure of a little adrenaline rush, and return the same way.

**THE « + »**



*For an unusual walk, cross the lake early in the day on the boat "la Mira", then go around the southern part of the lake via the walkways and return to your starting point (+ 15 minutes crossing + 4 and a half hours of walking).*

**INFO** at +33 (0)4.76.34.14.56



**Departure** : Alpe du Grand Serre

⇒ **Inside map** : C2

**Gradient** : 400 m

**Difficulty** : easy

**Duration** : 2h00 for the ascent

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « Pays du Valbonnais »



Photo : Ch. Stagnetto

**A great Sunday classic for the Grenoblois... to be discovered via a little-known and little-used variant through a landscape of wet moors and unique bogs !**

From the Poursollet car park, take the dirt track descending under the woods, follow the Sagnes prairie before turning swiftly to the left to climb in a few windy bends up to the magnificent Pré d'Ornon (cabin). Cross the latter and continue along a small trail to La Barrière cottages. Cross the bridge and go back up on the opposite side via two sharp bends, then along the stream — without crossing — to the last cottages, which strikingly overhangs the Romanche.

Walking along the stream, enter and go back up the valley to a mountain pasture, first via a track, then via a better defined trail. Continue to an area of peatland, cross the stream to go up the grassy ridge that gives access to Lake Canard, facing the Taillefer. Walk around the lake to the right via the trail and level off to reunite with Lake Fourchu. Also walk around this one to the right and climb the hill, across from which a magnificent panorama is revealed.

**THE « + »**



*Opportunity to continue via the GR 50 to the Taillefer refuge for the unforgettable first experience of a night in a refuge.*

**INFO** at + 33 (0)6.13.81.81.87 !



**Departure** : Chantelouve

⇒ **Inside map** : D2

**Gradient** : 1349 m

**Difficulty** : difficult

**Duration** : 4h for the ascent

**Maps** :

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



**At the heart of the National Park, there is a magnificent alpine atmosphere on the bare shores of this beautiful lake, nestled in a casing of stone !**

In the Chantelouve district, in the village of Bosses, find the church and park outside. Cross the bridge to take a rising trail on the left hand side along the river, which ascends the forest slopes to a large platform and a water reservoir. Under normal conditions this trail is passable up to this point.

Continue walking level on the trail up to the stream, then having crossed it go left, now on a trail. Follow to meet a second trail higher up (directional sign) and the trail once again. Passages on a rocky slope and then the mountain pasture make it possible to ascend alongside the waterfalls up to the lake.

**THE « + »**



*Equipped with binoculars, you may be able to see goats in the cirque that surrounds the lake.*



Photo: B. Coessens

# 3 FOREST AND SPIRITS...

*If there is one colour which dominates Valbonnais, Beaumont and Matheysine, it is definitely the colour green ! Bright and dotted with thousands of flowers in the spring, when life is revived at the end of winter ; clear and welcoming, in the summer, when the herds make the grass shorter and the hay has been cut, scattering a patchwork of colour patterns across the mountain ; deep and dark in the pine or broad-leaf forests covering the slopes... In autumn, it turns scarlet, russet, orange and gradually fades in an explosion of colours!*

*Each forest should have its story told. Each forest has its own mysteries, its legends, trails or simple wild game tracks. In each one, we feel like we are the "Petit Poucet" (Tom Thumb), carefully listening to the sounds of animals, the wind whistling in the trees, the stones on the roadside... So it is difficult to suggest visiting one or the other. Our choice here was rather to go with forests which are easily accessible to families while being evocative for everyone, revealing the landscapes, the history and the local culture.*

*So keep your eyes and ears open and stay alert. The Carcari of the Valbonnais are certainly already observing you...*



**Departure** : Pellafol

⇒ **Inside map** : D6

**Gradient** : de 20 to 150 m

**Difficulty** : very easy

**Duration** : 1/2 h to 1h30 for the tour

**Maps** :

- IGN 3337 OT Dévoluy

- Carto-guide « Pays Corps »



**Follow the tracks of *Plic* and *Ploc* with your family, alongside the Souloise river, up to the mysterious Gillardes Springs !**

Plic and Ploc are the two small droplets of water which mark the trail. Depart from the Gillardes car park, about 5 km after having passed the village of Pellafol towards the Dévoluy.

Simply follow the specific markings which go over the small road bridge then down alongside the river through the forest ; a metal walkway brings you to the other side. The small loop comes back on the left towards the Gillardes ; the large loop goes up to the right through a small pathway under fir trees that joins a trail to reveal the "Infernet Canyon".

Do not hesitate to advance onto the headland overlooking the river before diving to the right. It's here that you cross the stream to move back up the tumultuous waters and get back to the first walkway, cross once again, and finally discover the resurgences of the Gillardes, these natural karst springs.

**THE « + »**



*Panels of discovery mark out all the route. The sources of Gillardes are also the ideal place for a picnic.*





**Departure** : Alpe du Grand Serre

⇒ **Inside map** : C2

**Gradient** : 100 m

**Difficulty** : very easy

**Duration** : 1h / 1h30 to the last lake

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « Pays du Valbonnais »



Photo : Ch. Stagnetto

### Reachable to everyone, a rosary of small lakes stretches out from tree to tree !

After a 15 minute walk, you discover the Claret lake, its little circus and its shack made of fir tree trunks. You will be surprised by its atmosphere worthy of the great Canadian north!

By continuing along the GR 50 trail, you will reach Punay lake, rimmed with peat bogs whose calm waters clearly reflect the summit of the Taillefer. Don't miss out on contemplating this typical, preserved biotope. the cottongrass, identical to cotton, and especially the salamanders, these strange amphibians!

Continue along the forest by the trail up to the Poursollet hamlet, where we discover the lake of the same name, a small jewel in a casket of greenery...

**THE « + »**



*Possibility of going fishing in the lake (trouts, arctic chars). Sale of fishing licence to the tourist information office of the Alpe du Grand Serre (+ 33 ( 0 ) 4.76.72.13.09) : daily, weekly cards or annual for any ages and any categories.*



**Depart. :** Chantelouve - Col d'Ornon

⇒ **Inside map :** D2

**Gradient :** 335 m

**Difficulty :** easy

**Duration :** 1h for the tour

**Maps :**

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



Photo : B. Coessens

**The restoration of mountain lands to fight against erosion. Colossal work, but it is a pot of soil against a pot of iron !**

Just before the Ornon Pass, park alongside the road beside the panel which says "Forêt domaniale RTM de Chantelouve".

Follow the wide trail towards the East going up to a side colonised by a beautiful forest of mountain alders — the largest in Europe ! — then on the dike constructed on the left bank of the Palles torrent, which protects it from flooding. Higher up, at the foot of the dams constructed to correct the path of the torrent, leave the dike and follow the marked path climbing up through a beautiful forest all the way to the Roudons forest cabins.

This forest, in which larches, pines and spruce are mixed, is the result of a long-term undertaking of the foresters who have been planting and constructing soil retaining structures since the end of the 19th century !

**THE** « + »



*At the Ornon Pass it is possible to follow an orientation circuit accessible to all, to make discoveries and have fun with your family !*

**INFO** at +33 (0)4.76.80.44.82 or +33 (0)4.76.80.40.61.



Photo : B. Coessens

# 4

## DESTINATION

### « REFUGES »

*The refuge is to the mountain what a lighthouse is to the sea : at the same time a point of reference, a source of comfort and a living space reclaimed from the wild and the uncivilized.*

*In the collective imagination, in its primary function, the refuge is first and foremost a shelter from the storm, fear and the cold.*

*In mountaineering, it constitutes an essential stopover before climbing to the top of any great summit, or a true base camp, sometimes, for hikers looking for sequential trails in a same glacial basin.*

*For your first experience of spending the night in high mountain however, the Taillefer and Font Turbat refuges will seem far more welcoming, and the wardens will be delighted to serve you !*

# 15 The refuge of Font Turbat, 2194 m



**Departure :** Le Désert-en-Valjouffrey

⇒ **Inside map :** E4

**Gradient :** 900 m

**Difficulty :** rather difficult

**Duration :** 3h30 to the refuge

**Maps :**

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



Photo : B. Gnessens

**At the heart of the Ecrins massif, a deep, wild and glacial valley brings you to the end of the world into a universe of minerals and high-mountain. The refuge and its warden will then bring you all the warmth and comfort that become scarce in this desert of stones and ice !**

At the Désert-en-Valjouffrey, cross the length of the village on foot up to the end of the valley by following the markings. A comfortable road leads to a high cascade which will please the children, then the level trail continues to follow the torrent to the bottom of the valley. Having passed under huge erratic blocks sometimes used to shelter grazing sheep, reach the Châtellerat cabin, then gradually climb up a grassy ridge, crossing the brook. Continue on the top, cross the bed of the torrent once again, then move up North on a grassy shoulder through a few bends. After a short crossing, arrive back at the refuge, overlooked by the imposing north-west face of the Olan, this mythical rock face written about in some of the most beautiful works from the "golden age" of mountaineering!

LE +



*Not difficult to access, the Font Turbat refuge is an occasion for a first night experience in a refuge, in a truly "high mountain" atmosphere !*

*Reservation recommended. INFO at +33 (0)4.76.30.29.23*



**Departure** : La Grenonière (Ornon Pass)

⇒ **Inside map** : D2

**Gradient** : 800 m

**Difficulty** : rather difficult

**Duration** : 2h to the refuge

**Maps** :

- IGN 3336 ET Les 2 Alpes
- Carto-guide « Pays du Valbonnais »



**An accessible hike with departure from the Ornon village for a true escapade between sky and earth, on a gallery facing the Ecrins !**

Park at the Genonière hamlet, above the Ornon village, and continue by foot through a comfortable forest trail. After about 1,5 km, you will arrive at Basse-Montagne, where cascades and natural pools are abundant. The trail then takes an ascending path through a sparse forest, then shortly after exiting, it reaches the Oulles sheep-pen, where we cross the mountain pastures, habitat for marmots and herds of sheep in the Summer. A couple of eagles also nest in this area. On the far side of the ridge, the trail climbs up progressively above the valley, uncovering a magnificent panorama on the Ecrins and Oisans massif. Above, the Taillefer is immensely impressive.

When you arrive on the plateau, you will see above to your right the unusual refuge "village" (built chalets, yurts, Inuit tent) and you will be seduced by the unique landscape of moors and bogs where lakes abound (Lake Fourchu, Lake Canard, etc.).

LE +



*Possible link toward the Alpe du Grand Serre and refuge also accessible from the station !*

*Reservation recommended. **INFO** at +33 (0)6.13.81.81.87.*



# 5

## HERITAGE

## AND HISTORIES

*First and foremost mountainous lands, Valbonnais, Beaumont and Matheysine have been preserved from large urban, industrial or tourist developments. Even mining operations, concentrated in the towns of La Mure, Susville and La Motte d'Aveillans, have not been able to take away from our territory its "wild but maintained" character, as we hear it to be here ! Nonetheless, the remains of these operations now constitute a historical heritage site, witness to the prosperity of the ancient coal mines of the Dauphiné basin, as well as the stone-built viaducts or the La Mure railway, jewel of the local history...*

*But beside these readily visible sites, history makes itself more diarist ; it continues to write itself and can be read every day in the mountains, mountain pastures, alongside the hiking trails... To understand it, all that is needed is to walk a little, open your eyes and observe. And you will see how the water and agriculture have shaped the landscapes as well as the inhabitants of this land...*



**Departure** : St-Laurent-en-Beaumont

⇒ **Inside map** : C4/ C5

**Gradient** : none

**Difficulty** : very easy

**Duration** : 30 min. to 1h30

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « Pays du Valbonnais »



Photo : C. Druart

**A refreshing and welcoming hike alongside a canal of almost 150 years, but still alive and well, meandering through the forest !**

The Beaumont Canal can be discovered from Saint-Laurent-en-Beaumont (town hall parking lot) or La Salle-en-Beaumont (trail in front of the town hall). The large welcome signs let you choose your route : these cover all levels, ranging from 30 minutes to 2 1/2 hours.

To discover all the landscaped trails, access the canal from St-Laurent, and let yourself be driven alongside the water up to La Salle by following the "Atmosphere", "Recreation" and "Knowledge" thematic trails. At the large sign, the "Geology" walk will enable you to reach the canal and retrace your steps towards St-Laurent.

**THE « + »**



*The children will prefer leaving from La Salle to join the hike "Recreation" back and forth.*



**Departure :** Valbonnais

⇒ **Inside map :** D4

**Gradient :** none ; length 10 km

**Difficulty :** easy

**Duration :** 2h for the tour

**Maps :**

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais » \*



Photo: J.P. Nicollet

### On the tracks of the béaliers of yesteryear, along the Valbonnais canals...

Around the plains of Entraigues and Valbonnais, canals have provided irrigation to agricultural lands since the Middle Ages.

At that time, watering was done by a "béalier", who, on a daily basis, checked the rate of flow and the equitable distribution of the water to the various farmers by operating sluice gates.

In his footsteps, admire the rural landscapes of the Valbonnais and its villages during a beautiful level hike!

On the road to Valjouffrey, pass the Entraigues school and follow the trail going off to the left along the first part of the canal overlooking the plain. Pass by the Ayes bridge, the Eygat vines, the Fayettes bridge, la Roche, then reach Entraigues.

Follow the markings the length of the circuit.

**THE « + »**



*Take advantage of your passage through Entraigues to visit the Information House of the Ecrins National Park (+33 (0)4.76.30.20.61).*





**Departure** : Les-Côtes-de-Corps

⇒ **Inside map** : D5

**Gradient** : 200 m

**Difficulty** : very easy

**Duration** : 2h15 for the tour

**Maps** :

- IGN 3336 OT La Mure

- Carto-guide « Pays de Corps »



Photo : © Druart

**Between the crystal clear river and the sun-drenched vines, the Sezia thematic trail, at the heart of the Beaumont landscapes, proposes a parenthesis in time, with a silent pick-nick break by the old mill.**

Leave from the Pâques hamlet (district of Côtes de Corps) below the RN85. Make sure to spot the small road directions sign. Park in a bend when you reach the trail's welcome sign.

For this hike, simply follow the specific markings. A beautiful view of the Obiou accompanies the trail at the beginning before encountering a fork. Take to the right to find the freshness of the beeches, then go back up to the trail of vines. Along the way, the old cabin opens its doors, then the "surprise" basin and barrel await you ! At the end of the vines, the trails goes left to join the river slightly downhill. Climb back up to the ruins of the mill. Take a short break...

After the walkway, the trail goes straight ahead, then zigzags through the sunny meadows to bring you back to your starting point.



**Departure** : Le Périer

⇒ **Inside map** : D3

**Gradient** : 580 m

**Difficulty** : rather difficult

**Duration** : 3h30

**Maps** :

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



Photo : B. Coessen

**Dive into the heart of the medieval Alp, whose ancient hamlets, now in ruins, preserve the soul and history of a civilisation of mountain dwellers hardened to hiking !**

During the Middle Ages, during periods of high population growth, and to free themselves from the lords of the valley, peasants cleared patches of forest on the rare level spots overlooking the plain to settle down, cultivate the land and raise livestock. The last inhabitants lived in these hamlets until 1950. Between the ruins, there are still some beautiful trails to follow...

At the foot of the Périer village, take the road to la Drayre then the one to le Moulin. After crossing the Malsanne river, the marked trail "Les Surrees" climbs up into the forest of beeches. Between the Surrees houses, leave the trail leading to the Coiro to take, on the right hand side, the trail ending at the Gaudissart hamlet. Climb slightly higher to cross the small pass revealing a beautiful view of the Ornon Pass, then levelling off and back in the forest, cross towards the Issartons hamlet.

To complete the circuit, follow the markings : "le Pey", "les Conterrens" and "le pont du Moulin".



**Departure** : Valjouffrey

⇒ **Inside map** : E4

**Gradient** : aucune

**Difficulty** : very easy

**Duration** : 1h30

**Maps** :

- IGN 3336 ET Les 2 Alpes

- Carto-guide « Pays du Valbonnais »



**Discover and explore the aquatic, natural and wild environment, following a thematic trail alongside the Bonne torrent, but also the way in which it was used by man until recently...**

All along this easy family stroll between the Séguoins bridge and the Baléard bridge, educational panels present various themes to help you discover this rich, varied, but also fragile environment : the mountain torrent.

At the entry of the Chalp village (town of Valjouffrey), park the car close to the sports facilities on the riverside.

Two buildings stand on the right bank : a sawmill and a micro power plant, both abandoned nowadays. The improvement project for the site is presented to you. Cross the Séguoins bridge and veer to the left along the river. Follow the road/dike and let the story be told to you of this waterway which offers the special feature of never drying out and of having water all through the year.

At the end of the dike, cross the next bridge, the Baléard bridge, and come back to the starting point by the other shore of the Bonne.

## 22 The hamlet and the lake of Rif Bruyant



**Departure** : Lavaldens (Le Mollard)

⇒ **Inside map** : C3

**Gradient** : 1000 m

**Difficulty** : rather difficult

**Duration** : 3h for the ascent

**Maps** :

- IGN 3336 OT La Mure

Carto-guide « Pays du Valbonnais »



**A dale marked by various and varied human interventions : a hamlet, once permanently inhabited, with remarkable architecture, cheese cellars in the naturally fresh caves, or structures to combat natural hazards...**

Park the car on the side of the D 114 a road, in the Mollard car park. Cross the hamlet and follow the marked trail going up to the forest alongside the torrent, between the walls of dry rock and the pruned ash trees. Reach the old hamlet of Rif Bruyant.

Breathe !

Above the houses, the trail meanders in the meadows and the forest before rising by a few bends. Once out of the forest, follow the stream in a thalweg. Arriving slightly downhill at a forest cabin, turn left in order to reach it. Then take the trail on the right to go up to a small pass above the Rif Bruyant lake, go down until you reach the embankment.

To return, take the trail starting at the lake's outlet and come back, in a loop, to the forest cabin. Then reach the starting point via the ascending route.



Photo - Chi Stagnetto

# 6 TREKKINGS

## FROM SUMMITS TO VALLEYS

*Hiking in the mountains, even for an hour, is already opening the door to a fascinating world, relatively unknown to the general public, full of legends, fears, heroic images, but also wonders conducive to escape, contemplation, and healing.*

*Indeed, it is truly "another world", which remains yet to be discovered, and we are confident that having seen some mountain faces from afar, having been attracted to certain heights, or having wanted to see what there is "over there, at the very bottom of the valley" stirs your curiosity. Maybe this feeling already sounds to you like an invitation to travel ?*

*Let yourself go where nature calls you ! Open up a map and dive in : your dream tour will draw itself before your eyes : the crossing or loop between two points will seem obvious !*

*To make things easier, without restricting your thirst for travel and discovery, we recommend a few itinerary ideas for you to start with... The local mountain guides will propose you other original ideas.*



**Passing through forests and mountain pastures, closest to the heritage sites, this major yet relatively easy GR trail around the Ecrins National Park revives the initial function of the mountain trail: enable inhabitants of the villages to communicate, from one valley to another...**

The GR 50 offers a long-distance hike, by either looping the tour through various lands or by limiting the trip to only one of them, by staying in Beaumont and Valbonnais. Like for all the national GRs, the white and red markings are found all along the journey and the Top 25 maps of the IGN clearly mention its course.

Leaving from Ornon (Filons rest houses or Taillefer refuge) you will criss-cross along the Taillefer plateau and then plunge in the Roizonne valley via the Poursollet lake for a stop at the Alpe du Grand-Serre (refuge).

The second part runs alongside the right bank of the Roizonne, with its remarkable rustic landscapes, all the way to Oris-en-Rattier. Then the Plan Collet Pass allows you to reach Valbonnais (hotel rooms and hostel).

The 3rd leg ascends in the Bonne valley to join Entraigues then rises to Villard-d'Entraigues to pass the col d'Hurtières, on the trail taken by the pilgrims from the Notre-Dame de la Salette sanctuary (rest house).

It is then possible to follow the route into the Hautes-Alpes or to come back down to Corps using public transport. From there, you will have no trouble reaching Grenoble, La Mure or Valbonnais.





### With the Association « LOU PA DE L'AZE » in Valbonnais

Only service provider in Valbonnais, Beaumont and Matheysine, the "Lou Pa de l'Aze" Association organises hikes, tours, presentations and donkey rides since 2004 in the Ecrins and Oisans mountain ranges.

Rustic and gentle, the donkey is the best travel and work companion for man: he makes it his duty to transport children and baggage, letting them discover at his rhythm the Valbonnais and the Ecrins National Park through the specially chosen trails.

Donkey trekking is advocated by many families looking for different and unique holiday.

Whether you opt for a half day or a week of tourism trekking (road-book provided) you will only pay the rental of the animal (travel may be included) and the carrying equipment, that way you can choose your accommodation : bivouac, refuge or guest houses, etc.

**INFOS** at [www.loupadelaze.com](http://www.loupadelaze.com)  
or +33 (0)6.09.27.05.76





**An international path on the tracks of a historic exile, in closer of the peoples and their heritages !**

In 1685, King Louis XIV revoked the Edit of Nantes, which until then had given freedom of worship to Protestants — called *Huguenots* by their enemies during the religious wars — , and a climate of persecution settled in France. Two hundred thousand "Huguenots" sought refuge in Protestant lands in Europe and in the world. From the Dauphiné, where the Reform was very present, there were numerous departures towards Geneva, and then to Germany where they were welcomed and were able to found colonies.

All along its 1,600 km., the international trail "In the steps of the Huguenots" closely follows the historical path of this exile. The tour starts at Poët-Laval in the Drôme to first reach Geneva, then Frankfurt and finally Bad Karlshafen in the North of Hesse in Germany.

In France, the trail counts 29 halts for a total distance of 374 km. All the French tour is found in the Rhône-Alpes region, with 12 stopovers in Isère.

**Two stopovers cross our territory :** from Saint-Jean-d'Hérans to La Mure, then from La Mure to Vizille, for a total of 26.1 km. With a low positive gradient, these two parts can be completed in about 8 hours and cross multiple and varied scenery : the plains and forests of Trièves, the Drac gorges and their steep but sunny slopes, the Matheysin plateau, then the dark forests of the North face of Romanche Valley. From La Mure to Vizille, the trail of the Hugenots adjoining the Napoleon Route ; in Vizille, makes a stop in the cradle of the French Revolution. It just shows how rich and close to our heritage it is !



**SUR LES PAS DES HUGUENOTS**





Each region has its own soul. Here, on the western border of the Ecrins, the land and the people are like nowhere else : we go from a protestant land to a catholic land, from the Oil language to the Franco-provençal language, from peasants to miners.

First, we leave the hedged farmland for the high valleys, the fields for high mountain pastures, then, higher up, the mineral and glacial environment of the summits. At each individual's discretion, or accompanied by a certified mountain guide, this route is not simply limited to connecting spectacular places : it almost is an initiatory route, which tells the story of this land, step by step... From the heart of the Matheysine mining plateau to the emblematic Valbonnais peaks, through little known valleys, it enables to gently penetrate these increasingly craggy and wild places. As the days go by, legs limber up, meetings create bonds, the high summits of the West Ecrins reveal themselves and allow themselves to be approached little by little, until the ultimate reward, the comfort of the Font Turbat refuge, at the foot of the mystical north-western face of the Olan !

THE « + »



*The great ramble between the Drac and the Ecrins includes numerous variations and can be taken from March to November...*

**INFOS** from Damien Parisse, trek leader : +33 (0)6.71.81.72.47

**INFOS** about the Huguenots Trail at [www.surlespasdeshuguenots.eu](http://www.surlespasdeshuguenots.eu)

or from Pascal Luch, trek leader : +33 (0)6.31.15.10.36



Photo: La Clé des Champs

# 7 OTHER RAMBLING MODES & USEFUL INFORMATIONS

*For a new approach or to better prepare for your visit to Valbonnais, Beaumont and Matheysine, we propose in this chapter a glimpse of the equestrian or cycling (mountain bike and tourist bikes) trekking.*

*It will always be possible for you to create for yourself the trek of your dreams, even combine the disciplines to make a complete tour of our area, walking, cycling, by donkey, or even by boat to cross the lakes. Even if this brochure is not intended to be exhaustive, we hope that it is sufficiently comprehensive and that you will find in it all the ingredients necessary for your pleasure, whether it is for several days or for a few hours.*

*The mountain guides and the mountain bike or equestrian trekking monitors are at your disposal to make your visit an unforgettable moment.*

*Indeed, in the Tourist Offices you will find all the easy rambling ideas achievable with very young children and pushchairs.*

# Bicycle touring

## By bicycle, discovering Valbonnais, Beaumont and Matheysine by road....

Sumptuous scenery and panoramas characteristic of our territory are as much a showcase for the intimate paths and country roads which are among the most picturesque.

From glacial lakes and old coal mines of the Matheysin plateau to the deep lakes retaining the Sautet or Monteynard dams, from the Drac corniche dominating the water from several hundred metres, to the gentle plains of the Corps region, it is a little more than 200 km of roads which unfold, in three distinct circuits :

**"Around the Sautet Lake"** : departing from La Mure, head due South by the Saint -Pierre-de-Méarotz lake and the alpine pastures of Beaumont. At Corps, you will pass the Drac, above the Sautet dam, then you continue the course in the direction of Cordéac, Sant-Sebastien and Mens in Trièves. Return to la Mure by the Ponsonnas bridge and its famous bungee jump, the highest in Europe !

**"In the country of lakes and the mines"** : departing from La Mure, discover the ancient Coal Mines of the Bassin du Dauphiné, and let yourself be surprised by the profoundly rural character of the villages you cross, by the majesty of the lakes and this ever present nature which engulfs almost all the vestiges of these last shaft headframes!

**"The Corniches du Drac"** : guaranteed evasion on this gallery itinerary, opposite the Dévoluy and Verors mountains, dominating sometimes from several hundreds of metres the Drac and the retaining walls of the Monteynard dam.



For more information, get the brochure **"Découvrez l'Isère à vélo"** or check the site [www.cyclo-alpes.com](http://www.cyclo-alpes.com)

# Mountain bike

Change your outlook and means of locomotion to visit our mountains ! Several hundred kilometres of marked or evidently traced circuits await you on the trails and donkey trails of Valbonnais, Beaumont, Matheysine !

**NEW SPRING 2013 !** Certified " MOUNTAIN BIKE " by the French Cycling Federation, the site " Matheysine - Valleys of Valbonnais " unwinds more than **700 km of marked circuits** on the matheysin plateau and in the Valbonnais Valleys. From the resorts of L'Alpe du Grand Serre and the Col d'Ornon, from La Motte-Saint-Martin, Pierre-Châtel, Le Périer and Valjouffrey, not less than 36 circuits of any levels await you! Numerous hosts welcome the itinerant mountain bikers with an adapted range of services (secured garage, wash point, repair kit, etc.).

*Topographical guide and list of the hosts available in the tourist offices of the territory or on [www.valmontheys.com](http://www.valmontheys.com).*

From the Alpe du Grand Serre or the col d'Ornon, you will have no problem following the agricultural or forest trails to go down the Roizonne Valleys or the Malsanne and the Bonne up to Siévoz and Valbonnais : two effortless routes filled with adrenaline !

**DESCENT OF THE MALSANNE VALLEY** between the Col d'Ornon and the lake of Valbonnais supervised by a State-certified monitor (Mountain bikes supplied). **INFOS** : Mr J. Basset : +33 (0)6.89.93.50 19

Around the Alpe du Grande Serre station, **8 marked circuits** and a **practice trail** await the mountain bikers of all levels.

**INFOS** sur [www.alpedugrandserre.info](http://www.alpedugrandserre.info)

or at the Alpe du Grand Serre Tourist Office at + 33 (0)4.76.72.13.09

Finally, to discover close up the alpine pastures and the hamlets of Beaumont, come to pedal by following **18 marked circuits** with buckles from 5 to 35 km and two routes in the downward profile accessible at every level. The departure from Pellafol offers the possibility of following various buckles of any levels through the rural ways and the forest tracks, until rise to the Col des Fäisses, at the foot of the Obiou.

**INFOS** on [www.comcom-paysdecorps.com](http://www.comcom-paysdecorps.com) or at the Corps Tourist Office. Maps and topographical guides for sale at the Corps Tourist Office or at the Sautet nautical base.

# Equestrian rides

The plains and hillsides of the Matheysine plateau, the Corps region and Valbonnais easily lend themselves to equestrian trekking or coupling, one of the most beautiful ways of roaming through our country, in total communion with nature!

## « Le chemin des pèlerins des Alpes » — « The Alpine Pilgrims Trail »

From the Prairie de la Rencontre, in the North, to the village of Corps, in the South, the Association "Isère Cheval Vert" proposes a unique circuit, especially designed to discover our area at the rhythm of your mount. Taking the horse riders one by one around the lake of Laffrey, in the alpine pastures of Sénépy, Grand Serre and Beaumont or on the plateau of Taillefer by the Valbonnais valleys, this itinerary proposes, moreover, an unusual stopover at the Notre-Dame de la Salette Sanctuary, a sacred place which welcomes the "Cavalcade pilgrims" since Summer 2011.

Maps IGN 3336 OT La Mure/ 3336 ET Les Deux-Alpes

**INFOS** on [www.isere-cheval-vert.com](http://www.isere-cheval-vert.com)

**NEW SPRING 2013 !**

## In Valbonnais

From Spring, 2013, the bosom of the Valbonnais Valleys welcome the the horse-trekkers on a marked loop itinerary network and interspersed with appropriate accommodations ( 5 sites).

**INFOS** on [www.valmontheys.com](http://www.valmontheys.com)

## Accompanied rides

Walks in hand for the quite small, strolls or itinerant rides supervised by qualified guides.

« **La Clé des Champs** » in Cholonge (Map : B2) : +33 (0)6.71.31.94.88 - [laclede-champs.fr](http://laclede-champs.fr)

« **H-Val** » in La Motte d'Aveillans (Map : B3) :  
+33 (0)4.76.81.19.93 - [www.centre-equestre-isere-matheysine.fr](http://www.centre-equestre-isere-matheysine.fr)

« **Les Crins d'Ornon** » at Col d'Ornon (Map : D2) : from July 1st to September 1st.  
Mr Pascal Mazoyer : +33 (0)6.12.75.59.38

**Mr Simon Haret**, in Corps, et au lac du Sautet (Plan : D) : +33 (0)6.34.28.17.18

# AND IF YOU RETURNED in Winter?



With alpine skiing, cross country skiing, Nordic skiing, snowshoeing, play areas reserved for children, and many other activities, the Valbonnais, Beaumont and Matheysine region is equally attractive for a winter holiday.

Three resorts of a friendly size are situated in the heart of this spectacular, unspoilt natural mountain landscape and offer a variety of activities for young and old alike.

## L'Alpe du Grand Serre

Map : C2

\* On request in season in the Col d'Ornon and Alpe du Grand Serre resorts.

A ski resort which is near to you: it offers a vast ski area with 55 km of runs for alpine/downhill skiing (including one marked off-piste route) and 20 km of cross-country trails. In addition there are two areas for improving your cross-country skiing skills for skating and practising climbs/descents. There is also a 15km Nordic skiing circuit for a different skiing experience in fresh, unpisted snow in the heart of a natural landscape, for you to enjoy as you see fit. There are 5 marked snowshoe circuits and of course an area reserved for children.

**INFOS :** [www.alpedugrandserre.info](http://www.alpedugrandserre.info)

## The Col d'Ornon

Map : D2

An alpine ski area for children and adults in the heart of a magnificent unspoilt natural landscape, with two black runs ranked amongst the steepest in Isère. In addition, there is also cross-country skiing, snowshoeing and for the children a toboggan run and play area. **INFOS :** [www.col-dornon.com](http://www.col-dornon.com)

## Les Signaroux

Map : B3

Above La Motte-d'Aveillans, on the slopes of the Sénépi, discover the smallest ski area in France in the centre of the largest high mountain pasture. There are four downhill ski runs, 26 km of Nordic skiing, separated into four trails of varying standards, 3 marked circuits for snow shoeing, a toboggan run and an area reserved for snow-kiting.

# Snowshoeing



At the **Alpe du Grand Serre Resort** : huts nestling in the heart of the mountain in a traditional mountain setting of 500 hectares of conserved land symbolise the traditional homecoming of yesteryear: 36 km of circuits (5 in total) for all levels, of which some are accessible for children to discover the flora and fauna, the scenery and the traditional heritage around the resort.

Brochures free to download at [www.alpedugrandserre.info](http://www.alpedugrandserre.info)

At the **Col d'Ornon**, 4 way-marked snowshoe circuits (12 km in total) permit you to discover at your own pace the National Forest of Chantelouve, linking the cross-country sites and the alpine ski area while admiring the alpine massifs of the Oisans. You can also hire equipment at two sites. Circuit maps are available from any of the service providers in the resort and also at the lift ticket office.

**INFOS** : [www.col-dornon.com](http://www.col-dornon.com)

At **Les Signaroux**, there are 3 varied circuits lying on different levels between 1,240m and 1,520m altitude on the hillside of the Sénépi around the arboretum of the Combe Noire.

**INFOS** : [www.lessignaroux.fr](http://www.lessignaroux.fr)

## STILL MORE



*For the experimented walkers, there is always a possibility of realizing the wintry classics of Valbonnais, Beaumont and Matheysine, as the Crete of Brouffier in Taillefer, the Sénépi, summits of the Connest mountain...*

*But for it, we let you inform you by yourselves ... And do not forget the safety !*

## AND TO INTRODUCE YOU



**LA MURE MOUNTAIN GUIDES AND TREK LEADERS OFFICE :**

[www.altalika.fr](http://www.altalika.fr) — +33 (0)4.76.81.14.56 — Plan : B4

# To extend the experience,



We also propose you :

The **Activities Directory** and  
The **Holiday Book**.

And still,

The Internet Site [www.detours-alpes.fr](http://www.detours-alpes.fr) to  
discover our territories by thematic routes !



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