

#### **RECOMMENDATIONS**

Mountains are a fragile and often unpredictable environment. For your safety:

### NEVER GO ON HIKES OR WALKS ALONE

Notify your friends and family of your route and estimated time of return; in case of emergency, call 112!

### 2. BE PREPARED WITH THE RIGHT EQUIPMENT

Prepare good walking shoes, a hat, sunscreen, warm clothes and a change of clothes (windproof jacket, a warm top, a warm hat, etc.), food and water

### CHECK THE WEATHER FORECAST

Check the weather forecast and pack IGN maps or maps for the «Balades et randonnées en Isère» collection covering your entire route; only go if the weather allows!

#### PRESERVE THE ENVIRONMENT

To ensure environment preservation, close the gates of agricultural fences and hold your dogs on a leash, do not pick flowers, and bring back your waste with you.

#### For further information

La Mure Tourist Information Office +33 (0) 4 76 81 05 71

> Alpe du Grand Serre Tourist Office +33 (0) 4 76 56 24 72

**Corps Tourist Office** +33 (0) 4 76 30 03 85

Les Ecrins – Entraigues Park Tourist Office +33 (0) 4 76 30 20 61

www.matheysine-tourisme.com

## PDIPR trail markings legend

Right way

Wrong way

Turn right

Turn left

## Welcome in Matheysine, the land of a thousand treasures!

In this mosaic of landscapes and mountains, hundreds of kilometres of marked trails will guide you to the discovery of summits, lakes and waterfalls, with exceptional views.

In this guide, we selected hikes for the whole family, representing the diversity of our mountains, our landscapes and our culture. These walks are classified by themes, in order to facilitate selection, and in order to respond to your likes.

You will also find a few suggestions of more difficult hikes, but these will require that you take IGN maps or trail maps with you which you will find for sale in our tourist offices.

Put on your shoes and enjoy the walks!















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#### **LE PARADIS**



This pasture overlooking La Mure offers one the luxury of relaxing in a green space whilst enjoying the nearby mountains of Obiou, the Valbonnais and the Valgaudemar massifs.

From La Mure-La Gare, follow Le Paradis, via Prairie de Beauregard. Return by the same route or by Roberton, Le Somme, Prunières, La Méharie, sous Péchaud, La Mure-Hôtel de ville and La Gare.



A typical picnic site for the people of the Matheysine, Beauregard offers beautiful views over the surroundings of La Mure. Le Paradis used to be the location of the big village celebrations at the end of the harvests: the raves.

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#### THE ARBORETUM OF COMBE NOIRE

A walk in the forest, where one can discover the various tree species. This arboretum was established thanks to the collaboration of school children and disabled children.



From Les Signaraux, follow Arborétum de Combe Noire via Sert Leycons and return via the same route.



Several routes are suggested, accessible to strollers and wheelchairs.



#### THE FOREST OF GILLARDES & THE CANYON OF THE INFERNET



A family walk in the footsteps of Plic and Ploc, along the «La Souloise» River, up to the mysterious Sources of the Gillardes.

A refreshing and inspiring walk for the children to discover the 2<sup>nd</sup> most important groundwater emergence in France after the Fountain of Vaucluse, dominated by high limestone cliffs. All along the path, educational panels provide information on the fauna, the flora and the geology of the site.

From the car park of the Gillardes, follow the «Plic et Ploc» discovery route (specific marks) with two possible loops, starting when you cross the bridge and follow the river. A metal bridge takes you to the opposite side of the river. The short loop comes back on the left towards the Gillardes; the long loop takes you up to the right, through a path lined with fir trees, joining with a new track taking you to the Canyon of the Infernet.

Start :

Altitude climb + : 200 m

Loop : 1h30 à 2h30

■■ Difficulty : easy

Map : Top 25 IGN 3337OT Dévoluy, Trail map : «La Matheysine»



#### THE FOREST OF THE ROUDONS

This hike allows you to discover the colossal works done by men to curb land erosion in mountain areas.



While this hike takes you to the largest alder forest in Europe, it first and foremost cristallises men's fight against erosion, with embankments and dams built to protect against flooding. It also crosses a forest with various tree species (larch, pine trees and spruces), the result of a sustained effort over a number of years by forestry workers to retain the soil since the end of the 19<sup>th</sup> century.

From Col d'Ornon, follow the signposts Cabanes des Roudons, via Entrée du Col, Le Vernay, Bois du Vernay, Les Palles and Les Roudons. At Les Roudons, you have the option to go all the way to the cabin (please respect the place), or take the return path by following Les Adreys, Le Crozet, Côte Plane. Then follow Col d'Ornon, via Les Siauds, Les Suffets, Le Pied du Vernay, Le Vernay and Entrée du Col.

Start : Chantelouve (col d'Ornon)

Altitude climb + : 500 m

Loop : 2h40

■■ Difficulty : medium

Map : Top 25 IGN 3336ETR Les 2 Alpes, Trail map : «La Matheysine»

Please avoid this area in case of heavy rains as major soil erosion occurs.



#### THE GEOLOGICAL REMAINS OF THE OLD PELLAFOL



A geological walk to the discovery of erosive phenomena digging into the mountain and creating the Demoiselles Coiffées.

This path to the discovery of Land Restauration in Mountain Areas (RMT, *Restauration des Terrains en Montagne*) draws you into the world of rocks, erosion digging into the cliffs and giving birth to fairy chimneys, protection and reforestation efforts implemented to limit these phenomena. It also offers panoramic views over the Lake of Sautet.

From the hamlet of *Payas*, follow *Monestier d'Ambel* until the Oratory, then follow *Vieux Pellafol*. From there, follow the discovery path via *Marché Vieux*, *Ruines des Chanaux*, *Le Cros du Chaix*. Proceed towards *La Croix des Chanaux*, *Les Chanaux*, *Les Casses*, *Les Serres* to eventually return to *Payas*.

Start : Pellafol (Les Payas)

Altitude climb + : 140 m

Loop : 2h00

■ Difficulty : easy

Map:Top 25 IGN 3337OT

Dévoluy

Trail map

« La Matheysine »



#### **AROUND LAKE MORT**

## On the northern end of the Matheysin Plateau, this loop offers unusual points of view over Grenoble and the surrounding massifs.



This family and shady loop around a largely overlooked lake offers original views over the city of Grenoble and the massifs of Chartreuse and Belledonne. The route goes along the old blue limestone quarries of Laffrey, used for the construction of a number of infrastructure projects in the area. This is an ideal picnic location! The numerous clumps of boxwood exude a mysterious atmosphere on this section of the walk.

From Laffrey Plage, follow Col du Fond des Sciaux, through Pivodière and Aux Allards. At the Les Bigeards junction, follow Ferme du Lac Mort, then Laffrey, via La Fretta, Les Tibanes and Le Mollard. From there, carry on via La Croix du Mollard, then Les Effores, Le Luitet, Les Carrières and La Condamine. From there, go the Le Pey then Laffrey Village. Take the national road on the left, then the road in the direction of Laffrey Plage.

Start : Laffrey Plage

Altitude climb + : 200 m

Loop : 2h30

■■ Difficulty : medium

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map

« La Matheysine »



#### **PERAGÜE**



A nice walk hillside south in the shadow of the forest, a beautiful panorama on Corps, the lake of the Sautet, La Salette and the valley of the Drac.

Vanuit de parking loopt u in de richting van Peragüe langs "Les jardins" de RN85 tot aan het riviertje La Salette. Hier neemt u het pad dat zich aan de overkant bevindt en loop nu verder langs: *le Ruisseau, les Raviolles* tot op de bergtop.

De afdaling verloopt langs Saint Julien onder "la Crête de Peraguë" (1494m) vervolg langs: *l'école de Saint Julien, les Raviolles* tot in Corps.



Altitude climb +: 560m

Loop : 2 uur 30

Difficulty: medium

Kaart:Top 25 IGN 3337OT
Dévoluy
Carto-guide
« La Matheysine »





#### THE WATERFALL OF LA PISSE AND THE LOOKOUT OF BASSE PISSE



## This family trail allows you to safely enjoy the wild high mountain and feel the power of the elements.

In the heart of the Ecrins National Park, go up the high valley of La Bonne. After crossing the village and pastures lined with rockeries, you will discover wild waterfalls along your path. The valley is U-shaped, characteristic of landscapes shaped by glaciers. At the waterfall of la Pisse, which is 80m high, you can enjoy the site or climb higher to discover the mineral granite landscape at the cabin of La Pisse, with views over the Olan and the narrow valley of Font Turbat.

Start from the car park located at the entrance of Désert-en-Valjouffrey. Cross the village, following Font Turbat. Cross the GR 54 by crossing over the La Laisse River on the wood bridge. Take the large path in the pasture along La Bonne. Walk past the waterfall of La Pisse, crossing the La Pisse Torrent. From there, carry on until a signpost indicating Basse Pisse to the left. The path takes you through a recolonised scree, then woods before reaching a ruin in an old meadow. Return by the same route.

Start:
Le Désert-en-Valjouffrey

Altitude climb+: 270 à 500 m

Outward walk: 1h30 à 2h

Difficulty: easy to difficult

Map:Top 25 IGN 3336ETR
Les 2 Alpes
Trail map
« La Matheysine »

In summer, the very sunny path can be especially hot for children. Take sunscreen, a hat and water with you!



#### **LAKE CHARLET**

#### Nestling in the rocks of Tabor, this small mountain lake promises an Alpine atmosphere with an easy and accessible route.



On the West slope of Tabor mountain, the summit overlooking the Matheysin Plateau, this small mountain lake reflects the eroded slopes of the Perollier and is home to thousands of tadpoles. You will cross various landscapes: a climb in the fields and spruce forests, then a rockier path, to eventually arrive on the small humid and welcoming Plateau of Oullière.

From Saint-Honoré 1500, follow Lac Charlet on the path ascending in the fields, then in the forest until Aux Aliziers. The path then comes out of the vegetation and you go through the slopes of the Banc and the Tabor mountains. A small plateau and you discover Lac Charlet, culminating at 1920 m. Return by the same route.



Altitude climb + : 400 m

Climb : 1h15

Difficulty: medium

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Matheysine »

Going further: you can go higher, via a rockier path, up to the Tabor summit, offering amazing views over the surrounding massifs and the string of lakes of the Matheysin Plateau.



#### LAKE FOURCHU



A classic hike for people living in Grenoble, where the large grassy meadows of the plateau and their multitude of lakes stand alongside the rocky summits.

This family hike takes you on a discovery of the Plateau of Taillefer and landscapes that remind us of the humid Scottish moors. By contrast, the landscape made up of the nearby Taillefer, the Rocher Culasson and the Grand Galbert, adds a rather «Alpine» touch to the wide spaces of the plateau, whilst in the distance, the eye meets the massif of Oisans.

From the car park of Poursollet, follow the GR 50 between the chalets and past the Bar du Taillefer. Keep on going up through the meadows then under the Culasson, leading to the Plateau of Taillefer. Follow the path to the left going slightly downhill to get to Lake Fourchu. Return by the same route.

Start :

Alpe du Grand Serre

Altitude climb + : 420 n

Climb : 2h00

Goings and comings: 4h

■ Difficulty : medium

Map:Top 25 IGN
3335 OTR Grenoble/
Chamrousse/Belledonne
Trail map
« La Matheysine »

The plateau of Lake Fourchu is an immensely rich but fragile ecosystem. Please respect this sensitive ecosystem (NATURA 2000 classification) as well as private properties, by keeping to the marked trails.



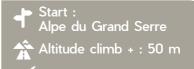
#### THE TRAIL OF 3 LAKES TO THE POURSOLLET

# This family walk takes you to the discovery of three small lakes hidden in the undergrowth: A forest atmosphere, cabin and bog.



This walk is a shady excursion in various environments (wetlands, bog, lake, moors and high plains) characterised by a rare biodiversity. With bogs that are home to a number of insects and amphibians, this area is exceptionally rich in the Alps.

Take the Poursollet road and park at the platform of Comboursière (stone memorial to the servicemen). When the road starts going down, take a well-marked path on the right. You will get to Lake Clarets in 15 minutes. Carry on, leaving the lake on your right hand-side. The path takes you through the forest before arriving at Lake Punay. Carry on along the bank of the lake; the path joins with and crosses the road of Poursollet. You then go through the undergrowth before arriving at Lake Poursollet. Return by the same route.



**△**■ Difficulty : very easy

Climb: 45 min

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Matheysine »

Please ensure that you remain on the trails, and avoid stamping on the fragile banks of the lakes. Respect nature, it deserves it!



#### THE FOOTBRIDGE OF THE DRAC RIVER



A hike with a sense of adventure, that will surely give you a rush, with bright colours, in the heart of a Mediterranean-like landscape.

This loop crosses the beach of Savel, on the banks of the Lake of Monteynard Avignonet, one of the best lakes in Europe for windsurfing. The path then runs in the pastures bordering the turquoise-blue curves of the lake to reach the vertiginous Himalayan footbridge of the Drac River. In the background, the foothills of the massif of Vercors are keeping watch.

From Savel, follow Mayres Savel via La Chapelle, Le Pont, La Tourbe, then downhill up to the Passerelle du Drac. Take the return bath following Chardeau. In Chardeau, follow the road to Savel, via La Traverse, Les Mets, La Tourbe, Le Pont and La Chapelle.

From *Chardeau*, you can go to *Mayres Savel* and its Romanesque church, classified as a historic monument.



Altitude climb + : 150 m



Difficulty: easy

Map:Top 25 IGN 3336OT
La Mure Valbonnais
Trail map

« La Matheysine »

For a surprising hike, between earth and water, cross the lake in the morning on board the boat «La Mira», and walk along the South side of the lake via the footbridge of the Ebron River, and then via the footbridge of the Drac River.



#### **AROUND THE LAKE OF PETICHET**

#### This walk is an invitation to discover the open landscapes of the Matheysin Plateau, views over the lake with the green fields of the neighbouring hills.



Alternating between the banks of the lake and further lookout points, this walk, accessible to all, will give you a global view of the area and take you to the discovery of hidden parts of our heritage, such as the remains of the Roman Chapel of Saint-Théoffrey.

From Saint-Théoffrey-Plage, follow Saint-Théoffrey - Les Berlious, via Petichet, Le Pré Rond, Les Gonthéaumes and Touche et Bouis. From Berlioux, follow Les Théneaux via Serre de la Crois. Eglise Romane, Le Pré de l'Essart, La Croix des Théneaux and Moularet et Rapaille. At the junction Les Mollies, return to Saint-Théoffrey-Plage via Champ du Lac and La Favolle.





Difficulty : medium

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map

« La Matheysine »



#### **AROUND THE LAKE OF VALBONNAIS**



Walk across an open landscape of plains and vines, until one reaches the Lake of Valbonnais, which is a great place for a swim.

A walk which will take you to the discovery of the vines of the Valbonnais, undergoing a renaissance, the covered bridge of the Fayettes and its unusual architecture, lead you to a large lake with shallow water, quickly warmed up by the sun. On your way, you can discover the «minor» built heritage, the valley's typical hamlets, and on the way back, the remains of a castle mount dating back to the Middle-Ages.

From the school square, follow the GR 50 to your left following *Siguret, Péchal, Les Vignes de Leygat*. At the junction of *Les Vignes*, leave the GR and

Start : Valbonnais

Altitude climb + : 200 m

Loop : 2h30

■■ Difficulty : easy

Map:Top 25 IGN 3336 OT La Mure Valbonnais Trail

« La Matheysine »

take the path towards *Pont des Fayettes*. From there, follow the road to the South to get to *Les Angelas*, then take to road towards *Les Saugniers, Les Verneys*. Then go to the *Pont des Verneys* up North. At the bridge, turn left on the path going to *Plan d'Eau*. At the *Plan d'Eau*, go up to get to the castle mount, towards *Le Roussillon*. Cross the departmental road, carrying on uphill. At *Le Roussillon*, follow *Siguret* along the canals to get back to the starting point.



#### PIERRE PERCÉE

# The Pierre Percée is one of the seven wonders of the Dauphiné, the quiet keeper of the nearby massifs of the Connex and of the Senépi.



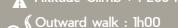
This short and easy walk on the Matheysin Plateau takes you to the Pierre Percée, a natural arch located at the top of the Creys hill. This triumphal arch is supposedly a crouching demon, petrified here by the devil after losing a bet with the Duke of Lesdiquières. From this lookout point, you can enjoy a magnificent view over the entire Matheysine!

From Les Georges, follow La Pierre Percée via Roche Corbeyre and Serre de Lozier. Return by the same route or by the Plan de la Rivoire.

#### Alternative route via Serre de la Vache

From Les Georges, follow La Pierre Percée via La Grandraye, Les Taverdons and Le Serre de la Vache. Return to Georges via Serre de Lozier. Add an extra 15 minutes' walk.





Difficulté : facile

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Matheysine »



#### THE PANORAMIC SUMMIT OF GARGAS



Between the Ecrins and Dévoluy massifs, steep landscapes surround at an angle of 360° and present an easy to access summit.

Overlooking the Sanctuary of Notre-Dame de la Salette, this hike on a path of historical pilgrimage offers an impressive circular panorama covering all the summits of the Dévoluy to the South, the cliffs of the Vercors to the West, the famous summits of the Ecrins massif to the East (Roche de la Muzelle, Pic d'Olan, Aiguille des Arias) and the massive figure of the Coiro and of the neighbouring summits

From the big car park of the Sanctuary of Notre-Dame de La Salette, take the path that winds all the way to *Col de l'Eterpat*. From there, follow the crest line to get to the top of the Gargas mountain, culminating at 2,208m. Return via the same route. Start :
Sanctuaire de NotreDame de La Salette

Altitude climb + : 430 m

Climb : 4h00

■ Difficulty : medium

Map:Top 25 IGN 3336ETR
Les deux Alpes, Olan,
Muzelle
Trail map
« La Matheysine »



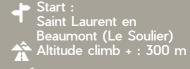
#### THE CRESTS OF THE SCIAU

#### This is a loop that takes you, from green pastures to crest lines, to the discovery of beautiful views of the surrounding high mountains.

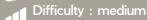


This loop, accessible to all, crosses the soft pasture landscapes to get to a crest line lined by scots pines, offering a 360° viewpoint at La Croix de la Roche. Views over the valley of the Valbonnais, the mountains of the Salette, the chain of the Dévoluy, the Obiou and the Matheysin Plateau are breathtaking.

From the car park *Le Soulier*, go up the forest track up to *Combe des Ailes*. From there, take the path of the Crests of the Sciau to the East towards *Les Grands Clos*, then towards the summit *La Croix de la Roche* (1493m). Carry on along the crests to get to Clos Ternaud. A tarred road takes you to *La Chèvre*, then *Le Cercle* and *La Ceintura*. From there, follow the path to *Le Soulier* to return, via *La Versanne*.











#### LE PLAN COL



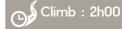
In a forest atmosphere, then in a preserved narrow valley at the foot of the Grand Armet, an outing to discover a well-preserved biodiversity.

Between the massifs of Taillefer and of the Armet, this hike up the pristine narrow valley of Vaunoire will allow you to observe the vertical zonation of the fauna and the flora (myrtles, deers, groundhogs and chamois). You will also discover the remains of the glacier of Grand Armet.

Start from the car park of *Vaunoire*. Follow the path to *Plan Col* to the East. After a progressive climb in the forest, you reach the stream of *Vaunoire* and cross it a first time over a footbridge. Keep on walking on the left bank (on the right going up) of the stream of *Vaunoire*. After going under *Cabane du Col*, ford the stream to start climbing up the winding path and cross the hillside to get to *Plan Col*.



Altitude climb + : 660 m



■ Difficulty : medium

Map:Top 25 IGN 3336OT La Mure - Valbonnais Trail map

« La Matheysine »



#### THE SENÉPI

## As the largest organised Alpine pasture in France, you will discover one of the most beautiful panoramas of Isere at the summit.



While in summer, the large pasture hosts over a thousand head of cattle, it also offers to the hikers an exceptional panorama at the crossroad of the massifs of the Southern Dauphiné. From the lookout point, we can almost touch the Obiou, surrounded by the Taillefer, the Mont Aiguille and the Olan... This green hike is very accessible. From Les Signaraux, follow Sert Leyçons via a

small path in the undergrowth along the road. Walk past the ski lift by following the path up to *Clarafin*. Keep on walking until the *Col du Sénépi* nested in a very pretty narrow valley. From there, it is an easy walk then a steep climb on a twisting path up to the summit. To return, at the *Col du Sénépi*, follow *Grand Lau*, then *Les Signaraux* via *Les Treize Bises, Combe Noire, Arboretum, La Fila*.





Difficulty: difficulty

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Mathevsine »



#### THE GRAND JOURNAL



At the crossroad of the massifs, this summit overlooks the Lake of Sautet and offers magnificent views over the High Alps, the valley of Valgaudemar, the Obiou, the sanctuary of La Salette, etc...

Enter in the area of marmots and climb up a summit with the promise to find an amazing view...

Start: parking tennis of Corps on the road of the Sanctuary of Notre-Dame de la Salette.

From the parking, take the small road asphalted that rises. You will cross the yellow signs then a few metres away the path divides into two just below of a water intake (small cement house); follow the wood sign "Boustigue" and go up to the left. Go through *Les Roures*. Follow the path in the forest during 35 minutes approximately then go to *Les Vignes* and go on up to the summit (1861m).

Start : Corps
Car park of tennis courts

Altitude climb + : 950 m

■■ Difficulty : medium

Climb : 3h00

Map: Top 25 IGN 3337OT Dévoluy - Obiou - Pic de Bure Carto-guide

« La Matheysine »





#### THE DISCOVERY TRAIL OF THE CANAL OF BEAUMONT



A refreshing walk along an old but still well-alive canal, winding in the forest.

This bucolic walk in the undergrowth invites you to stroll along an almost 150 years old canal, a heritage jewel which still irrigates the Beaumont and the Valbonnais. On these thematic trails, you can discover everything about this structure, entertain the children or just enjoy the atmosphere.

Three thematic and educational trails are available to the hikers from St Laurent or La Salle. The shortest trail starts from St Laurent, with the "Ambiance" walk following a loop. From La Salle, for the children, follow the "Ludique" walk; for the adults, follow the "Connaissance" walk. To do all these trails, the ideal start is St Laurent, following La Salle en Beaumont along the canal until the end of the "Connaissance" walk. Go down to La Salle en Beaumont and follow the "Connaissance" walk to go up the canal and return to St Laurent via the outward trail.

St Laurent en Beaumont ou La Salle en Beaumont
Altitude climb + : 100 m
Outward walk : 1h à 2h30
Difficulty : easy

Map:Top 25 IGN 3336OT La Mure - Valbonnais Trail map « La Matheysine »

When there is water in the canal, you should remain very careful especially with children and dogs since the current can be quite strong in some places, even though the canal is not very deep. Underground passages increase this risk.



#### THE WALK OF THE CROSS

This peaceful hike in the heart of the alpine pastures will take you to the Sanctuary of Notre-Dame de la Salette, a famous place of pilgrimage.



The loop starts crossing a forest with various tree species, then goes up in pastures hosting groundhogs, to culminate on the slopes of the Gargas (2 207m). At a turn of the trail, you will discover the impressive Basilica of Notre-Dame de la Salette, second most important pilgrimage location in France after Lourdes. The Walk of the Cross is marked by a dozen engraved rocks evoking the Passion. On the way down, you will discover the small hamlets disseminated in this very singular valley.

From Col de Saint-Julien, follow Notre-Dame de la Salette, via the Col de l'Homme (1 657m) and La Grande Combe. From the Sanctuary (1 780m), go down to La Salette Fallavaux and follow Le Cimetière, Le Planeau, Perlonte, La Sagne, Secheline. From Secheline, follow to road to Les Condamines, then Les Ablandins via La Rune. In Les Ablandins, return to the Col de Saint-Julien.



Altitude climb + : 485 m



Difficulty : medium

Map:Top 25 IGN 3336ETR
Les deux Alpes, Olan,
Muzelle
Trail map
« La Matheysine »



#### THE OLD HAMLET OF RIF BRUYANT



This hike will take you to the heart of a narrow valley, unchanged for dozens of years, anchored in a landscape characterised by deep-rooted traditions.

Connected to the Valley of Roizonne by a «calade» path (a rough paving made of wedged rocks) the largely unknown valley of the Rif Bruyant holds unsuspected jewels discover the stone and gabledroof houses of the old hamlets covered in slate. Strolling through the beautiful meadows framed by stone walls, you might discover «glacières», these natural cavities where the valley breeders used to ripen the cheese.

Park at the car park of the hamlet of Mollard on RD114 (Les Holmes). Enter the hamlet by crossing the Roizonne River. Take the right-hand side path between two farms, following Lac du Rif Bruvant. Keep on walking in the undergrowth until the arch bridge. Do not cross the bridge but climb up along the stream. At the 2<sup>nd</sup> bridge, cross the Rif Bruyant and turn left on the narrower trail going through the trees to get to the old hamlet.

Lavaldens / La Valette

Altitude climb + : 350 m

Outward walk: 1h00

Difficulty: easy

Map:Top 25 IGN 3336OT La Mure - Valbonnais

> Trail map « La Matheysine »

Going further - For the good hikers, you can go up the enclosed valley of Rif Bruyant surrounded by joyful pastures up to the Lake of Rif Bruyant, nested in a rocky and pristine amphitheatre.



#### TRAIL OF THE SEZIA

#### This is a hike in a beautiful and pristine valley with sunny vines leading to the discovery of past rural activities.

In a peaceful valley, between pristine river and sunny vines, the thematic trail of the Sézia immerses you in the rural history of the country through the remains of a windmill, of an old cabin, a barrel or a swing seat... Indulge in this place of vestervear!

From the hamlet of *Pâques*: Follow *Le Four*, then Sentier à theme de la Sézia. Follow Versanes, les Campines, l'Anglot, Pirou, Vignes du Clos, Fidèle, Moulin de Pirou and walk back up towards Les Champines and Pâques.

From Quet en Beaumont : from L'Eglise, follow Corps via Les Vignes des Combes, Fidèle. le Moulin de Pirou, Les Champines, L'Anglot, Pirou, Vignes du Clos, Fidèle, Vignes des Combes, then return to the village.

- Start : Les Côtes de Corps (hameau de Pâques) ou Quet en Beaumont
- Altitude climb + : 230 m ou 370 m
- Loop: 2h45 à 3h
- Difficulty: medium
- Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Matheysine »



#### THE OBIOU

A climb for experienced hikers only, in steep and often aerial terrains, providing an access to a spectacular mountain show. It is recommended to take a guide.



Start

Col de la Sambue (Pellafol)

Altitude climb + : 1315 m Difficulty : very difficult

(only take this hike in good weather)



Climb: 4h00



Map: Top 25 IGN 3337OT Dévoluy - Obiou - Pic de Bure

#### AROUND THE TAILLEFER (4 OR 7 DAYS)

This alpine but accessible hike is an invitation to travel out of time, between rural valleys and mountain villages, waterfalls and lakes, passes and high plateaux.



Start :

Alpe du Grand Serre

Altitude climb + : 2890 m

Difficulty: difficult

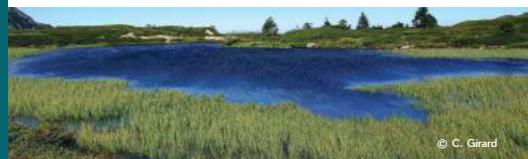
Circuit: 4 ou 7 jours Distance: 48 ou 76 km

Map:Top 25 IGN 33336 ETR Les deux Alpes Olan Muzelle Top 25 IGN 3336OT La Mure Valbonnais Trail map

« La Matheysine »

« Randonnées en Oisans »

www.grand-tour-ecrins.fr





#### **THE COIRO**

Trails cut out of the rocky land, a pristine narrow valley: a variety of landscapes up to the summit with unforgettable views over the Ecrins, the Dévoluy and the Vercors.



Start : Le Périer

Altitude climb + : 1700 m

Difficulty: very difficult

Climb : 5h00







#### THE REFUGE OF FONT TURBAT

In the heart of the Massif of Ecrins, a deep pristine and glacier valley takes you to the end of world, to discover a high mountains mineral world.

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Start : Le Dé

Le Désert-en-Valjouffrey

Altitude climb + : 900 m

Difficulty: quite difficult

Climb : 4h00

Map: Top 25 IGN 3336ETR Les deux Alpes Olan Muzelle

Trail map « La Matheysine »

#### **COL DE L'AUP**

This is a forest trail, which becomes aerial along gullies, joining with alpine pastures with beautiful views over the summits of the Dévoluy, as well as over the Plateau of Pellafol and the Lake of Sautet.

Start :
Car park of Gillardes
(Monestier d'Ambel)

Altitude climb + : 800 m

Difficulty: difficult

്രൂ🌶 Climb : 2h30

Map:Top 25 IGN 3337OT Dévoluy - Obiou - Pic de Bure Trail map « La Matheysine »





#### JAS DES AGNEAUX AND TETE DU VET

An aerial hike in the heart of the National Park of the Ecrins up to a breathtaking lookout point facing the Domes of the Colombier and Gargas and the steep faces of the Coiro and the Armet.

Map:Top 25 IGN 3336 ETR Les deux Alpes Olan Muzelle Trail map « La Matheysine » Start:
Entraigues
Altitude climb +:
1080 m pour le Jas des
Agneaux / 1360 m for la

Tête du Vet

Difficulty : difficult

Montée : 3h for le Jas des Agneaux / 4h for le Vet

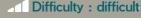
#### THE TABOR FROM THE PASS OF MALISSOL

A long walk on a trail going through crests, alpine pasture forests, up to a rocky ridge and its magnificent views over the massifs of Taillefer and Grand Armet, Vercors and Obiou.

Map:Top 25 IGN 3336OT La Mure Valbonnais Trail map « La Matheysine »







Climb : 4h (option to follow a look via St Honoré 1500 and Les Bruyères)



