

Around Lake Serre-Ponçon - Gravel

Hautes-Alpes



(Kinaphoto)



On your marks. Get set. Go!
A 5-day tour covering almost 250km and over 8,000* metres of ascent. An extraordinary sporting challenge that also offers an insight into the diversity of the Haute-Alpes region.

*Due to a technical problem, the actual altitude difference on the Tour du Lac de Serre-Ponçon is around 8,000m, and not 9,000m as announced in the route specifications.

The Tour of Lake Serre-Ponçon (TSP) is back with a Gravel version! On the programme: great rolling DFCI tracks, interspersed with stretches of mountain gravel and amazing panoramic views. And for the particularly brave, there are a

Useful information

Practice : Gravel

Duration : 5 days

Length : 233.6 km

Trek ascent : 11437 m

Difficulty : Rouge (difficile)

Type : Séjour itinérant

Themes : Pastoralism, Point de vue, Lac et glacier, Sommet, Col

number of legendary passes and summits, including Mont Colombis, Parpaillon and Pontis. The most demanding ascent will be rewarded with one of the most beautiful balconies of this trip on the slopes of Mont Guillaume: the Chemin de la Baume.

Trek

Departure : Embrun

Arrival : Embrun

Markings :  PR  GRP  GR

Cities : 1. Embrun

2. Saint-Sauveur

3. Crévoux

4. Les Orres

5. Baratier

6. Crots

7. Savines-le-Lac

8. Pontis

9. Le Lauzet-Ubaye

10. Ubaye-Serre-Ponçon

11. Montclar

12. Selonnet

13. Saint-Martin-lès-Seyne

14. Bréziers

15. Rochebrune

16. Rousset-Serre-Ponçon

17. Espinasses

18. Montgardin

19. Chorges

20. Prunières

21. Saint-Apollinaire

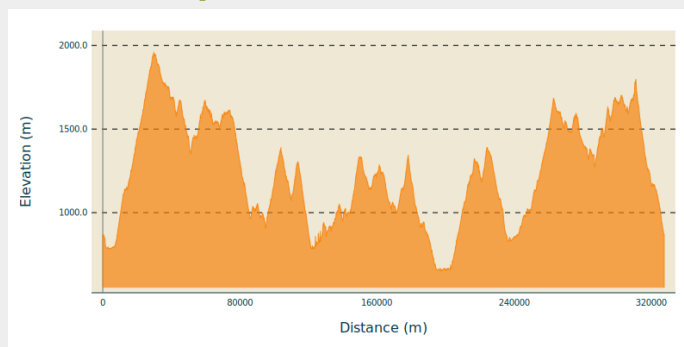
22. Réallon

23. Puy-Saint-Eusèbe

24. Puy-Sanières

25. Châteauroux-les-Alpes

Altimetric profile



Min elevation 651 m Max elevation 1959 m

On your path...



All useful information

Les chiens de protection des troupeaux

Gear

Before setting off, check the condition of your bike, keep an eye on the weather and equip yourself according to the season and the length of your trip.

If you're riding in a mountainous area, choose wide gravel tyres, hydraulic disc brakes and keep an eye on your speed.

Be careful on the descent from the Hameau de Vière and on the way to the Durance valley

For extra security, hire a cycle guide

Rescue: 112

How to come ?

Transports

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

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

Marseille-Briançon : (LER29)

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

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

Gap-Barcelonnette (LER535)

Carpooling area : Rond point des Orres - 05200 Baratier

Plane:

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

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

Lyon Saint Exupéry Airport - (203km) +33 (0)826 800 826

Turin Caselle Airport - (178km) + 39 011 567 63 81

Advised parking

Station car park, Embrun

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification du Circaète-Jean-le-Blanc

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

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

Source



Serre-Ponçon

<https://www.serreponcon.com>