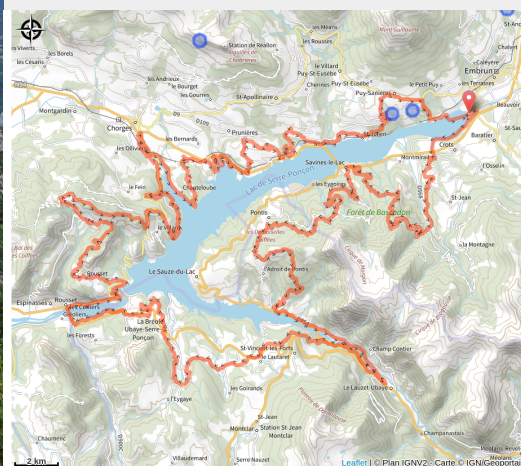


Lac de Serre-Ponçon 4-day Electric Mountain Bike Tour

Hautes-Alpes



Descente sur le lac - sentier monotrace (Parc national Ecrins - E-Pedal)



150 kilometres and never far from the lake: the opportunity to enjoy the stunning landscapes, to dip your toes in the water, but also to make the most of electrical assistance to tackle the numerous fun trails offered by this itinerary in the southern Alps.

With panoramic views worthy of a Riviera resort, Lac de Serre Ponçon is a small inland sea amidst the mountains. This inland sea also happens to be one of the biggest reservoirs in France. Although created artificially by its dam, this makes the mountains surrounding Lac de Serre Ponçon no less wild and they offer amazing views and memorable descents.

Useful information

Practice : VTTAE

Duration : 4 days

Length : 152.6 km

Trek ascent : 8242 m

Difficulty : Rouge (difficile)

Type : Séjour itinérant

Themes : Point de vue, Lac et glacier, Histoire et architecture

Trek

Departure : Plan d'eau d'Embrun

Arrival : Plan d'eau d'Embrun

Markings : 🚩 VTT FFC itinérance

Cities : 1. Embrun

2. Baratier

3. Crots

4. Savines-le-Lac

5. Pontis

6. Le Lauzet-Ubaye

7. Ubaye-Serre-Ponçon

8. Rousset-Serre-Ponçon

9. Espinasses

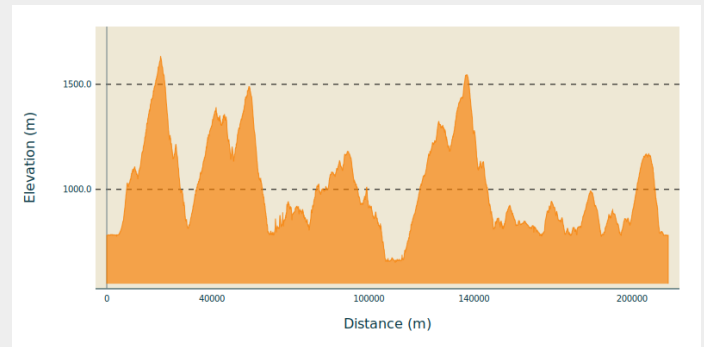
10. Chorges

11. Prunières

12. Saint-Apollinaire

13. Puy-Sanières

Altimetric profile



Min elevation 651 m Max elevation 1633 m

Day 1: After a short warm-up along the Durance, the ascent begins. Difficult in parts, the trail can be avoided by riding stretches of road. The north-facing slope offers dense forest cover. Make the most of the coolness here! The belvedere of La Cagnolle is an invitation for a panoramic break, followed by a heritage discovery at the Abbey of Boscodon. A pretty descent takes you to Savines-le-Lac and the chance to recharge your batteries before climbing again to the belvedere of Pierre-Arnoux.

The route alternates between tracks, trails, a few steep sections and a beautiful descent down to Pontis, which marks the end of the first day.

Day 2: The route follows ridable ascents on tracks and fabulous wooded descents, all off the beaten track. You then return to the lake shore, with the possibility of bathing at the Ubaye cemetery. The route then runs along an old railway line. The day's final section runs through terrain where the landscape opens out onto hills dotted with welcoming hamlets and villages.

Day 3: The explanation for the existence of the lake: the dam. After passing the belvedere of L'Escoubaye and riding down a fabulous trail, at a junction with the road you can head for the dam belvedere. The route rounds the peak of La Viste and on to the Colombis mountain. The "Ruban" is a must-ride mountain biking trail in this sector. A ridge trail offers a stunning panoramic view over the lake and a winding descent down to the Col Lesbraut. From the col, the route becomes more technical until you reach the lake shore: some steep slopes before heading directly downhill on a Provençal trail and coming to Chorges along fast tracks.

Day 4: From Chorges, you return to the lake shore. The tone is set! Uphill and downhill, you pass from bays to inlets along a succession of ridable paths and bracing trails, sometimes facing the lake, sometime Mont Guillaume. The second part of the day takes you to the belvedere of Le Pibou. From this viewing point, you can see your route over the last three days. The Descente du Tourniquet will be your finale! This is a classic in the Embrunais, a trail running down to the lake shore in a

succession of bends. Crossing the dam takes you back to welcome tranquillity to round this day off.

On your path...



All useful information

Advices

Technical in parts, you need the basics of riding in order to overcome a few difficulties. If you are in any doubt, take the "escape routes" offered. Mastering walk mode will help on certain stretches.

Book your accommodation. A trip organiser and mountain bike instructor will simplify your organisation and make your trip so much more enjoyable, as well as saving you time.

How to come ?

Transports

Direct train lines: Paris/Briançon or Marseille/Briançon
TGV to Grenoble, Valence, Aix en Provence.

Booking information and ticketing: <https://www.oui.sncf/>

TER PACA (Provence Alpes-Côte-d'Azur) regional rail routes – Chorges railway station or Embrun railway station www.ter.sncf.com/paca

Access

From Gap or Briançon, via the N94.

Advised parking

Plan d'eau d'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
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Nidification du Circaète-Jean-le-Blanc

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

Merci d'essayer d'éviter la zone ou de rester à un distance minimale de 300m sol quand vous la survolez soit 1310m d'altitude !

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Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>