

La Plaine circuit (no. 8)

Hautes-Alpes



Plaine 1 (Thibaut Blais)



Easy circuit along the Biaysse which takes you into a pleasant and peaceful environment surrounded by nature.

This relatively level loop is suitable for families and leads along both banks of the Biaysse, alternating between forest and meadow. It takes you to the municipality of Freissinières and its hamlets: a valley haven in a completely natural setting and gateway to the Parc National des Écrins.

Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 7.4 km

Trek ascent : 205 m

Difficulty : Vert (très facile)

Type : Loop

Themes : Fauna, Flora, Histoire et architecture

Trek

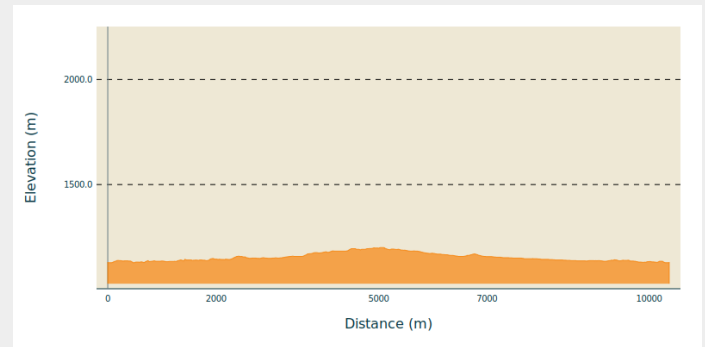
Departure : Parking near the Les Allouvières bus stop (left-hand bank of the Biaysse and the opposite side from the campsite), Freissinières

Arrival : Parking near the Les Allouvières bus stop (left-hand bank of the Biaysse and the opposite side from the campsite), Freissinières

Markings : 🚩 VTT FFC boucle locale

Cities : 1. Freissinières
2. Champcella

Altimetric profile



Min elevation 1128 m Max elevation 1200 m

The route starts at the Les Allouvières bus stop, on the left-hand bank of the Biaysse and opposite the campsite

1. Go across the EDF dam and take the narrow path on the right above the road leading to the Les Allouvières campsite
2. At the end of the track, continue straight ahead along a drivable track which follows the right-hand bank of the Biaysse
3. After the descent, cross the church bridge and turn right towards Freissinières along the local road
4. At the hamlet of Les Ribes in the Freissinières valley, turn right onto the D38b heading towards Le Pallon
5. After going through the village of Freissinières, turn left to Les Meyries and 200 metres further on, bear right onto a stony track
6. When you come to Le Plan, continue straight ahead, along a slightly zigzagging route
7. At the end of the track, turn right to return to your starting point

On your path...



All useful information

Les chiens de protection des troupeaux - VTT

Advices

Rescue services contact details: Secours Montagne(Mountain Rescue): +33 (0)4 92 22 22 22 or 112

Take your litter home

Do not take shortcuts across pastureland

How to come ?

Transports

Public transport >> www.pacamobilite.fr

Consider car-sharing >> www.blablacar.fr

For more information, ask at the Tourist Information Office nearest to the trail starting point >> www.paysdesecrins.com

Access

9 km from L'Argentière-la-Bessée, take the N94 and the D38.

Advised parking

Car park near the Les Allouvières bus stop (left-hand bank of the Biaysse & the opposite side from the campsite), Freissinières

Source



Pays des Ecrins

<https://www.paysdesecrins.com>