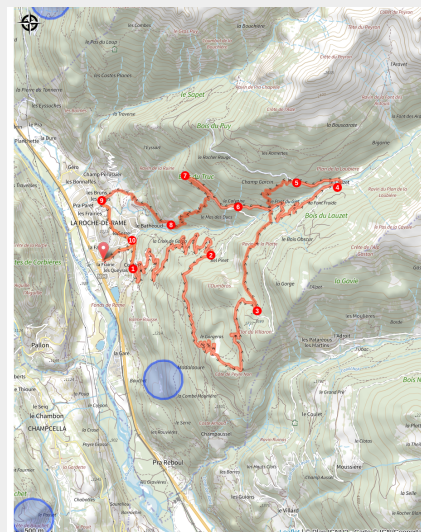


Le Bois du Truc circuit (no. 12)

Hautes-Alpes



Bois du Truc (Thibaut Blais)



A pleasant route along a stony uphill track and a relatively technical downhill path.

Circuit running above La Roche-de-Rame, along almost its entire length offering a panoramic view over the Durance valley and the municipality. As you ascend, Mont Pelvoux comes into view in the distance. The ascent is relatively straightforward along a wide track, although the descent is much more technical with a number of narrow single-tracks.

Useful information

Practice : Mountain Bike

Duration : 3 h

Length : 23.0 km

Trek ascent : 1644 m

Difficulty : Rouge (difficile)

Type : Loop

Themes : Fauna, Flora, Histoire et architecture

Trek

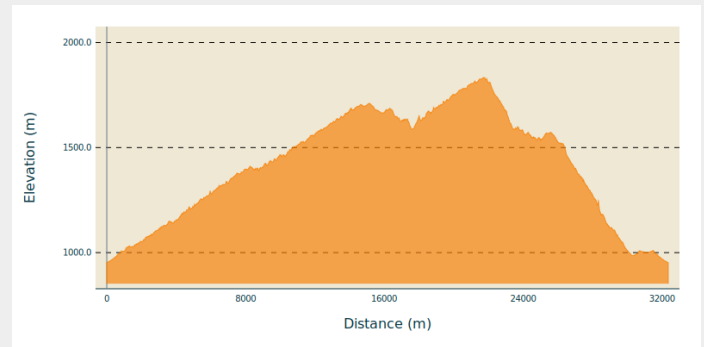
Departure : La Roche-de-Rame mayor's office ("Mairie")

Arrival : La Roche-de-Rame mayor's office ("Mairie")

Markings : 🚰 VTT FFC boucle locale

Cities : 1. La Roche-de-Rame

Altimetric profile

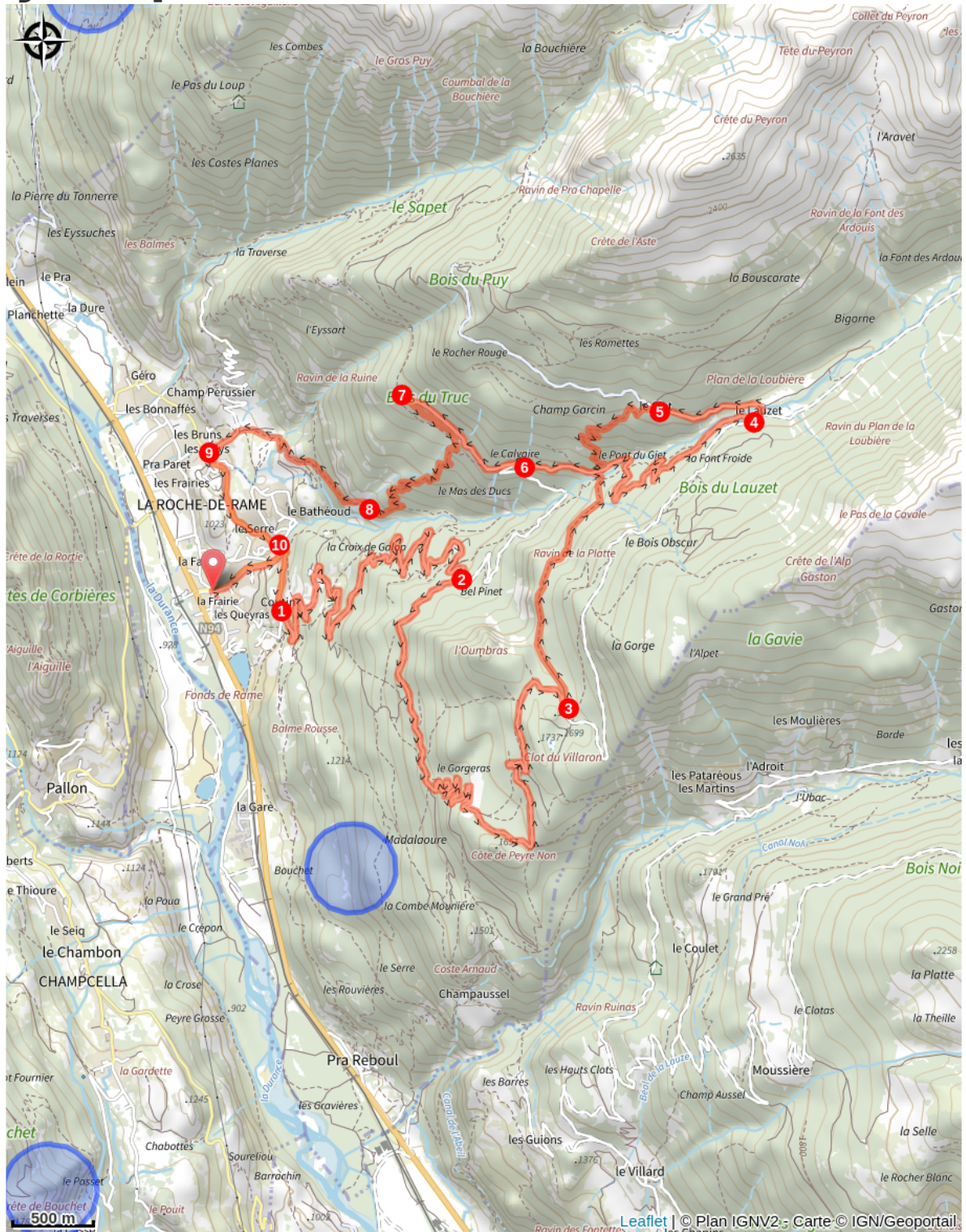


Min elevation 952 m Max elevation 1834 m

The circuit starts not far from the La Roche-de-Rame mayor's office ("Mairie") near the Bouchouse mountain stream. First, follow its left-hand bank, going upstream. 430 metres further up, cross the mountain stream and carry on along the right-hand bank. At the crossroads, turn right to cross the mountain stream again and carry on uphill towards Bel Pinet.

1. Turn left towards Le Lauzet, winding uphill along a stony track
2. When you reach Bel Pinet, at 1,400 m altitude, take the track on the left to the Calvary and the Bois du Truc
3. 150 metres past the Calvary, at 1,561 m altitude, turn left to the Bois du Truc up a final short ascent
4. 180 metres further on, at a set of gate posts, turn left onto the path below the track, to tackle the single-track descent (Caution! Quite steep downhill section to reach the path, and technical stretches on the path)
5. At the Bois du Truc, at 1,510 m altitude, carry on down the single-track section towards Le Bathéou and La Roche-de-Rame (exercise caution on the numerous technical stretches)
6. At Le Mas des Ducs, at 1,290 m altitude, carry on straight ahead towards Bathéou and La Roche-de-Rame
7. Continue straight ahead along the track above Le Bathéou, heading towards Les Gillis and the dwellings
8. At Les Gillis, turn left onto the D338. Then, 60 metres further on, turn left again to the village centre
9. Turn right and follow the Bouchouse downstream on the right-hand bank. Then, after 170 metres cross the mountain stream, which brings you back to the mayor's office and your starting point

On your path...



All useful information

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

6.7 km from L'Argentière-La Bessée, take the N94.

Advised parking

mayor's office ("Mairie") car park, La Roche-de-Rame

Source



Pays des Ecrins

<https://www.paysdesecrins.com>