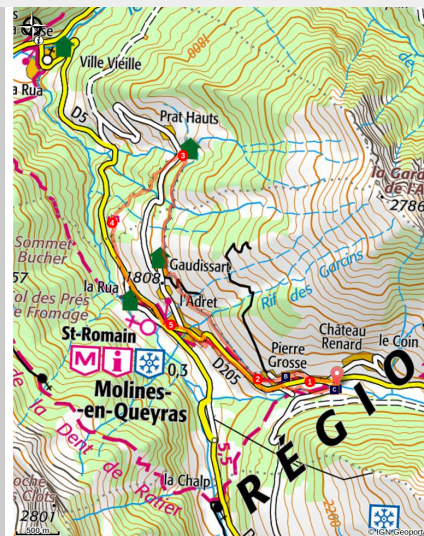


The Canal de Pierre Dimanche by mountain bike

Molines-en-Queyras



Vallée de l'Aigue Blanche (Benjamin Musella - PNR Queyras)

An air tour with clear views for the slower parts and a wooded single track for the steepest parts.

This tour overlooks the valley of l'Aigue Blanche and the Guil and offers aerial views. The descent is of progressive difficulty and quite smooth.

Useful information

Practice : MOUNTAIN BIKE

Duration : 2 h

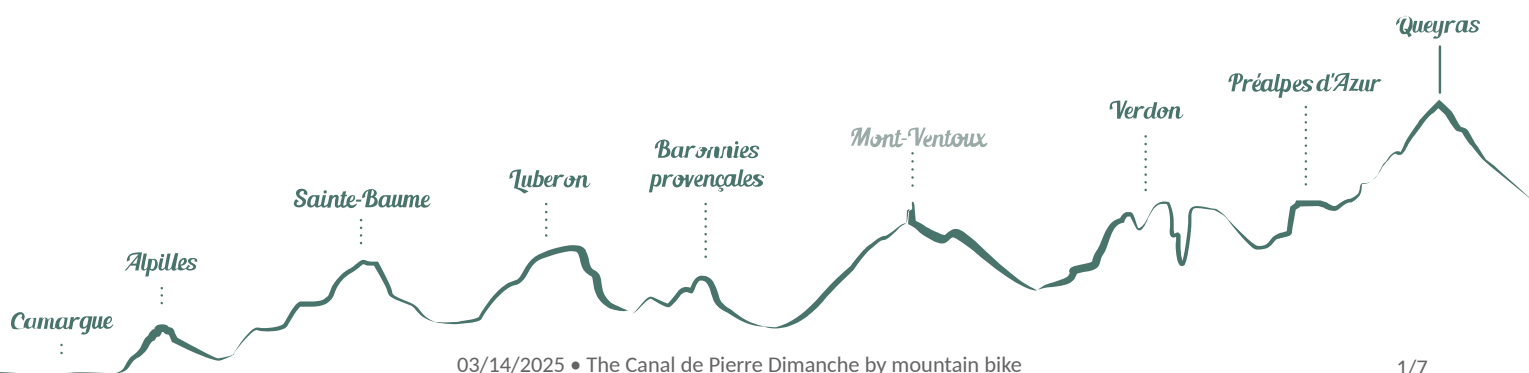
Length : 10.6 km

Trek ascent : 293 m

Difficulty : Medium

Type : Boucle

Themes : A lookout, a viewpoint,
Heritage and history



Trek

Departure : Molines-en-Queyras

Arrival : Molines-en-Queyras

Markings : 🚲 VTT

Cross the Chanterane bridge, reach the main road and turn left.

1 - Take the last road to the right before exiting the village. Follow this path until a hairpin turn on the left that marks the end of the road.

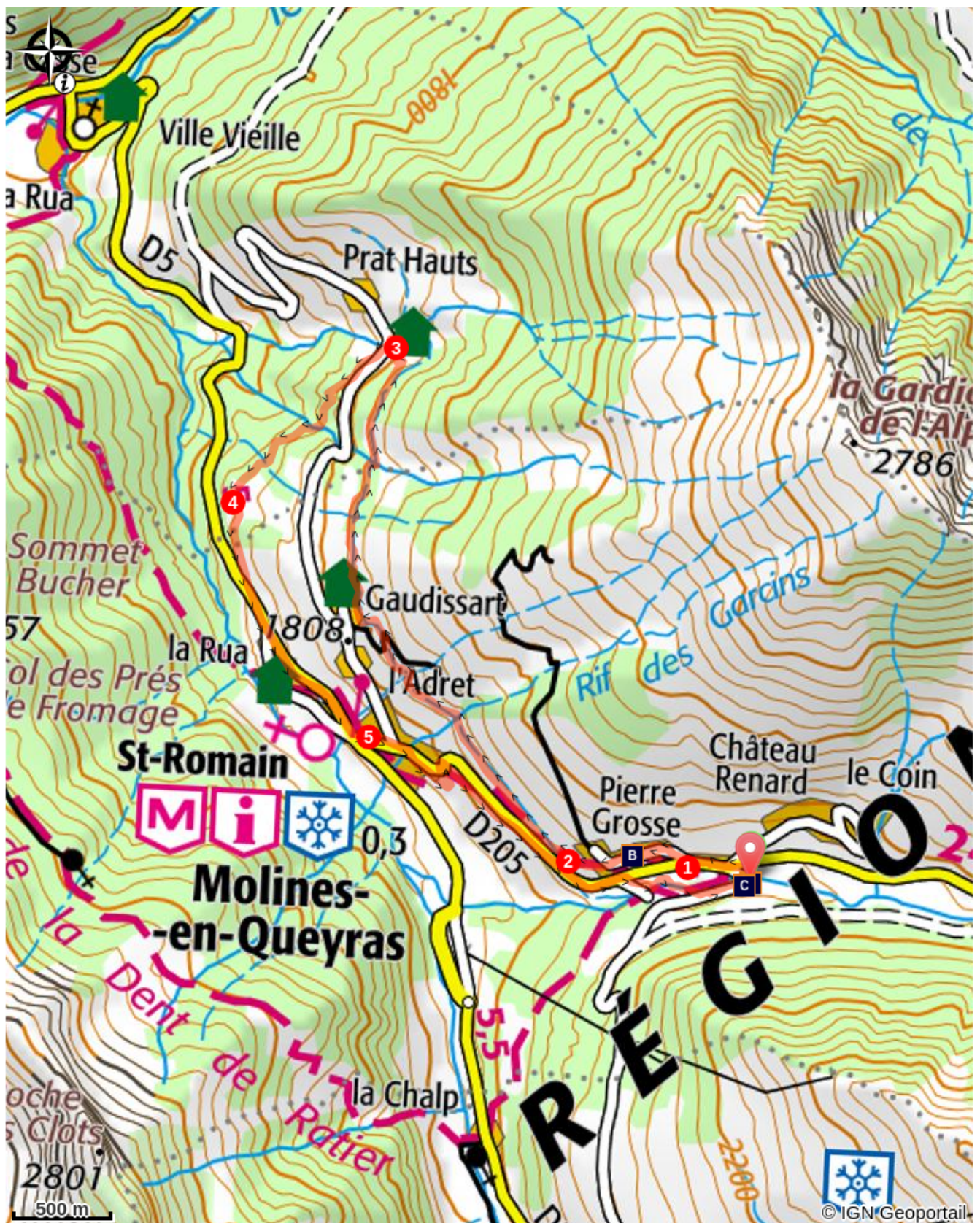
2 - At the hairpin turn, go straight: you have arrived at the Canal de Pierre Dimanche. Follow the canal, you will come across a track and a river. After the river, take the first trail going down on the left and which leads to the hamlet of Pras Haut.



3 - Reach a road at the level of the hamlet (to the right, a possible connection with the circuit "40 lacets"), take a left and immediately the next trail on the right in direction of the Rua, on a smooth single track. After the river, climb the slight rise to reach the Serre des Chabrans.


4 - Pass through the hamlet and descend until the end of the road. Reach Molines-en-Queyras located on the left, take the rise on the left in direction of Italy.

5 - Continue on D 205 until Pierre Grosse, through the hamlet and reach to the Chanterane bridge on the right.

On your path...

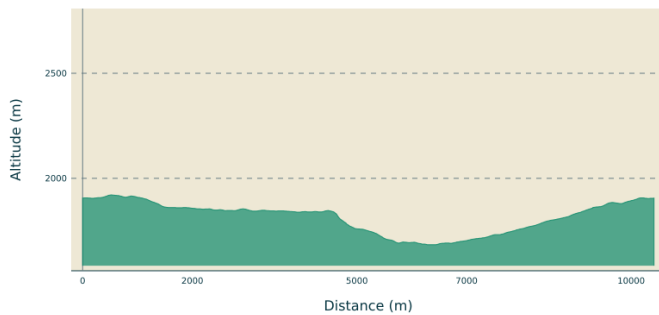


-  View from the car park (A)
-  Calendula officinalis (C)

-  Sorbus aucuparia (B)

All useful information

Altimetric profile



Min elevation 1684 m
Max elevation 1921 m

Transports

05 Voyageur: 04 92 502 505
Tourism office of Queyras : 04 92 46 76 18

Access

Stay on the RD 5 until Molines-en-Queyras, head towards Italy, reach the village of Pierre Grosse, the cross it and on 100 m before the exit, go down on the right to the car park of the Chanterane bridge.

Advised parking

Bridge of Chanterane

Information desks

House of the Queyras Regional Nature Park



3580 Route de l'Izoard, 05350 Arvieux

pnrq@pnr-queyras.fr
Tel : +33 (0)4 92 46 88 20
<http://www.pnr-queyras.fr/>

OTI du Guillestrois et du Queyras
Maison du Tourisme du Queyras, 05350 Château-Ville-Vieille

info@guillestroisqueyras.com
Tel : +33 (0)4 92 46 76 18
<http://www.guillestroisqueyras.com>

On your path...



View from the car park (A)

View from the car park of Chanterane. We can see the Aigue Agnelle Valley and its peaks: the peaks of the Fond du Peynin, the Grand Queyras, the Foréant and the Pain de Sucre.

Attribution : Benjamin Musella - PNR Queyras



Sorbus aucuparia (B)

This small tree was once planted to attract thrushes. Its name comes from the fact that birds disseminate its seeds. In the spring, it produces umbels of white flowers that become red berries in July. Its fruit is edible when it is overripe but very acid. The berries can be used to make compotes or jellies. Be careful though: the seeds are toxic. Its small size, rapid growth and elegance mean it is now used as an ornamental tree.

Attribution : Benjamin Musella - PNR Queyras



Calendula officinalis (C)

Better known under the name of Marigold, this plant is used in herbal medicine or cultivated in gardens to scare away insects. Its seeds can withstand very low temperatures (-25 °C / -13 °F) and are spread by the wind. These characteristics explain its presence here because it is not its natural distribution area. The Marigold has calming and healing properties. It is used for skin problems, various inflammations, gastric problems and liver diseases.

Attribution : Benjamin Musella - PNR Queyras



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Ce projet partenarial rassemble également le Comité Régional du Tourisme, les agences départementales de développement touristique, les offices de tourisme et les syndicats d'initiative.

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This project was developed in partnership with the Regional Tourism Committee, the departmental tourist development agencies, and tourist offices.

www.cheminsdesparcs.fr

*Tours et détours dans les Parcs naturels régionaux
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