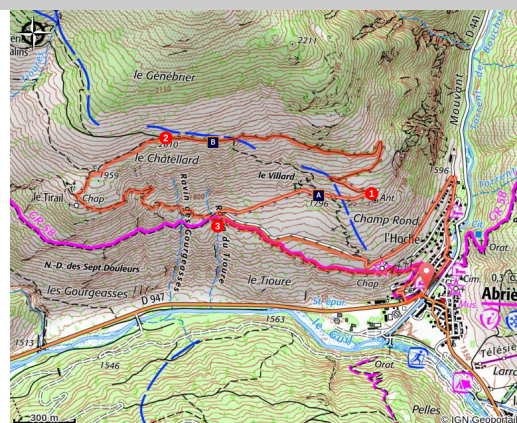


The Tirail on mountain bike

Abriès-Ristolas



Bourdon (Benjamin Musella - PNR Queyras)



Fast, beautiful and efficient, an alternative to the Bertins and perfect for tight schedules.

An easy climb, steady with nice views over the valleys of the Guil and Malrif to quickly reach a thrilling descent on a single track.

Useful information

Practice : MOUNTAIN BIKE

Duration : 2 h

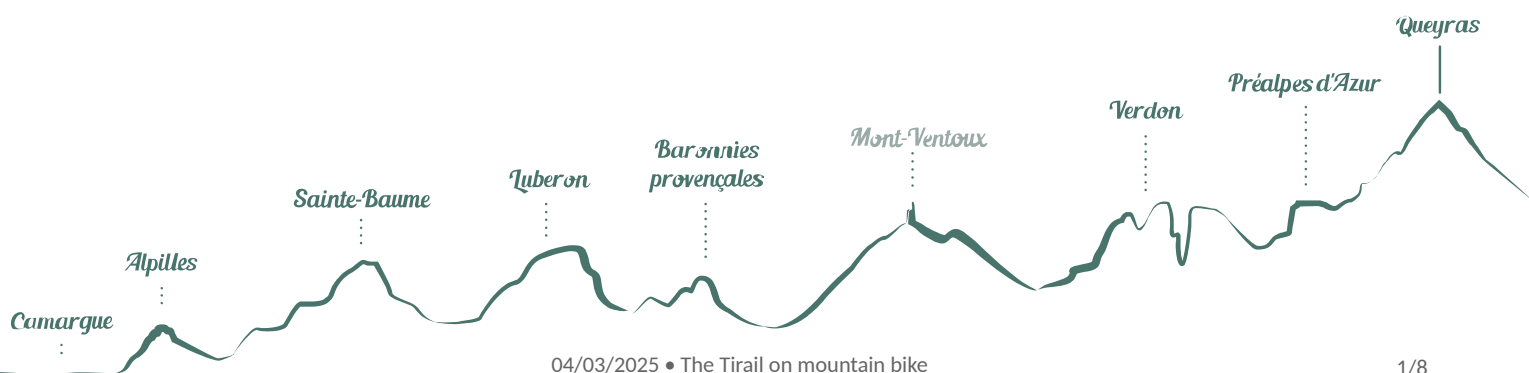
Length : 8.0 km

Trek ascent : 451 m

Difficulty : Medium

Type : Boucle

Themes : Fauna



Trek

Departure : Abriès

Arrival : Abriès

Markings :  GR®  PR

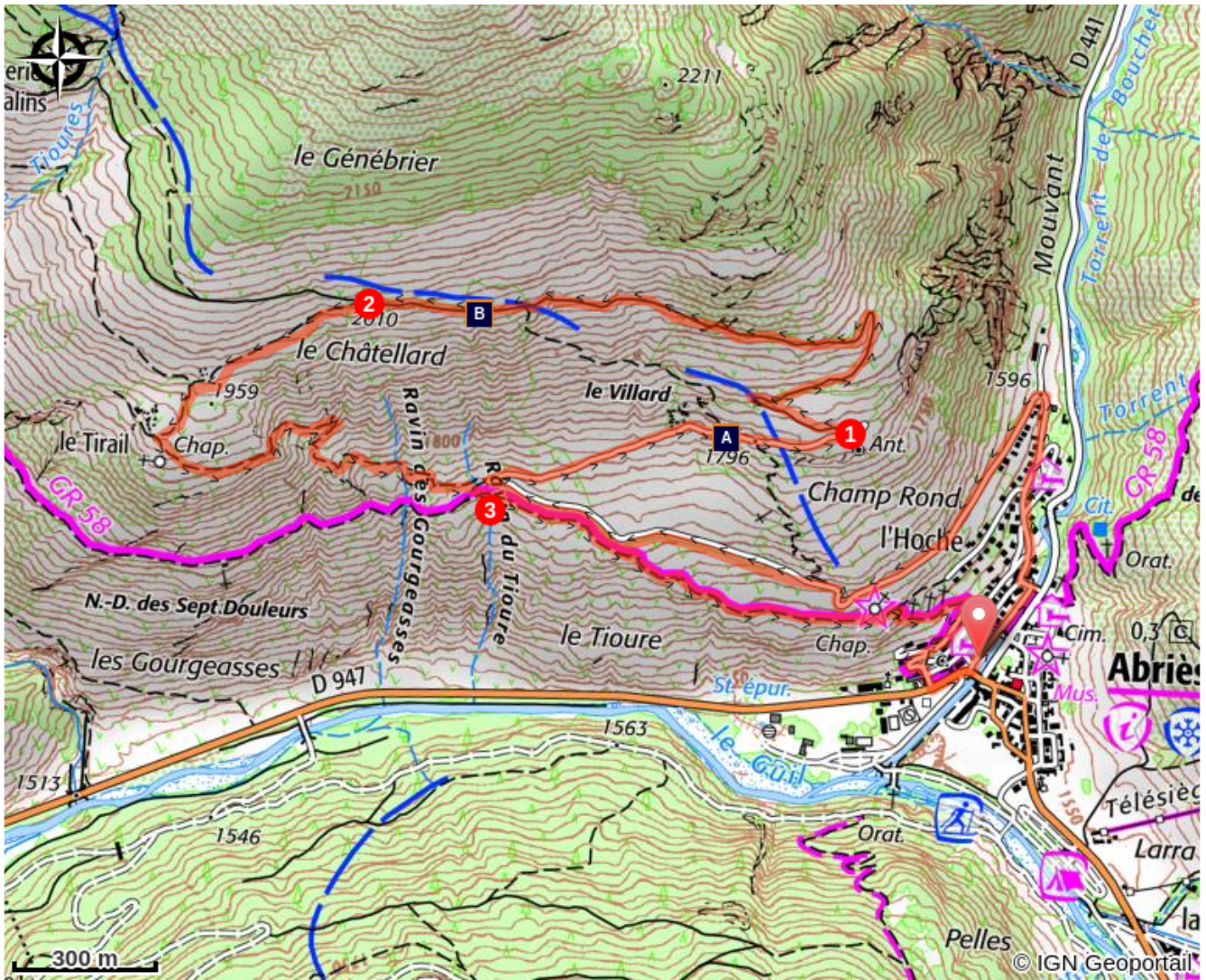
At the top of the parking lot, follow the hairpin bend on the left and at the exit, immediately take the road going up on the right. Follow this road until it becomes a dirt road.

1 - From here, turn left and take a rising false flat track.

2 - At the point "the Chatelard", turn left and descend towards the Tirail. Cross the hamlet, continue the descent to reach the GR 58.

3 - Turn left and follow the GR to Abriès.

On your path...



 Abriès (A)

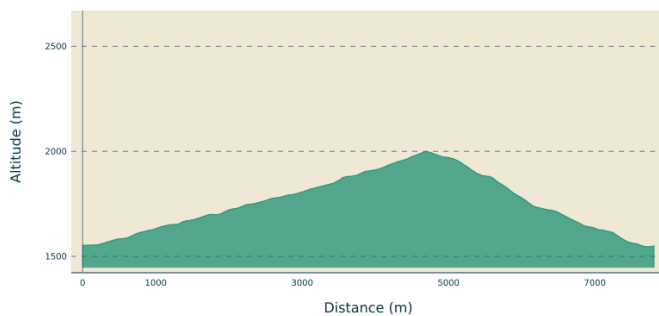
 The Great Green Bush-Cricket (B)

All useful information

Advices

From the same car park, it is possible to walk to Tirail through a more pastoral path. Follow the route described above. At a large hairpin bend on the right of the track, take the left path and regain directly the Tirail.

Altimetric profile



Min elevation 1546 m
Max elevation 1999 m

Transports

05 Voyageur: 04 92 502 505 Tourist Office of Queyras : 04 92 46 76 18

Access

Reach Abriès, park on the left just before the bridge of Torrent de Bouchet.

Advised parking

Car park of the avenue du Bouchet

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...



Abriès (A)

Clear view of the village of Abriès and the top of the Guil valley.
Attribution : Images et Rêves



The Great Green Bush-Cricket (B)

Like all katydids, the Great Green Bush-Cricket has long and thin antennae. They can reach up to 3 times the size of the body. In contrast, short-horned grasshoppers have short and articulated antennae. The Great Green Bush-Cricket likes open areas, meadows, grasslands, bushes ... Sometimes eating plants, it feeds primarily on other insects, caterpillars and larvae, which makes it very useful for gardeners!

Attribution : Benjamin Musella - PNR Queyras



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L'outil Geotrek a été financé par l'Union européenne, le Parc national des Ecrins et le Parc national du Mercantour.

Le projet Chemins des Parcs est financé par la Région Provence-Alpes-Côte-d'Azur et les Parcs naturels régionaux des Alpilles, de Camargue, du Luberon, du Queyras et du Verdon.

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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The Geotrek tool was funded by the European Union, the Ecrins National Park and the Mercantour National Park.

The Chemins des Parcs project is funded by the Provence-Alpes-Côte-d'Azur Region and the regional nature parks of Alpilles, Camargue, Luberon, Queyras and the Verdon.

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
de Provence-Alpes-Côte d'Azur*

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