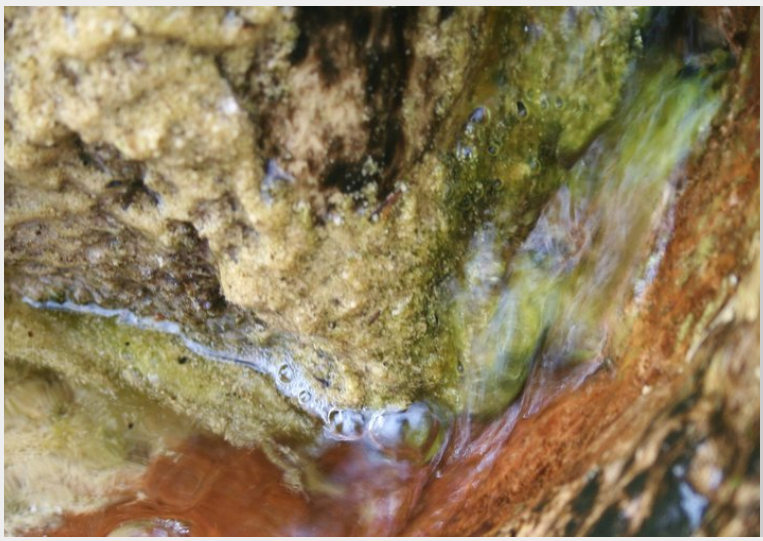
The Bertins on mountain bike

Abriès-Ristolas



(Benjamin Musella - PNR Queyras)

The balcony trail, out to discover the ancient hamlets of mountain pastures.

A discovery of the ancient hamlets of mountain pastures of farmers from Abriès. You will walk along a balcony trail overlooking the Guil and located at theheart of a Natura 2000 site.

Useful information

Practice : MOUNTAIN BIKE

Duration : 3 h 30

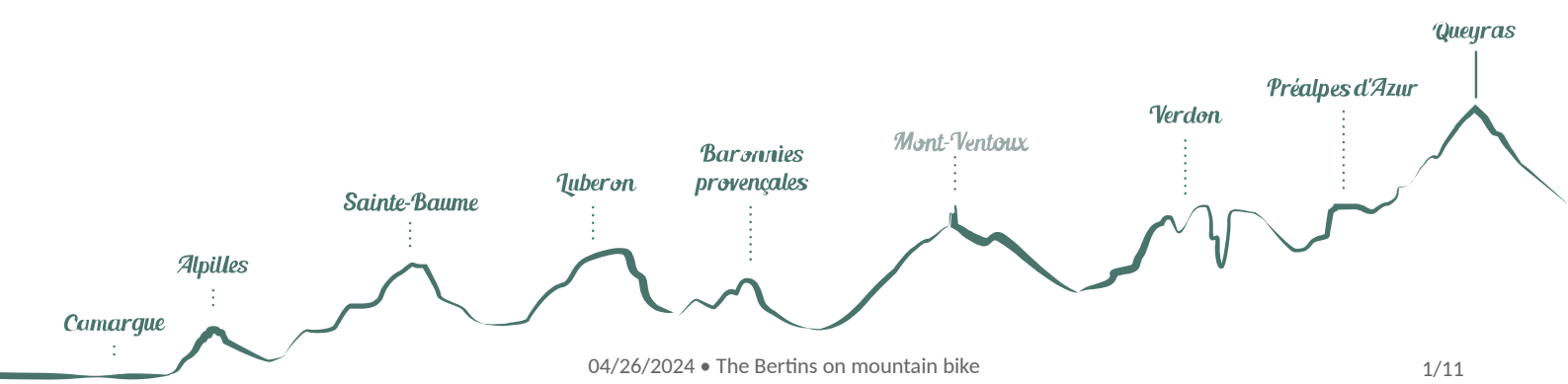
Length : 13.0 km

Trek ascent : 586 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. Leave a sheep pen on the right and follow the track going down.
2 - Reach a cabin, turn right onto the quickly shrinking track leading to the bottom of the valley in the forgotten hamlet of the Bertins.
3 - Reach the GR58, turn left and take the single track. First, follow the bottom of the valley, then join the left mountain slope left continue on the balcony trail. Cross the hamlet of Malrif and after a technical passage (porting is possible), find a balcony single track. Stay on the mountain slope until reaching Abriès and the parking area.

On your path...

2915
2444
2496
erre de l'Aigle
le Malrif
GR58
le Malrif
l'Hoche
D441
Torrent
Abriès
Chap
des-Pér
la Ga
D947
D947
Domaine
du Haut-Guil
Marassan
Forêt
de
es Eygliers
2000
1600
21
fin 2021
iguilles
0,4
500 m
© IGN Geoportail

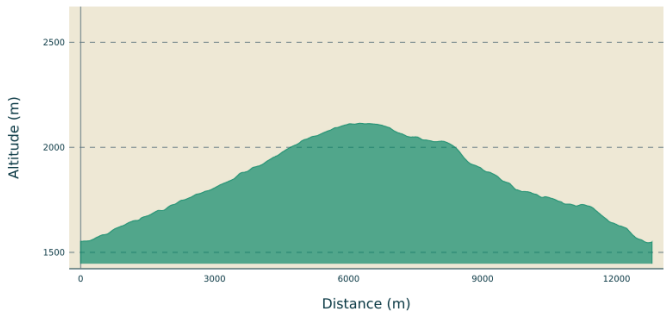
Abriès (A)
Chamois (C)
Willow (E)
The Great Green Bush-Cricket (B)
Pyrrhocoris apterus (D)
Petrification (F)

All useful information

Advices

From the same car park, it is possible to walk to the Bertins 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. From there, turn right, climb and reach the Canal Neuf, turn left and follow the canal to the Bertins.

Altimetric profile



Min elevation 1546 m
Max elevation 2115 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

Chamois (C)

In spring, the chamois leave the forest which fed and protected them during the winter. Little by little, they go in search of the first tufts of grass. The males find their solitary life they will lead until the rutting (early November). As for the females, they isolate themselves in June to give birth. They prefer ridges and steep and difficult places of access where predators will have a hard time getting to. After a week, the female and the kid join the herd.
Attribution : Alain Bloc - PNR Queyras

Pyrrhocoris apterus (D)

Commonly known as firebug, this inodorous bug mesures about 1cm. It lives in small groups often at the base of trees and feeds mainly on seeds. It can also eat the eggs of other insects and even dead insects. Mating occurs in spring, it is amazing due to the fact that it lasts many hours. We can easily observe the individual bugs move around backwards during coupling. The female lays between 50 to 60 eggs in a burrow it digs into a wetland. The larvae hatch in May and become adult at the beginning of winter.
Attribution : Benjamin Musella - PNR Queyras

Willow (E)

Used for medicinal purposes, basketry, tool handle, willows have multiple uses. A common use for some 360 species of willows is "willow water". Excellent for cuttings, layering or strengthening weak trees, willow water is today replaced by auxin. 2 types of productions are possible: crush the branches and let them soak in water (24hrs). Or, leave the willow cuttings 5 to 6 weeks in water. ? After these 5 to 6 weeks, the cuttings are ready and the water has become a slippery gel ideal for cuttings.

Attribution : Benjamin Musella - PNR Queyras

Petrification (F)

By gravity, the water seeps. Sometimes it passes areas which are heated by volcanic activity. The water heats, dissolves minerals it carries and charges up in carbon dioxide. Lightened by the carbon dioxide, it goes back up and retrieves minerals. Once in the open area, the chemical reaction (high level of CO2, air, water movement) allows the limestone to deposit itself on everything it touches. Strategically place any object for several months in the water, it will be petrified.

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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www.cheminsdesparcs.fr

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