

## The Ariane on mountain bike

Molines-en-Queyras



Le haut de l'Aigue Agnelle depuis le pont de l'Ariane (Benjamin Musella - PNR Queyras)

### *Family stroll along the edges of Aigue Agnelle.*

A tour along the riversides at the heart of the Aigue Agnelle Valley which lets you reach to the parking area of the Ariane bridge.

#### Useful information

Practice : MOUNTAIN BIKE

Duration : 1 h 30

Length : 7.6 km

Trek ascent : 155 m

Difficulty : Easy

Type : Aller-retour

Themes : A lookout, a viewpoint, Flora



# Trek

Departure : Molines-en-Queyras

Arrival : Molines-en-Queyras

Markings : ▶ VTT

From the top of the parking area of Chanterane, leave the bridge on the left and follow the track on the left bank of the Aigue Agnel. Apart from 2 hairpin bends a bit steep, the entire route is on smooth terrain.

1 - Cross the Peyre Bartino bridge and continue until the Ariane bridge.

2 - From there, turn around and follow the opposite path.

3 - At the top, do not descend on the 2 hairpin bends mentioned above but continue straight on the track.

Follow this false flat track going down until you reach a road.

4 - Turn right and follow the path until the car park.

## On your path...



 View from the car park (A)

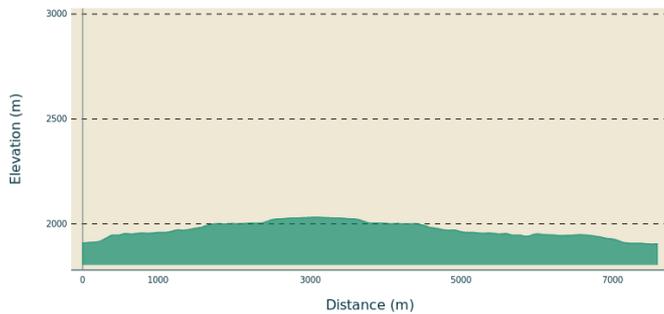
 Bio indicators: Lichens (C)

 Aigue Agnelle valley from the Ariane bridge (B)

 Calendula officinalis (D)

# All useful information

## Altimetric profile



Min elevation 1904 m  
Max elevation 2032 m

## Transports

05 Voyageur: 04 92 502 505 Tourist 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, then cross it and on 100m before the exit, go down on the right to 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  
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info@guillestroisqueyras.com  
Tel : +33 (0)4 92 46 76 18  
<http://www.guillestroisqueyras.com>

# On your path...

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## 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

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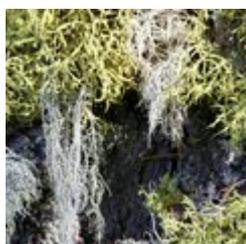


## Aigue Agnelle valley from the Ariane bridge (B)

View towards the Aigue d'Agnelle valley. Snowy on the left side the Crête des Fonzes leads to the Grand Queyras. At the bottom right, Mount Pointe des Sagnes Longues can be seen. In between both, you can make out the Col Agnel and the border with Italy.

Attribution : Benjamin Musella - PNR Queyras

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## Bio indicators: Lichens (C)

A symbiosis between an alga and a fungus, lichens are both very strong and very fragile. Indeed, they are able to withstand a strong drought and extremely different temperatures (-70 °C / -94 °F to 70 °C / 158 °F). However, they are very sensitive to air pollution, including sulphur dioxide. They are thus good indicators of air quality. Here, you can contemplate two species of fruticose lichens. One has a vivid yellow colour which is due to the presence of a particularly toxic acid: vulpinic acid.

Attribution : Benjamin Musella - PNR Queyras

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## Calendula officinalis (D)

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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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](http://www.cheminsdesparcs.fr)

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