

Les Amoureux by mountain bike

Molines-en-Queyras



(Benjamin Musella - PNR Queyras)



*A beautiful ride through forests,
villages and riversides.*

A nice route with beautiful views. Tree rope climbing, going out for drinks or touring the villages of Saint Véran and Molines-en-Queyras could be coupled with this trip.

Useful information

Practice : MOUNTAIN BIKE

Duration : 2 h 30

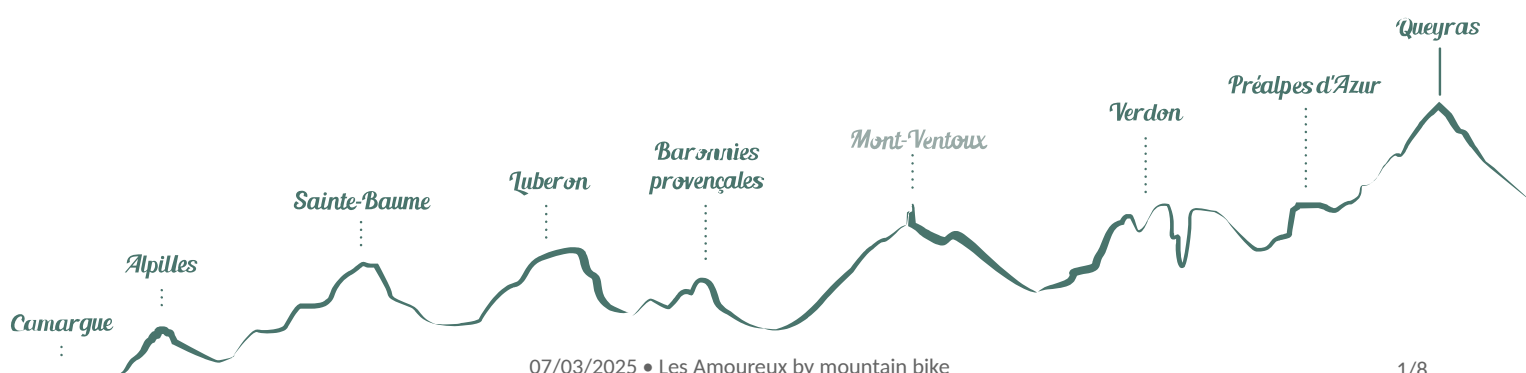
Length : 14.5 km

Trek ascent : 396 m

Difficulty : Medium

Type : Boucle

Themes : A lookout, a viewpoint, Flora



Trek

Departure : Pierre Grosse

Arrival : Pierre Grosse

Markings : 🚲 VTT

Leave the car park and take the forest road. Go into the "Bois des Amoureux", cross the tree rope climbing and the "Chalet des Amoureux".

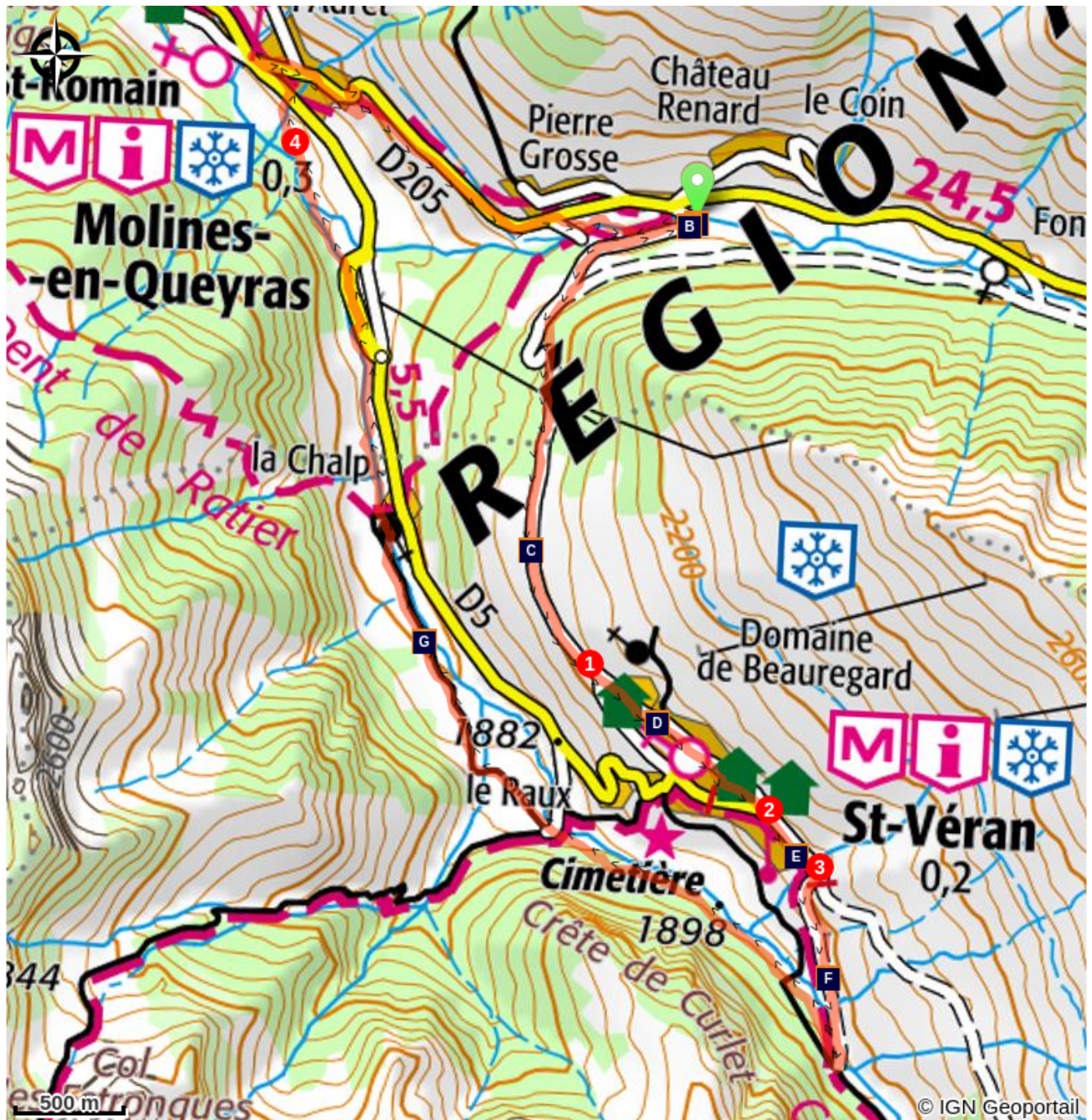
1 - At the end of the climb, go through the Saint Véran village by the main road.








2 - After a short descent at the border of the village, take the road to the left at a hairpin turn on the right. Continue until a turning area with picnic tables.

3 - Take the descending path to the right. Reach the Aigue Blanche stream, cross it and turn right on the track and then take the single track by the riverside until reaching at the bottom of Molines-en-Queyras at 1709m of altitude.

4 - Cross the river by a bridge and reach the RD 5 after a short climb. Turn left, ride over 300m and follow to the right the direction of Col Agnel and Italy. Continue on the RD 205, reach Pierre Grosse and at the village exit, turn right at the Chanterane bridge.

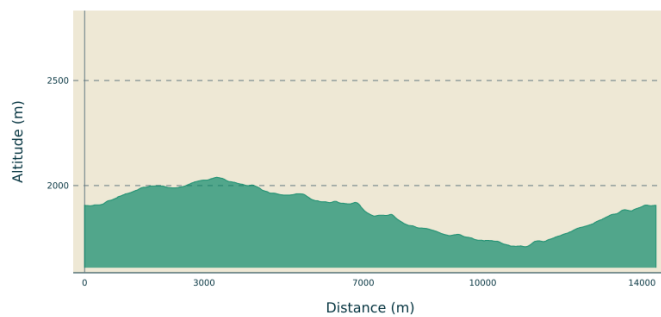
On your path...



- | | |
|---|---|
|  View from the car park (A) |  Calendula officinalis (B) |
|  View of the top of Aigue Blanche. (C) |  Wash fountain (D) |
|  View when exiting St Véran (E) |  The Larch (F) |
|  Larch cone (G) | |

All useful information

Altimetric profile



Min elevation 1709 m
Max elevation 2040 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

Chanterane car park

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



Calendula officinalis (B)

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



View of the top of Aigue Blanche. (C)

Just before arriving in Saint-Véran, in the foreground, Pic Cascavelier is not covered by snow as yet. In the background, from left to right, Pointe des Marcelettes, Rocher Blanc, Pic Marcel and Pointe des Avers.

Attribution : Benjamin Musella - PNR Queyras



Wash fountain (D)

You will find this type of wash fountain throughout the Queyras. In Saint Véran, each district has its own. Made from larch trees (rot-resistant wood), these wash fountains have two parts: the tino and the batchas. The tino, where the water arrives is round. It served as a drinking trough for animals. People also came there take water for their personal needs. The batchas is rectangular. It was used to do the laundry.

Attribution : Benjamin Musella - PNR Queyras



View when exiting St Véran (E)

At the exit of Saint-Véran, view overlooking the ridge of the Rousse mountain and the Roche des Clots mountain. In the foreground a rowan tree (also known as mountain-ash), bears its dazzling fall colours.

Attribution : Benjamin Musella - PNR Queyras



The Larch (F)

The larch is a pioneer tree. It settles on poor soils. By losing its needles in winter, it enriches the substratum. With its spread out branches and the space left by the trees between them, the sun is able to break through while maintaining freshness and moisture. This pleasant combination allows many plants to grow. Taking advantage of the decrease of pastoral activity, the larch tree has taken over the areas that were once exploited. This way, it prepares the ground for the other conifers which will grow through it.

Attribution : Benjamin Musella - PNR Queyras



Larch cone (G)

In spring, the larch starts to produce its cones. The male cones are small, brown-yellowish and gathered in catkins. They hang from branches. When young, female cones are bright red. They become brown when mature. They are isolated and erect on the branches. Once the cones are produced, the tree develops its needles. At the end of summer, the mature seeds will be released by the tree. Female cones are used to make a delicious liquor.

Attribution : Alain Bloc - 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

*Tours et détours dans les Parcs naturels régionaux
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