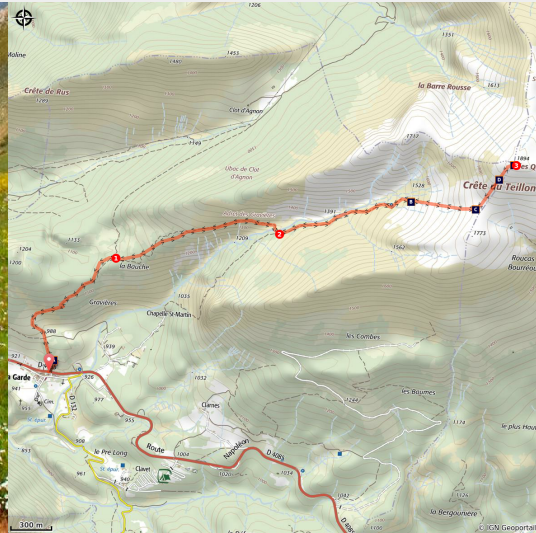


The summit of Teillon

La Garde



Floraison sur les alpages (Guillaume Pluchon PNR Verdon)

After a long verdant valley, climb the final alpine pasture. In the spring it is an enchantment of flowers dotting the mountain.

The Teillon, limestone massif of the Pre-Alps, dominates the valley of the Verdon towards Castellane: it is a privileged post of observation on all the east of Provence: Var, Alpes Maritimes, Verdon, Haut-Verdon, Upper Var Valley, Mercantour.

Useful information

Practice : WALKING

Duration : 6 h

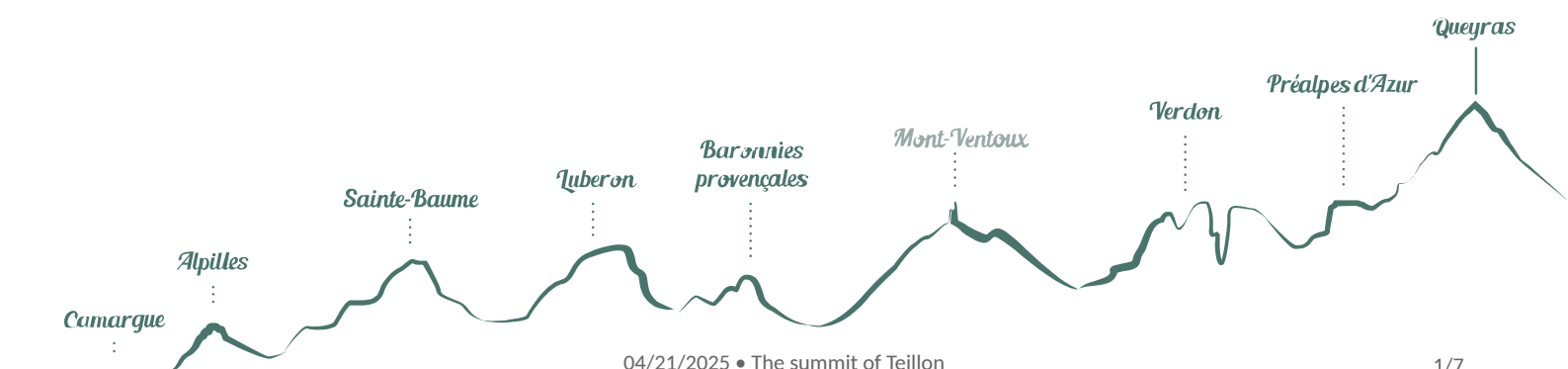
Length : 9.6 km

Trek ascent : 988 m

Difficulty : Difficult

Type : Aller-retour

Themes : Flora, Heritage and history



Trek

Departure : Parking, la Garde

Arrival : Parking, la Garde

Markings :  GR®  PR

From the village, follow the GR® (white and red markings). Go in front of the hostel towards Soleilhas and the Teillon. Climb gradually the hill, then into the forest. At 1.3km, join on a berm, the intersection between Teillon and Soleihas.

1- Leave the GR®, and take the marked yellow path (PR) to the right. Climb in the woods for another 800m, then continue on the hillside above the Gravières valley. Cross the other side and cross the crossroad with the Chapelle St Martin trail.

2- Continue the climb on the Teillon trail. Arriving on the mountain pasture, cross a small stream and climb straight down the slope. Go past the photovoltaic installations and follow the cairns and the yellow markings on the ground to reach the pastoral hut. From there, another 500m to reach the top of Teillon by going straight down the slope.

3- Return by the same route, or at point 2, return by the path on the left, passing by the chapel St Martin (yellow markings).

On your path...



-  The Notre-Dame-des-Ormeaux church (A)
-  Little blue stars (C)
-  The summit of Teillon (E)

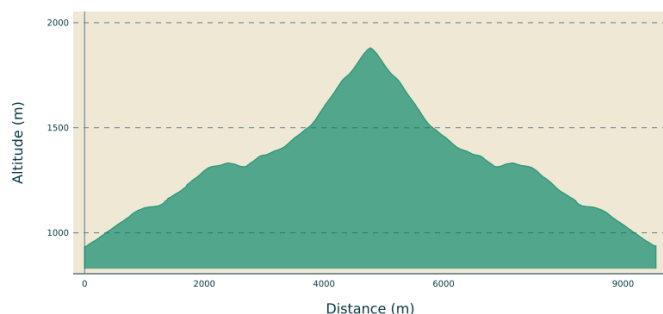
-  Wild Tulip (B)
-  A natural anti-lice (D)

All useful information

AdVICES

Avoid the strong summer heat, leave early. We recommend: 2L of water per person, a hat and proper hiking shoes.

Altimetric profile



Min elevation 929 m
Max elevation 1881 m

Transports

Limitons les déplacements en voiture, pensons aux transports en commun et au covoiturage.
Tous les transports en commun sur www.pacamobilite.fr

Access

5km southeast of Castellane, by the D4085 (road Napoleon).

Information desks

House of the Verdon Regional Nature Park



Domaine de Valx, 04360 Moustiers-Sainte-Marie
info@parcduverdon.fr
Tel : +33 (0)4 92 74 68 00
<http://www.parcduverdon.fr/>

OT Castellane
Rue Nationale , 04120 Castellane
office@castellane.org
Tel : +33 (0)4 92 83 61 14
<http://www.castellane-verdontourisme.com/>

On your path...



The Notre-Dame-des-Ormeaux church (A)

Church of the 13th and 17th century, painted in castellan green (from a local clay)? placed under the patronage of Sainte Anne.

Attribution : Guillaume Pluchon - PNR Verdon



Wild Tulip (B)

Wild Tulip (*Tulipa sylvestris*) is a geophyte species that belongs to the family Liliaceae. It is one of the ten or so, native tulips in Europe.

Attribution : Guillaume Pluchon - PNR Verdon



Little blue stars (C)

You can notice small blue dots in the meadow - it is the gentian verna or spring gentian. High of 3 to 15 cm, you should approach it to admire its deep blue.

Attribution : Guillaume Pluchon - PNR Verdon



A natural anti-lice (D)

Pedicularis gyroflexa is a species of herbaceous plants belonging to the family Scrophulariaceae according to the classical classification of Cronquist (1981) or to the family Orobanchaceae according to the phylogenetic classification. It is found in the Western Alps and in the Pyrenees. The pedicels were renowned as insecticides. They were used as anti-lice for cattle and ... for men.

Attribution : Guillaume Pluchon - PNR Verdon



The summit of Teillon (E)

At the top of the Teillon "Les Quatre Termes" 1893 m, the Termes are boundary markers that mark the boundary of the territories. So, there is one on the summit of the Teillon whose four faces correspond to the four communes it delimits.

Attribution : Guillaume Pluchon - PNR Verdon



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- Cependant, nous comptons sur vous pour signaler toutes contradictions importantes entre cette fiche et le terrain.
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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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