

La Colle (hill)

Régusse



Pigeonnier (©Stefano Blanc - PNR Verdon)

The climb to La Colle hill has beautiful and diverse viewpoints in all seasons and generates as many different atmospheres.

This walk from the village, lets you climb the hill of La Colle to enjoy the scenery, views of Lake St. Croix, Mont Ventoux, the Grand Margés, the hills of the Haut Var, but also to explore the forest and multiple trails left by mankind and by its rural activities. Have an eye for... When you get back, go for a stroll through the narrow streets of Régusse and discover all the charm of a village of Haute Provence.

Useful information

Practice : WALKING

Duration : 5 h

Length : 14.6 km

Trek ascent : 423 m

Difficulty : Medium

Type : Boucle

Themes : A lookout, a viewpoint,
Heritage and history



Trek

Departure : In front of the tourist office

Arrival : In front of the tourist office

Markings : ■ PR local

Leaving the car park, turn right and head down the main street for about 120m, turn left on the Rue de la Paix. Go straight until the D30 road, cross it and take the Rue Pasteur across. Pass the St-Roch oratory. Go along the walls of the Faïsses (cultivated terraces), having crossed the Chemin des Paouves and the Chemin du Bas des Faïsses, continue straight on the paved road of Chemin de Régusse in Bauduen. 500m, cross the road and enter a dirt road in the communal forest of Régusse. Regain through the path, bordered by a dry stone wall, a crossroads 300m further. Take the right track and follow a narrow path starting left in the woods (yellow markings). Reach a dirt road. Turn left to the P50 track of "Puits de Riquier". Follow it for 1km until the D9 road.

1 - Continue on the track across from the "Puits de Riquier" track. 200m further, leave to the right the L7 track, and continue towards La Colle hill. At the next crossroads 1km further, leave the main trail and follow the path to the right. Leave behind another path on the right and continue up to the summit of La Colle hill. At 1km, the route meets a track in a curve. Follow the marked path on the right. Go up the valley, and pass at the foot of former coal burners (flat land with very dark dirt) and at the well of Verin. The end of the climb is steep. Reach the ridge, then the highest point of the hike (932m).

2- Exit the wood by the trail and descend through the hill to the slopes of the "Puits de Verin" and "la Ferme de Bondil" tracks. Continue straight. Pass the ruins of the Clau Farm and reach the D9 road down below.

3- Turn left, then take the first right. Pass the horse farm of the Puits de Riquier, go straight and 1km further, cross the track called "Piste des quatre chemins". Reach the Chemin de Régusse in Bauduen followed to go. Head back to the village by the same route.

On your path...



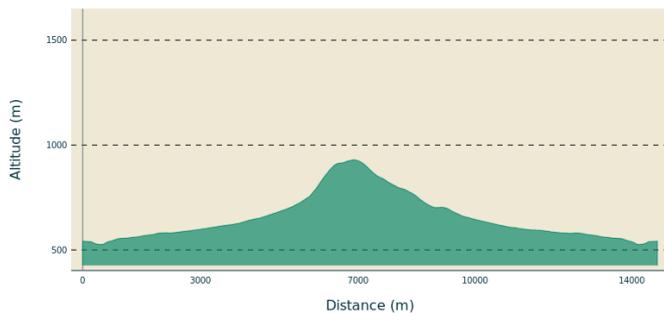
-  A little heraldry (A)
-  The parish church of Saint-Laurent (C)
-  The Oratories (E)
-  View of the Lake of Sainte-Croix (G)
-  The Campanile and Alessandra's cat (B)
-  Remember Remember (D)
-  View of Sainte-Victoire (F)

All useful information

Advices

Avoid high summer temperatures, leave early. We recommend: 3L of water per person, a hat and proper hiking shoes. In summer time, find out whether the forests are open to the public (fire risk) by calling 04 89 96 43 43 (answering machine of the Direction Départementale des Territoires et de la Mer) or by visiting the website of the Prefecture by clicking the tab "For more information" below.

Altimetric profile



Min elevation 526 m
Max elevation 929 m

Access

At 9km from Aups by following the D9 until Moissac Bellevue then the D30 until Regusse.

Advised parking

Car park below the village

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 Aups

Place Martin Bidouré , 83630 Aups

aups83@wanadoo.fr

Tel : 04 94 84 00 69

<http://www.aups-tourisme.com/>

OT Régusse

1, place de l'horloge, 83630 REGUSSE

verdon.regusse.tourisme@gmail.com

Tel : +33 (0)4 94 70 19 01

<http://www.regusse-tourisme.fr/>

On your path...



A little heraldry (A)

It could be that the coat of arms of Régusse reminds you of something. These red and white diamonds (called tapered reds in heraldry) are indeed the coat of arms of the Grimaldi family who rules the Principality of Monaco today. A branch of this family from Genoa bought the domain of Régusse in the 17th century and kept it until the Revolution, when their property was confiscated. But the town of Régusse stills holds the arms of the family on its coat of arms.

Attribution : Stefano Blanc - PNR Verdon



The Campanile and Alessandra's cat (B)

The bell tower was built in the 18th century. The bell cast in 1537 comes from the chapel of Saint-Jean-Baptiste. The clock as well as the bell set the rhythm of daily life, and the hours for work and free time, it underwent lightning in 1767. As soon as they could, the village communities settled under the old regime and sometimes as early as the 15th century, these symbols of their allocation which sometimes opposed the Lord's power. You will notice the cat walking on the gutter!

Attribution : Stefano Blanc PNR Verdon



The parish church of Saint-Laurent (C)

The parish church, dedicated to Saint-Laurent, dates back to the 12th century. It was built in three stages, the tower being built last. There is mention of this church in a bull of Pope Gregory XI published in 1225. Between 1348 and 1375, the great plague followed by the Succession Wars of Queen Jeanne and the passage of hordes of Raymond de Turenne led to the destruction of the church. In the 15th century, the country is repopulated, the church was restored and enlarged.

Attribution : Stefano Blanc PNR Verdon



Remember Remember (D)

When walking back, do not hesitate to visit this small local museum housed in an old chapel built in the 17th century, the chapel of ND de la Miséricorde or Presbytery chapel. The museum provides a retrospective of the battles of World War I, World War II, Wars of Korea, Indochina, North Africa, and the Gulf War. You will be welcomed by veterans who are all volunteers and will be delighted to share their not so distant memories. Open July-August.

Attribution : Stefano Blanc PNR Verdon



The Oratories (E)

The Oratories mark the landscape of the towns of Provence. Traditionally, these small buildings dedicated to a saint were placed at the entrance of the village or close to cultivated lands to which they brought protection. Here Saint-Eloi, the patron saint of blacksmith farriers, protects horses. Ten oratories mark the territory of Régusse. They mainly date from the 19th century, but their origin is sometimes older.

Attribution : Stefano Blanc PNR Verdon



View of Sainte-Victoire (F)

The reward is always there with the view of Sainte-Victoire and the forests of the Upper Var in winter.

Attribution : DR



View of the Lake of Sainte-Croix (G)

On the descent from La Colle, you will see the lake of Sainte-Croix just below the vast expanse of the Valensole plateau, and in the distance on a sunny winter day Lure mountain with snowy peaks... great enchantment for your eyes...!

Attribution : DR



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www.cheminsdesparcs.fr

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