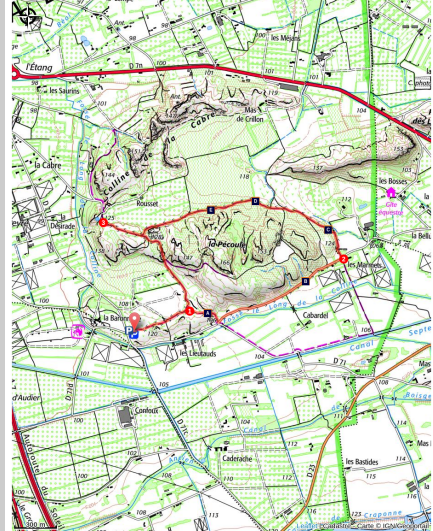


## The Cabre and The Pécoule

Sénas



Observation d'oiseaux, colline de la Pécoule (©Rémi Sérange - PNR Alpilles)

*A little haven of peace, where nature lovers will be able to enjoy singing live birds in this preserved environment !*

*"The Pécoule hill is detached from the Alpilles massif like a tiny islet in the middle of the great Durance lowland. Between the discreet undulations of its relief carved small rocky bars, it houses small greenery rich in biodiversity that make up, with the edge of agricultural parcels, the main frame of this walk." Virginie Brunet-Carbonero, Responsible for the management and enhancement of natural areas and their human activities in the Alpilles RNP*

### Useful information

Practice : WALKING

Duration : 2 h

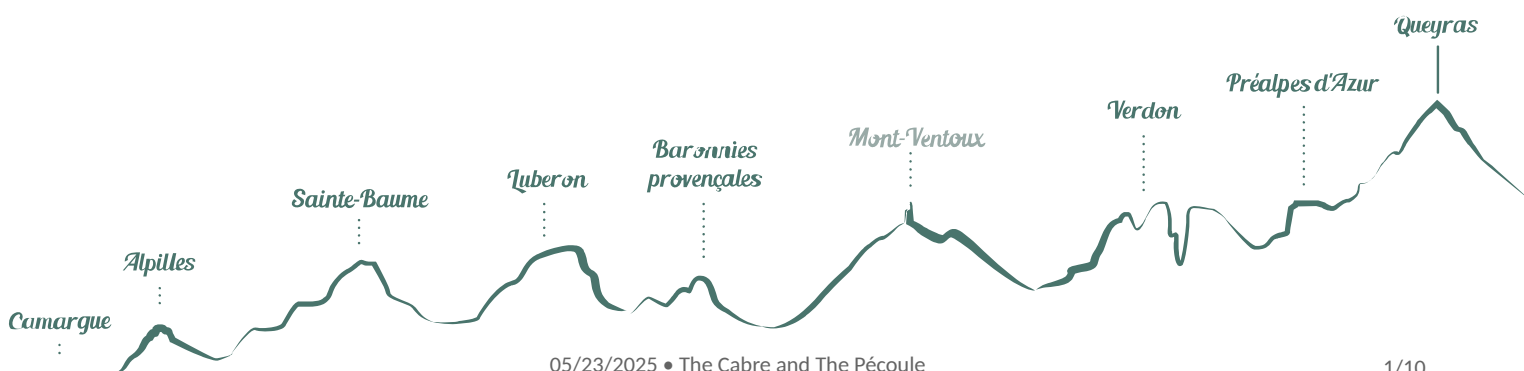
Length : 5.3 km

Trek ascent : 45 m

Difficulty : Easy

Type : Boucle

Themes : A lookout, a viewpoint, Fauna



# Trek

Departure : Health course parking, Sénas

Arrival : Sénas

Markings :  Non balisé

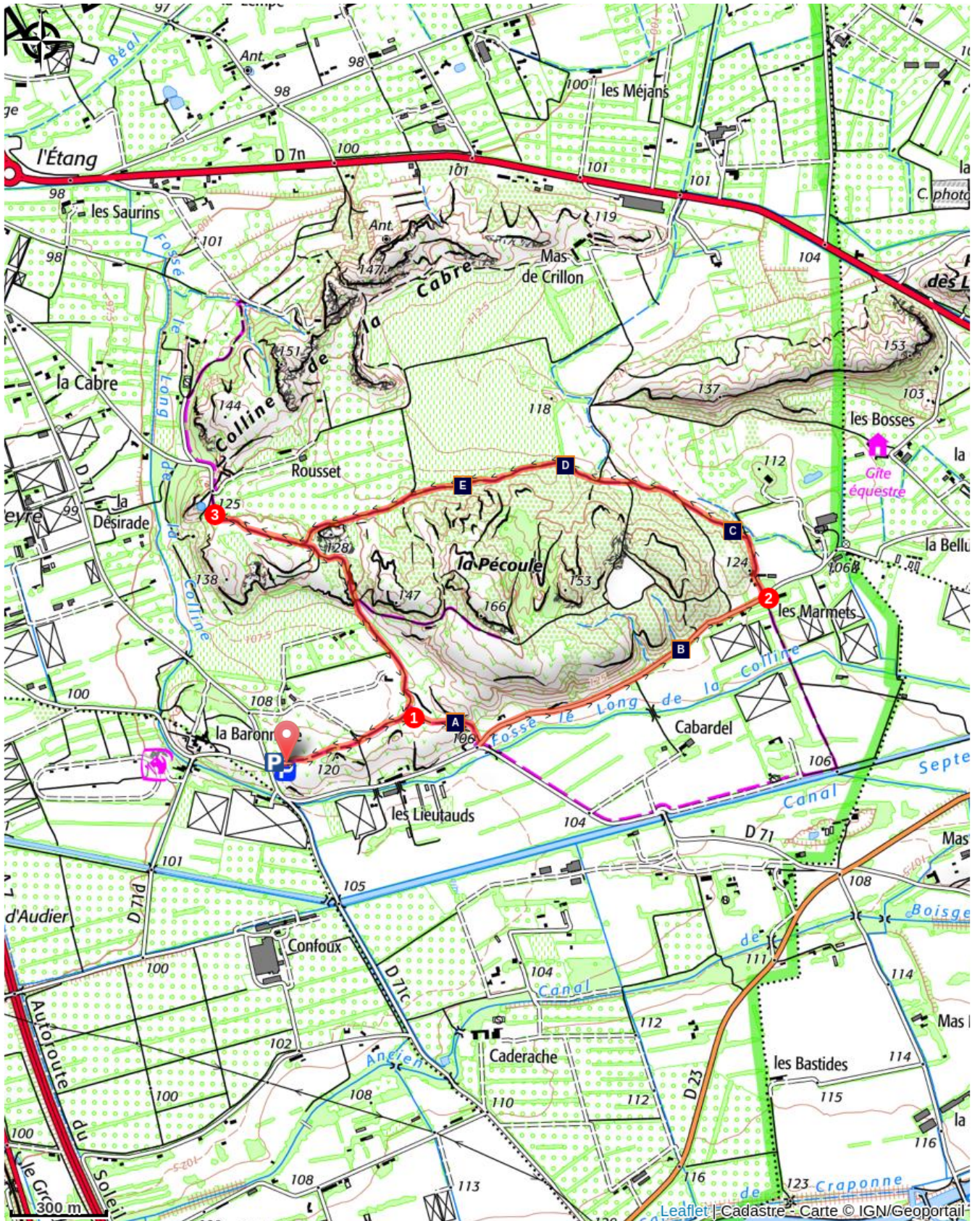
From the car park, take the path between two metal poles. After the grove of pines, continue straight through the crossroads of tracks.

**1-** Follow the path on the right and join the intersection between the D71 (Alleins road) and the Chemin des Marmets. Take a left on this paved road and continue for 1 km to the houses.

**2-** Take the path on the left that passes between different buildings.. Once in the massif, stay on this track, leaving on the side all alternative paths. To arrive at the water tower, with its point of view on the Opies and the lowland of Roquemartine.


**3-** Turn around. 300 m further, stay to the right, then just after follow the path on the left. Continue for 700 m then at the crossroads after the house turn right and join the departure car park.

# On your path...



 The European bee-eater (A)

 Hoopoe (C)

 Vine fan (E)

 European Roller (B)

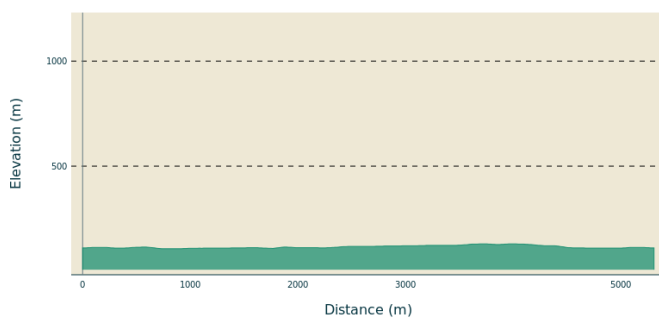
 View on the Petit Luberon (D)

# All useful information

## **Advices**

For your safety, and for the preservation of forest areas, access to natural areas is regulated from June to September. Inquire during the summer period on 08 11 20 13 13 (price of a local call) or on [www.bouches-du-rhone.pref.gouv.fr](http://www.bouches-du-rhone.pref.gouv.fr) Download the application for free MYPROVENCE ENVIE DE BALADE (available on Appstore and Android Market).

## **Altimetric profile**



Min elevation 107 m  
Max elevation 130 m

## **Transports**

Look for transit times on the site [www.lepilote.com](http://www.lepilote.com) in the town of Sénas.

## **Advised parking**

Parking du Parcours de Santé, Sénas

## **Access**

From Sénas, take the D71 at the Grande Bastide roundabout.

## **Source**

OT Sénas

**i Information desks**

House of the Alpilles Regional Nature Park



2, boulevard Marceau, 13210 Saint-Rémy-de-Provence

[contact@parc-alpilles.fr](mailto:contact@parc-alpilles.fr)

Tel : +33 (0)4 90 90 44 00

<http://www.parc-alpilles.fr/>

OT Sénas

Médiathèque P. Beynet, Cours Jean Jaurès, 13560 Sénas

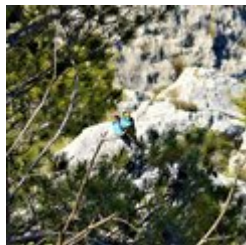
[bureauinfotourisme@senas.fr](mailto:bureauinfotourisme@senas.fr)

Tel : +33 (0)7 78 41 27 57

<http://www.senas.fr/>

# On your path...

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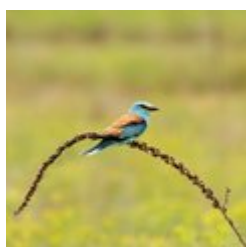


## The European bee-eater (A)

The European bee-eater is characterized by the many colours of which it is adorned : yellow and black head, brown back, belly from blue-green to turquoise-blue, green tail and red iris. Often perched on the top of a dead tree, he can be confused with a swallow from a distance because it flies in the same way, especially to hunt, then he alternates flapping wings and direct flight.

Attribution : ©Rémi Sérange - PNR Alpilles

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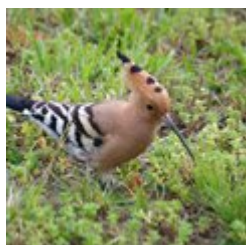


## European Roller (B)

The European Roller (*Coracias garrulus*) is a bird with bright turquoise colours. He is used to roosting on open ground and rushing to catch insects on land or even flying, but he is clumsy on the ground. These are the pirouettes of his nuptial flight that earned him his name. On this occasion, its plumage appears in all its splendor. As early as August, he migrates to southern Africa. His route would go through the Mediterranean and the Sahara.

Attribution : ©DR

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## Hoopoe (C)

The Hoopoe is a medium sized bird, with an erectile crest (ridge) that can be fanned out. This one earned him his name. He also has a tapered beak that is used to extract larvae and insects from the soil. She installs its nest in the holes of trees or buildings and likes groves, meadows and semi-wooded areas to hunt. In September, she migrates to tropical Africa to spend the winter.

Attribution : ©DR

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## View on the Petit Luberon (D)

A few kilometers away, the Petit Luberon is the closest relief to the Alpilles. It forms an anticlinal fold (arch-shaped fold) orientated east-west, between the plain of Cavaillon and the combe of Lourmarin. Its northern flank dominates the valley of Coulon-Calavon, and its southern flank, the Durance valley. The mountain range of the Luberon is limestone, low and extends from east to west between the Alpes-de-Haute-Provence and Vaucluse.

Attribution : ©Rémi Sérange - PNR Alpilles



## Vine fan (E)

The vine fans are an innovation that plays a dual role. The first and best known, aims to fight against freezing buds. For this, the fan will delaminate the air so that the cold air at the foot of the vines is replaced by softer air of 1 to 3 ° C. The second is used to fight against the heat wave in summer, the excessive heat directly impacting the production and quality of the grapes.

Attribution : ©Rémi Sérange - PNR Alpilles





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L'outil Geotrek a été financé par l'Union européenne, le Parc national des Ecrins et le Parc national du Mercantour.

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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This project was developed in partnership with the Regional Tourism Committee, the departmental tourist development agencies, and tourist offices.

Avec le soutien de



Avec l'aide technique de :

- OT Sénas