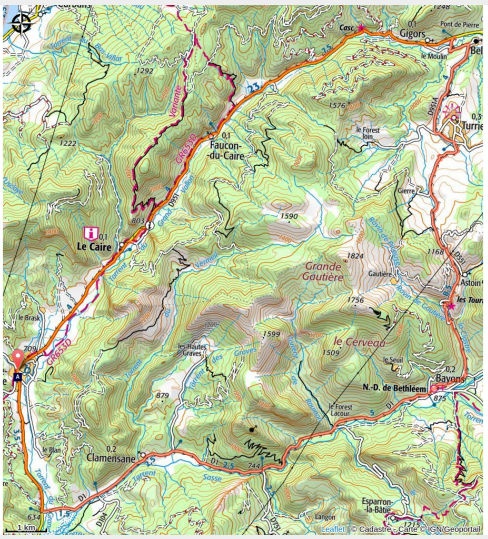
Boucle des Hautes Terres de Provence by bike

La Motte-du-Caire - Motte-du-Caire

Panorama sur le massif des Ecrins au second plan (CCSB)



Starting from La Motte-du-Caire, this lovely loop takes you right into the heart of the Hautes Terres de Provence. Discover this hidden region on the border between the Baronnies and Ubaye.
Heading toward Clamensane (7 km), enter the Sasse Valley and climb up to Bayons after passing through its gorge. From there, the road climbs through the "Tourniquets" to reach the Col des Sagnes (1,182 m). Descend facing the Ecrins via Turriers and return to La Motte-du-Caire via the Col du Sarraut (980 m).

En se dirigeant vers Clamensane (7 km), pénétrer dans la vallée du Sasse et remonter jusqu'à Bayons, après avoir franchi sa clue. De là, la route grimpe par les «Tourniquets» pour atteindre le col des Sagnes (1182 m). Redescente face aux Ecrins par Turriers et rejoindre la Motte-du-Caire via le col du Sarraut (980 m).

Useful information

Practice : Cycling

Duration : 2 h 30

Length : 45.0 km

Trek ascent : 801 m

Difficulty : Hard

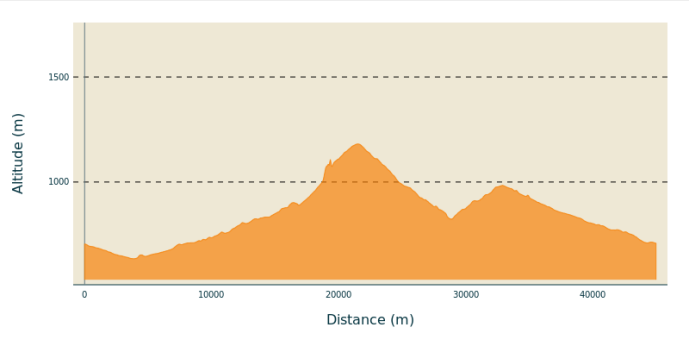
Type : Loop

Themes : History and architecture, Summit and pass

Trek

Departure : Main place in La-Motte-du-Caire
Arrival : Main place in La-Motte-du-Caire
Markings : Cyclo
Cities : 1. Motte-du-Caire
2. Clamensane
3. Bayons
4. Turriers
5. Bellaffaire
6. Gigors
7. Faucon-du-Caire
8. Caire

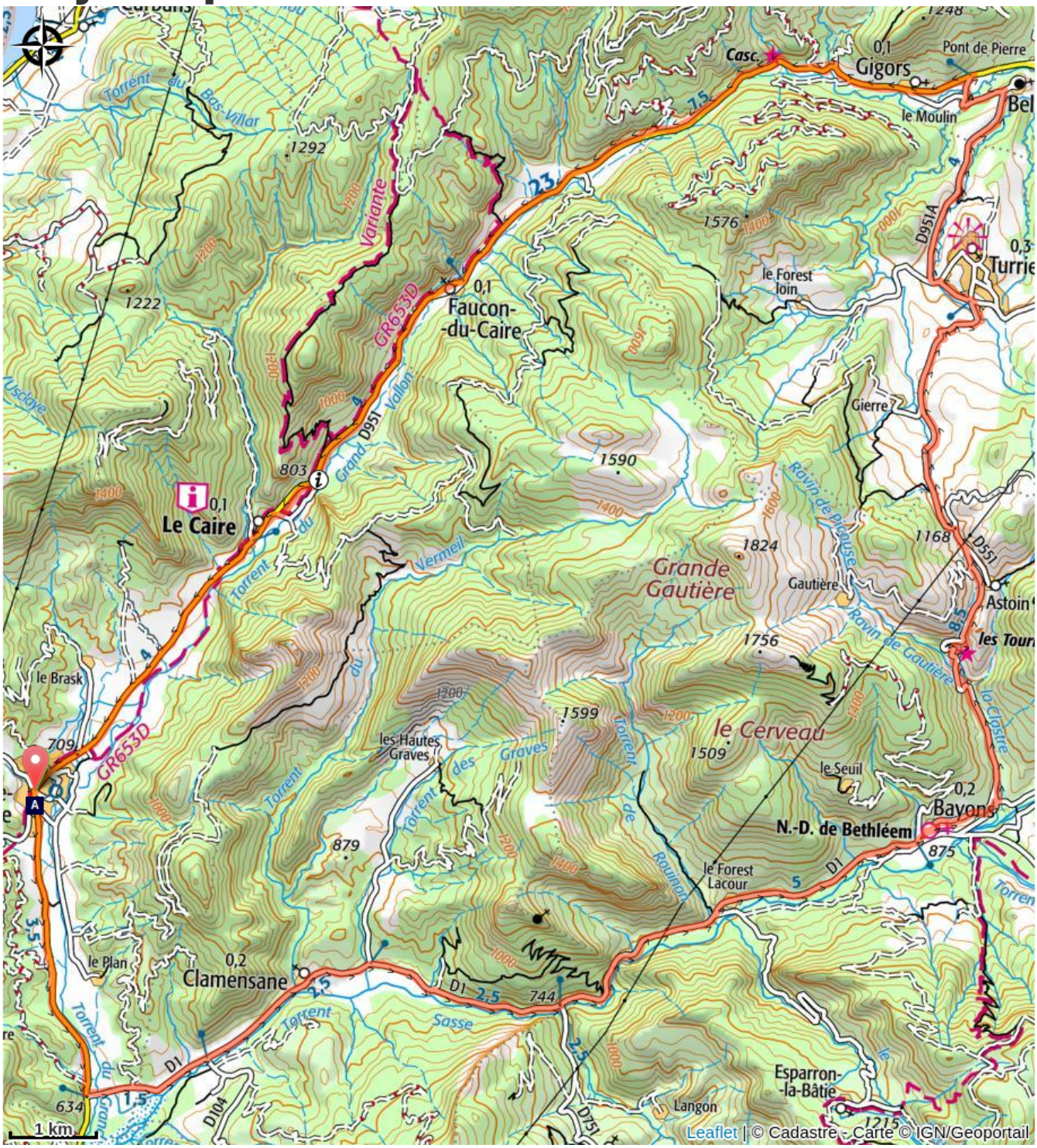
Altimetric profile



Min elevation 635 m Max elevation 1181 m

1. From La-Motte-du-Caire (690 m), take the D 951 south. After 3.8 km, turn left onto the D 1 and follow the Sasse Valley along the right bank. Pass through the village of Clamensane (692 m), then the Bayons gorge, the hamlet of Forest-Lacour (817 m), and the village of Bayons (875 m), which leads to the famous “Tourniquets” and the Col des Sagnes (1,182 m). From there, take the short descent to Turriers.
2. In the village (999 m), turn left onto the D 951A for 4.2 km.
3. Continue left on the D 951 and cross the Col du Sarraut (980 m). Then descend through the villages of Faucon-du-Caire and Le Caire. While passing through, be sure to take a quick look at the village’s famous via ferrata. Complete the loop through the apple orchards.

On your path...



❋ La Motte du Caire sequoias (A)

All useful information

How to come ?

Transports

Let’s limit our trips and use public transportation and carpooling: https://zou.maregionsud.fr

Access

From south of Gap (39 km), take the D 900B to Remollon, then the D 951 south to La-Motte-du-Caire.

Advised parking

Parking lot next to the town hall in La-Motte-du-Caire

Information desks

Bureau d'accueil des via ferrata
viaferratalecaire@sisteronais-buech.fr
Tel : 04 92 68 40 39

On your path...

❁ La Motte du Caire sequoias (A)

By the end of the 19th century, erosion had reached catastrophic levels in the Southern Alps. The cause was centuries of rampant deforestation, which left bare soil vulnerable to runoff.

Several laws were successively enacted, giving the government the authority to intervene—sometimes against the will of residents who were unaware of what was at stake.

Forest houses were built to house Water and Forestry personnel and to prepare for future plantings using the surrounding nurseries.

Numerous experiments were conducted to establish the Austrian black pine as the preferred species for reforestation.

But foresters liked to shade their homes with majestic and decorative exotic species, such as the redwoods and cedars seen here.

Just north of La Motte du Caire, the Saignon basin is a good example of ongoing research into the evolution of these man-made forests. There is also a trail with educational resources (informational signs).

In the heart of the UNESCO Geoparc of Haute-Provence, some sites mention reforestation and erosion: Brusquet forest parc, Demontzey parc (located at Labouret pass) and Draix experimental basins.

Source : https://www.geoparchauteprovence.com/

Attribution : Office de Tourisme La Motte du Caire