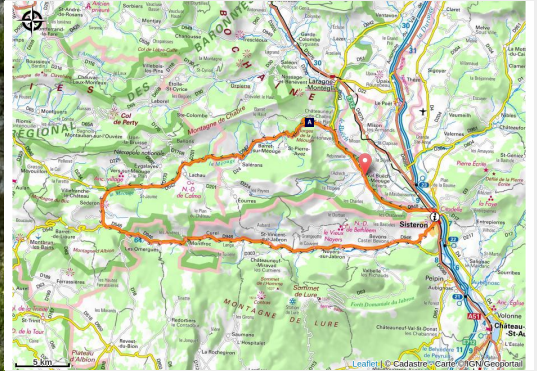


# The Méouge canyons by bike.

Laragne / Méouge - Val Buëch-Méouge



Les Gorges de la Méouge (CCSB)



*At the junction of the Hautes-Alpes, Alpes de Hautes-Provence and la Drôme departments, come and discover the famous Méouge canyons and the Jabron ones. Take a break in Sisteron, at the bottom of the citadel before reaching the departure point again through the Buëch valley.*

## Useful information

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Practice : Cycling

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Duration : 4 h

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Length : 83.7 km

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Trek ascent : 1104 m

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Difficulty : Medium

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Type : Loop

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Themes : Agriculture and know-how, History and architecture, Lake, waterfall and river

# Trek

**Departure** : The village's place, Ribiers

**Arrival** : The village's place, Ribiers

**Markings** :  Cyclo

**Cities** : 1. Val Buëch-Méouge

2. Barret-sur-Méouge

3. Saint-Pierre-Avez

4. Salérans

5. Ballons

6. Lachau

7. Eygalayes

8. Vers-sur-Méouge

9. Séderon

10. Omergues

11. Montfroc

12. Curel

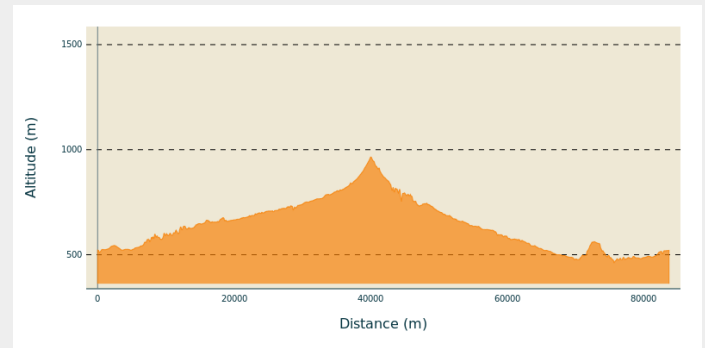
13. Saint-Vincent-sur-Jabron

14. Noyers-sur-Jabron

15. Bevons

16. Sisteron

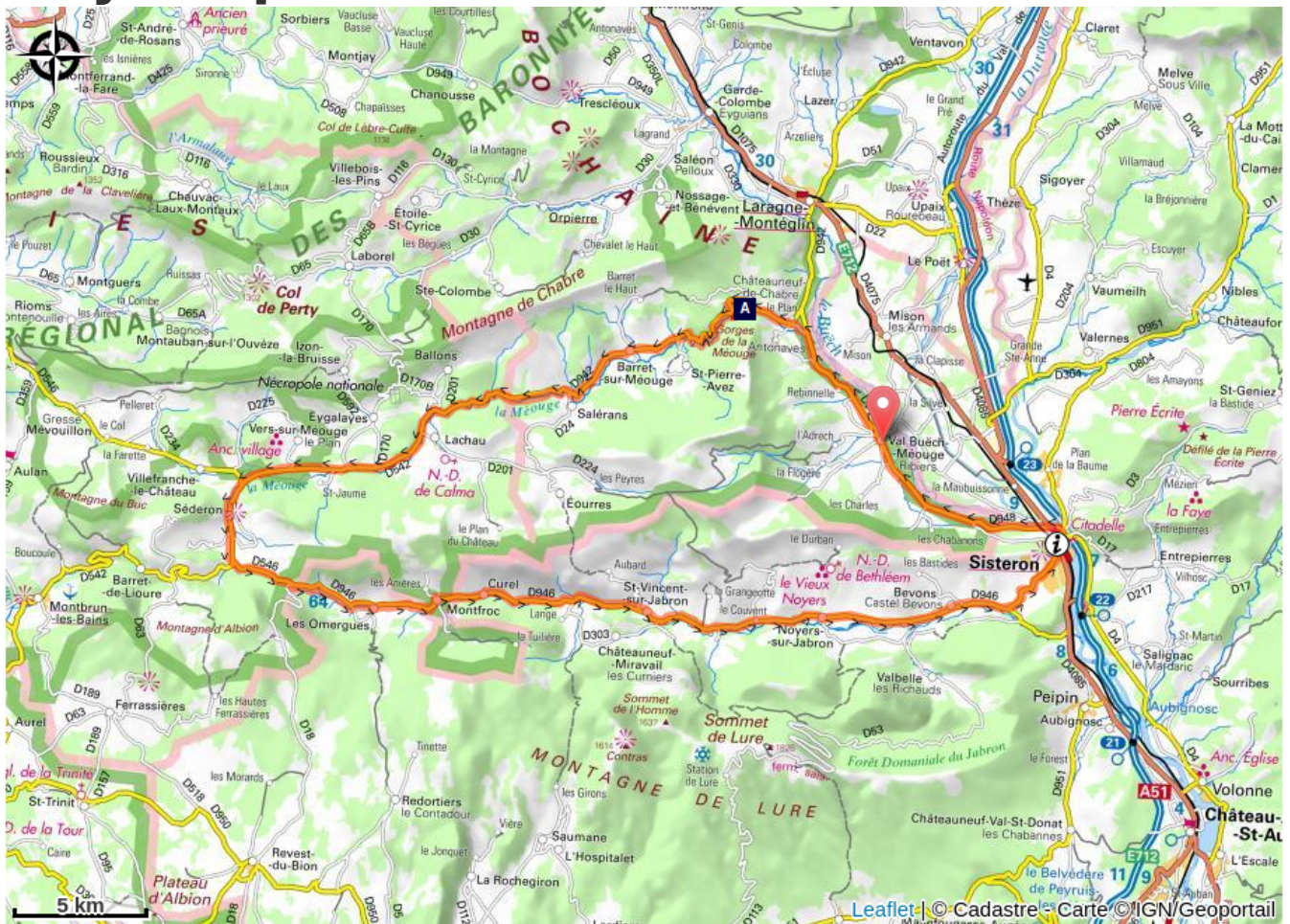
## Altimetric profile



Min elevation 462 m Max elevation 965 m

1. The village of Ribier is the starting point of this trail. Take the departmental road D 948 at the north leading to Plan / Antonaves. From there, it is possible to reach Laragne-Montéglin, a village proud of its old 17th century seigniorial castle built by Gaspar de Perrinet. You can fill your water bottles up at its pretty fountain at the central area and wander around its weekly market (on Thursday morning.)
2. The path going up through the Méouge canyons allows you to reach Barret-sur-Méouge, at the doors of the Drôme provençale. Lachau is the first village of Les Routes de la lavande - Lavender roads - you will cross by.
3. The trail makes you leave the Méouge for the Jabron valley. The valley is still quite wild and is characterised by its small successive reliefs.
4. The trail crosses several small rural villages (les Omergues, Montfroc, Curel...) and reaches Saint Vincent, at the bottom of Lure Mountain a wonderful rocky mark overlooking the area.
5. Ride alongside the Jabron banks towards Sisteron. A break is mandatory here, in this lovely small touristic city with its citadel sitting on its rocky spur.
6. You must continue alongside the north of the Buëch valley to reach Ribiers back again.

# On your path...



 The Méouge canyon (A)

# All useful information

## **AdVICES**

- The Sisteronais Buëch is labelled « Espace Cycloport » by the Cycling French Federation and meet some welcoming quality criterion for road cycling cyclist.
- Break recommended at Sisteron's citadel: [www.citadelledesisteron.fr](http://www.citadelledesisteron.fr)

## **How to come ?**

### Transports

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

### Access

From Sisteron (9 km), follow the departmental road D 948 north-west towards Ribiers / Gorges de la Méouge.

### Advised parking

Parking lot in Ribiers.

## **Information desks**

### **Office de Tourisme Sisteron Les Alpes Provençales - bureau de Sisteron**

1 place de la République, 04200 Sisteron

[sisteron@sisteron-buech.fr](mailto:sisteron@sisteron-buech.fr)

Tel : 04 92 61 36 50

<https://www.sisteron-alpesprovencales.fr/>



# On your path...

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## The Méouge canyon (A)

Shaped by the same named stream , the Gorges de la Méouge are breathtaking. Protected site (Natura 2000 Zone), the gorges offer marvelous viewpoints accessible by the surrounding trails.