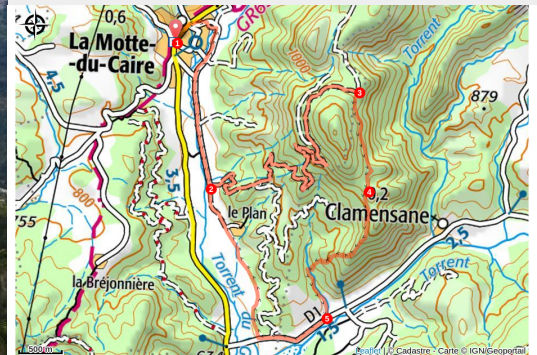


# La Blachère by mountain bike - Heading south

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



Chemin en balcon (Office de Tourisme La Motte du Caire)



*Mount Blachère overlooks La Motte-du-Caire. After warming up on a small road at the bottom of the valley and climbing the mountain via a forest trail, you reach three marked mountain bike trails on each of the slopes. Here, head south on Trail No. 6, crossing along a beautiful path, before a descent through the woods down to La Gypièrre. The return trip follows a trail through the valley.*

Follow the Mountain Bike Trail No. 6 (VTT N°6)

## Useful information

Practice : Mountain Bike

Duration : 3 h

Length : 17.5 km

Trek ascent : 628 m

Difficulty : Medium

Type : Loop

Themes : Forest

# Trek

**Departure** : Town Hall, La-Motte-du-Caire

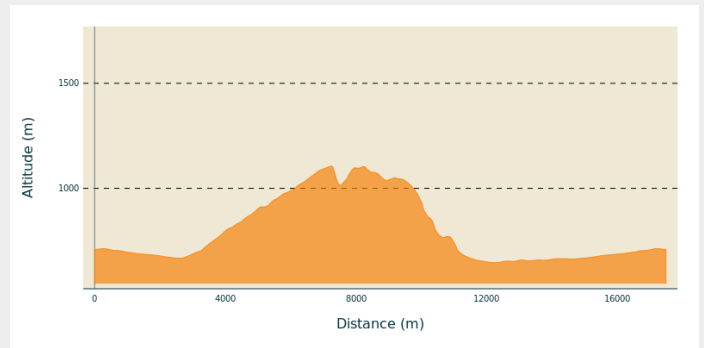
**Arrival** : Town Hall, La-Motte-du-Caire

**Markings** : ➤ VTT

**Cities** : 1. Motte-du-Caire

2. Clamensane

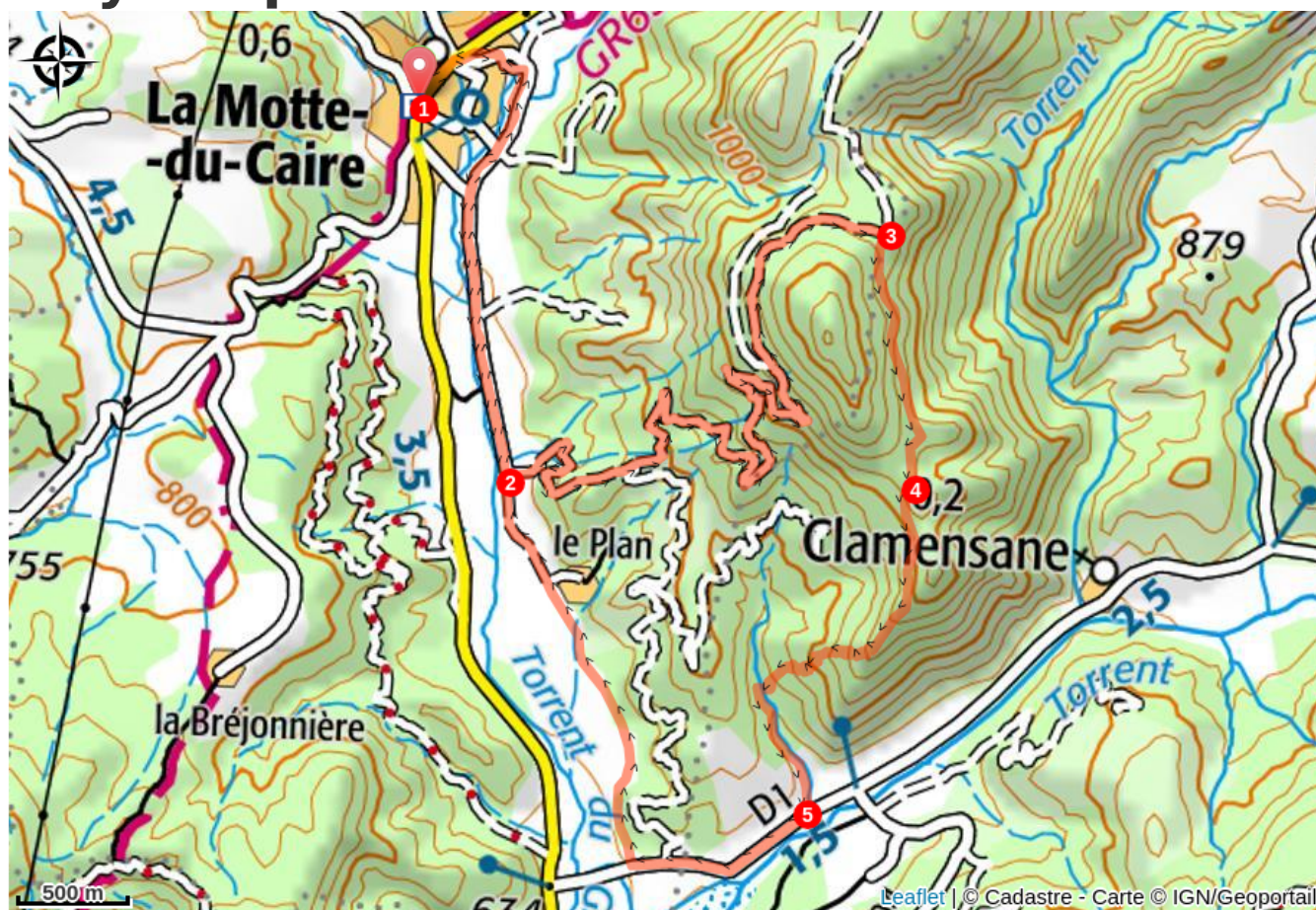
## Altimetric profile



Min elevation 646 m Max elevation 1106 m

1. Pass through the village of La Motte du Caire (700 m) toward Le Caire, then, after the health center, turn right onto the Chemin de Sainte-Anne (mountain bike trail marker #6). The small road descends to the river and crosses it via a footbridge. Turn right. Pass under the soccer field and the campground, and continue along the river. Opposite the glider airfield (on the other bank), leave the road and take the trail ascending to the left.
2. Climb up the Naples forest trail. After a somewhat steep start, the trail levels off. During the ascent, pass two other trails on the right and one on the left, then follow a fairly smooth climb through the robinia trees to reach a pass.
3. Leave the trail and Route No. 5 to take the path on the right toward “La Gypière.” After a balcony-like traverse through the eastern-facing undergrowth (with a few sloping sections), reach a new pass.
4. Pass route no. 7 on your left, which heads toward Clamensane, and continue straight ahead. A beautiful, fun descent through the woods awaits you down to the Gypière valley. Pass in front of the old plaster kiln and reach the road.
5. At La Gypière (655 m), follow the road to the right. At “Bas Plan,” take the path on the right that passes in front of the farm. Follow the trail and reach point 1 via the valley. Return to the starting point via the same route taken on the way there.

# On your path...



\* The apple (A)

# All useful information

## **Advices**

Bicycle service station (bike wash, tire inflation, water fountain) in Clamensane (in front of City Hall).

## **How to come ?**

### Transports

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

### Access

From Sisteron (22 km), take the D 951 northeast 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](mailto:viaferratalecaire@sisteronais-buech.fr)

Tel : 04 92 68 40 39



# On your path...

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## \* The apple (A)

The emergence of the Rosaceae family 80 million years ago marked the birth of this large family to which the apple belongs. The apple as we know it today first appeared in the early Quaternary period in the region of Turkey, approximately 2 million years ago. Originally, apples were tiny and poisonous. During the Neolithic period, the shift to a sedentary lifestyle, along with access to agriculture and animal husbandry, facilitated their development and subsequent spread to Egypt, Greece, and Italy. In the 7th century BC, the founding of Marseille by the Greeks was undoubtedly one of the starting points for the introduction of the apple tree in southern France. The Romans brought with them the thirty or so varieties they knew. From the 10th to the 14th century, monasteries developed the importation and grafting of apples. Today, several thousand apple varieties exist; here, the Golden Delicious is the most common. As for its medicinal benefits, here are a few that will certainly encourage you to eat apples more often (tooth decay, constipation and diarrhea, fatigue, insomnia, obesity and cellulite, burns...).

Attribution : Office de Tourisme La Motte du Caire