

# Les Balcons de la Durance by bicycle

Sisteron - Sisteron



Hautes Terres de Provence (Office de Tourisme La Motte du Caire)



*This bicycle ride allows an incursion into the lands of Hautes Provence - Hautes Terres de Provence -. By crossing the bridge over the Durance River, you enter a few meters further the Sasse valley with its apple tree orchards. A short but stiff rise leads you the Melve plateau. From there, the landscape offers a view onto the val de Durance and the Buëch valley. A way onto the ridges leads you to Sigoyer. For the way back road, you will cross Vaumeilh and Valernes villages. This circuit is added to the Hautes Terres de Provence one.*

## Useful information

Practice : Cycling

Duration : 3 h 30

Length : 47.1 km

Trek ascent : 697 m

Difficulty : Medium

Type : Loop

Themes : Agriculture and know-how, Panorama

# Trek

**Departure** : Durance Bridge in Sisteron

**Arrival** : Durance Bridge in Sisteron

**Markings** :  Cyclo

**Cities** : 1. Sisteron

2. Valernes

3. Nibles

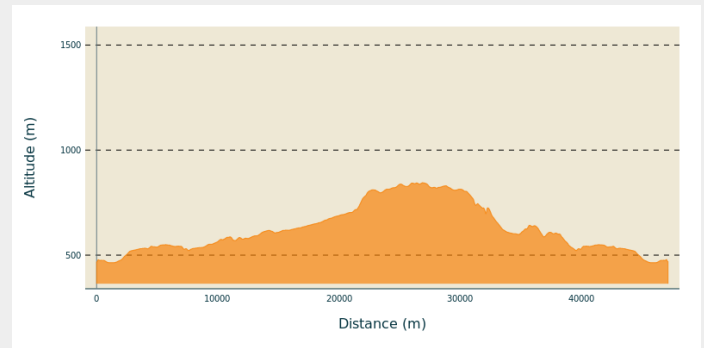
4. Motte-du-Caire

5. Melve

6. Sigoyer

7. Vaumeilh

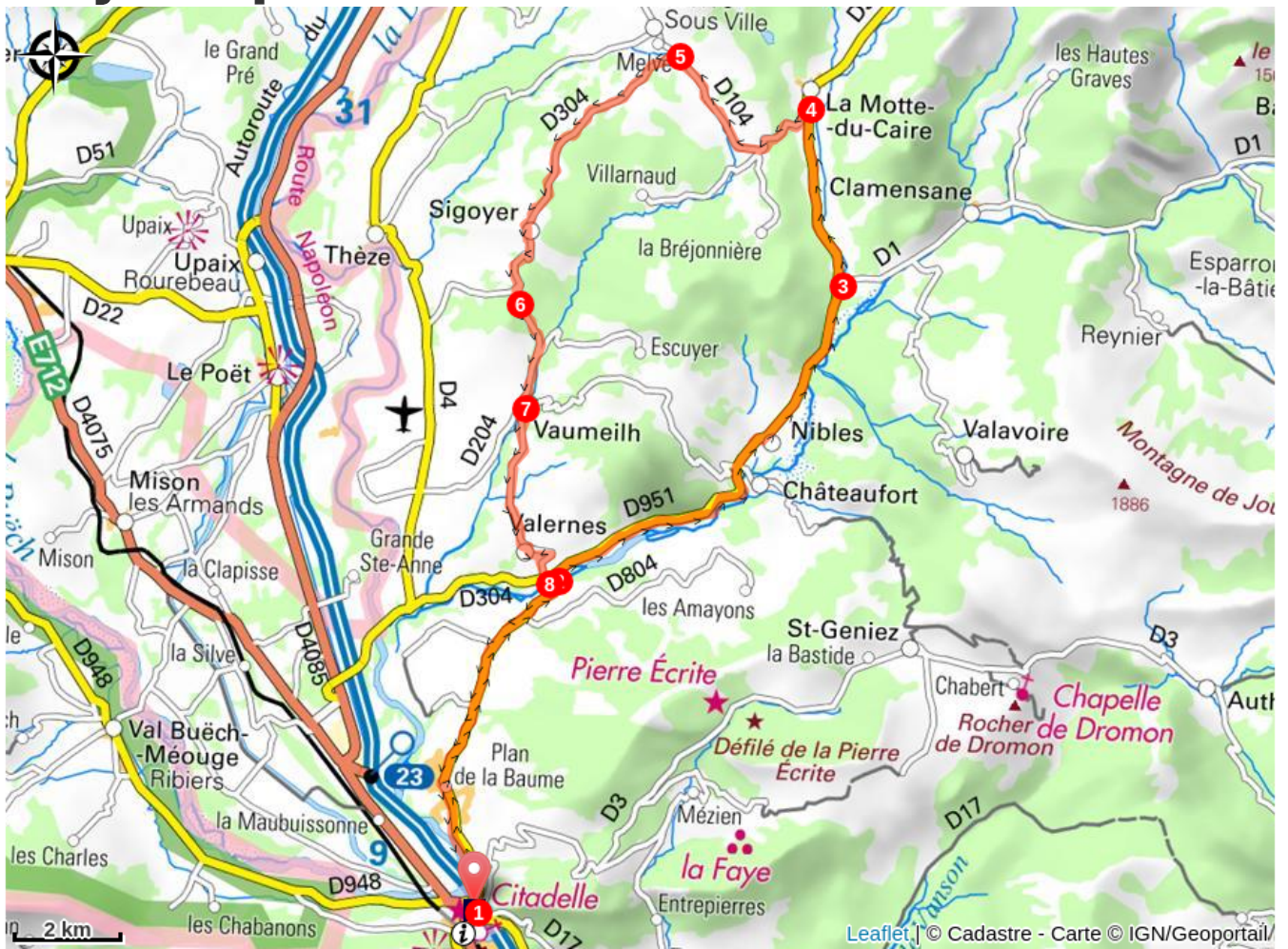
## Altimetric profile



Min elevation 464 m Max elevation 845 m

1. From Sisteron, cross over the Durance towards the Baume district and follow the departmental road D 951 leading to la Motte du Caire. Reach the Sasse bridge (8,25 km).
2. At the Forge (527 meters), follow the departmental road D 951 for about 9 km.
3. Ignore Clamensane on your right and go on until La Motte du Caire.
4. At the village entrance (690 meters) turn left and take the departmental road D 104. There is a short rise of 1,7 km until Melve.
5. Just before the village entrance (833 meters) from the departmental road D 304, go on your left once again. Go through Sigoyer village (810 meters), (there is a viewpoint indicator and a panoramic view onto the Durance valley). Ignore the D 654 on your right.
6. Pass by the Grêle pass (728 meters) and go down to the village of Vaumeilh.
7. Turn left into the village and go on until Valernes (600 meters) and reach the departmental road D 304A in the Sasse valley.
8. From the departmental road D 304A on the left, turn 100 meters further on the right to go back to the departure point in Sisteron.

# On your path...



 The Durance River (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.
- This circuit is added to the Hautes Terres de Provence one.
- Break recommended at Sisteron's citadel: [citadelledesisteron.fr](https://citadelledesisteron.fr)

## **How to come ?**

### Transports

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

### Access

From Sisteron (1 km), go out of the tunnel under the citadel and take the departmental road D 951 towards La Motte du Caire and reach the Baume bridge.

### Advised parking

Parking lot on the right of the Baume bridge, alongside the departmental road in Sisteron.

## **Information desks**

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

1 place de la République, 04200 Sisteron  
sisteron@sisteron-buech.fr  
Tel : 04 92 61 36 50  
<https://www.sisteron-alpesprovencales.fr/>



# On your path...

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## The Durance River (A)

More than a mere river, the **Durance** is a force of nature. From its source in Mongenèvre at an altitude of 2300 metres it rolls its way over 302 kilometres until it finally flows into the Rhône. Over time, there has been greater control by man over the river, particularly with the construction of **the Serre-Ponçon dam**, and it is an essential artery for the Hautes-Alpes.

Source : [www.hautes-alpes.net](http://www.hautes-alpes.net)

Attribution : CCSB