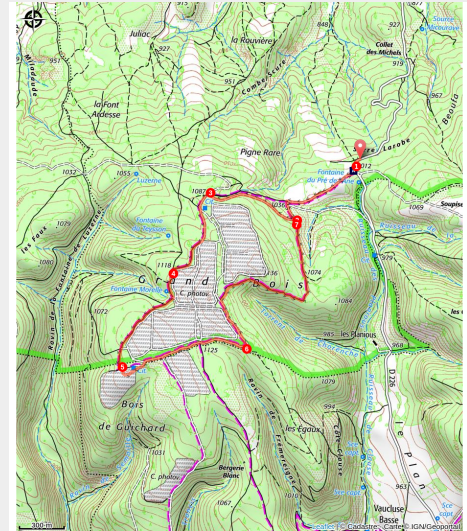


# Grand Bois by mountain bike

Serres - Épine



Beau sentier aride et roulant (CCSB)



*A very easy, shaded trail. This loop takes you on a short walk through the Grand Bois along dry paths bordering lavender fields, where you can listen to the sounds of nature in this little corner of paradise nestled between pine groves and downy oak forests.*

Follow the mountain bike trail N°8 (VTT N°8)

## Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 6.4 km

Trek ascent : 159 m

Difficulty : Very easy

Type : Loop

Themes : Fauna, Forest

# Trek

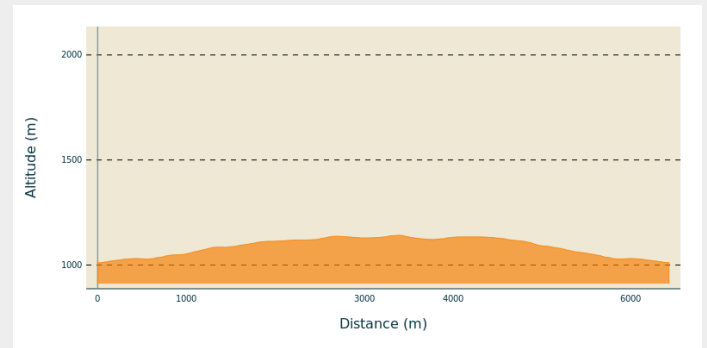
**Departure** : Serre Larobe (Pass between L'Epine and Montjay), L'Epine

**Arrival** : Serre Larobe (Pass between L'Epine and Montjay), L'Epine

**Markings** : 🏔️ VTT

**Cities** : 1. Épine  
2. Montjay

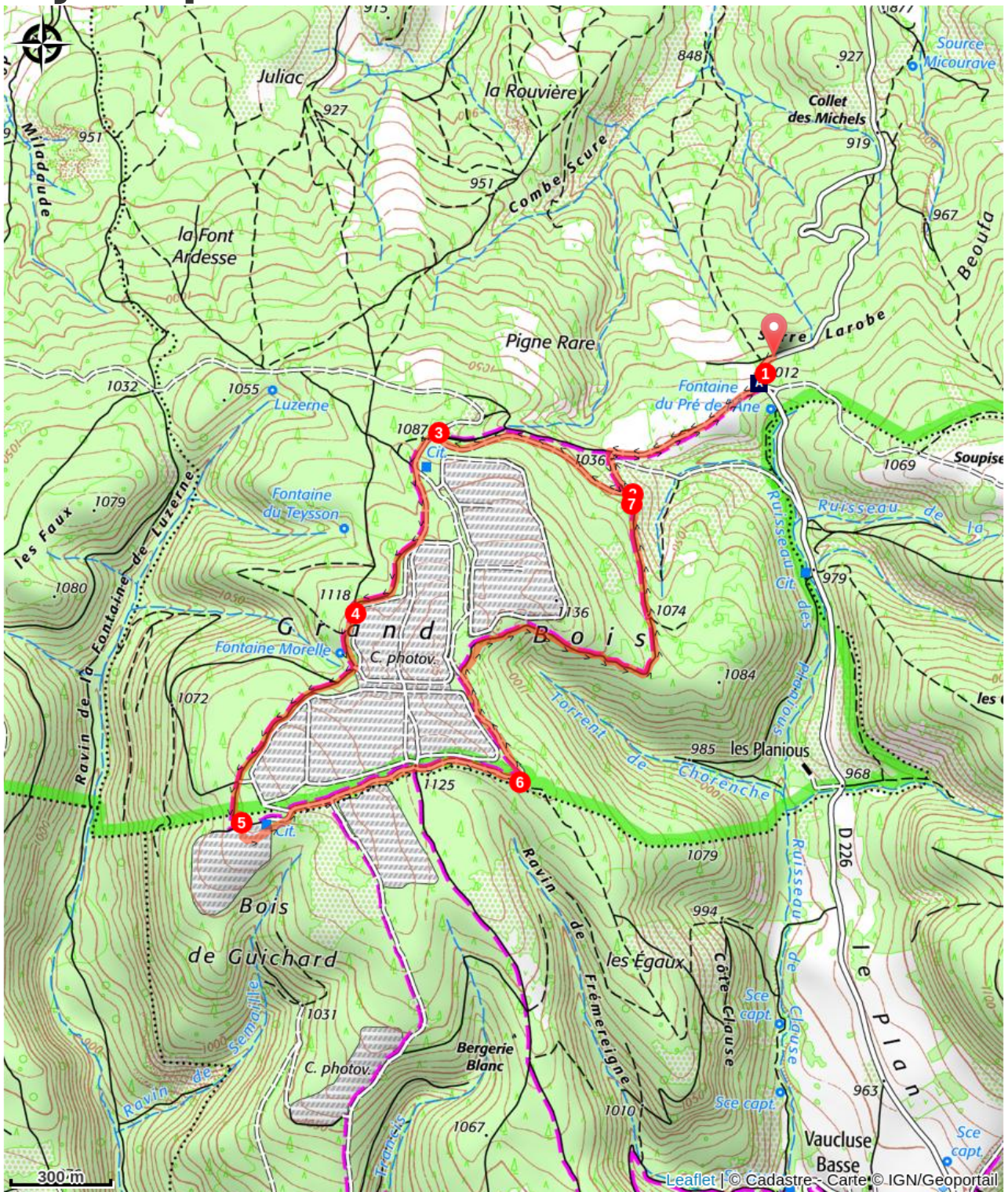
## Altimetric profile



Min elevation 1011 m Max elevation 1142 m

1. Follow the trail toward “Grand Bois” through fields of lavender.
2. Continue straight on the trail (the trail on the left is your return route).
3. Turn left to enter Grand Bois.
4. At an elevation of 1,111 m (Font Morelle), you’ll reach a trail; take it to the left through a pine forest (black pine plantation).
5. Turn left at the intersection (1,140 m). The trail heads east, along the edge of old fields.
6. Still in the pine forest, head due north along the trail that begins the descent toward Serre Larobe. The forest trail leads back to the starting trail.
7. Turn right along the lavender field to return to the starting point.

# On your path...



▲ Serre-Larobe pass (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 Serres (13 km), take the D 994 and D 226 westward to Serre Larobe (at the top of the hill, after a few hairpin turns, you'll see the starting sign).

### Advised parking

Serre-Larobe parking lot - on the road towards Montjay - (stops upon the hill), l'Épine.

## Information desks

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

Place du Lac, 05700 Serres

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

Tel : 04 92 67 00 67

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



# On your path...

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## ▲ Serre-Larobe pass (A)

At the south of l'Epine commune, Serre-Larobe pass located at 1014 meters high is the only crossing point between l'Epine and Montjay village.