

Tour du Grand Vallon by mountain bike

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



Un itinéraire principalement sur pistes (Office de Tourisme La Motte du Caire)



The Grand Vallon loop offers a chance to explore the lower valley of La Motte-du-Caire by following a circuit around the gliding airfield. Along this loop, you can also discover quiet, shaded spots via easy trails.

Follow the Mountain Bike Trail No. 3

Useful information

Practice : Mountain Bike

Duration : 1 h 30

Length : 10.7 km

Trek ascent : 158 m

Difficulty : Easy

Type : Loop

Themes : Discovery trail, Forest

Accessibility : Family

Trek

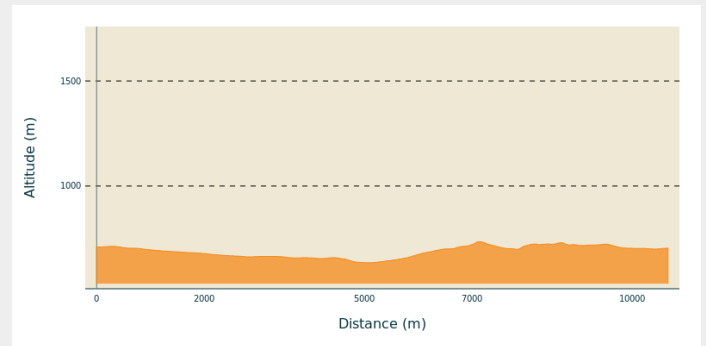
Departure : Town Hall, La-Motte-du-Caire

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

Markings : 🚲 VTT

Cities : 1. Motte-du-Caire

Altimetric profile



Min elevation 635 m Max elevation 735 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 #3). 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 gliding runway (on the other bank), leave the trail to your left (MTB signs #5, 6, and 7). Continue on the road, which turns into a dirt path after the equestrian center, to reach the D1.
2. Turn right onto the D1, then at the intersection, turn right again toward La Motte du Caire for 100 m.
3. Leave the road to the left and take a trail (ONF gate). Follow it uphill, passing a trail on the left and then another on the right. Continue to the end of the trail.
4. Pass the GR on the left and take the path that descends through the woods back to the starting point.

On your path...



* La Motte du Caire sequoias (A)

All useful information

Advices

- No hiking required. Perfect for families.
- Open year-round

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

Accessibility



Family

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)

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