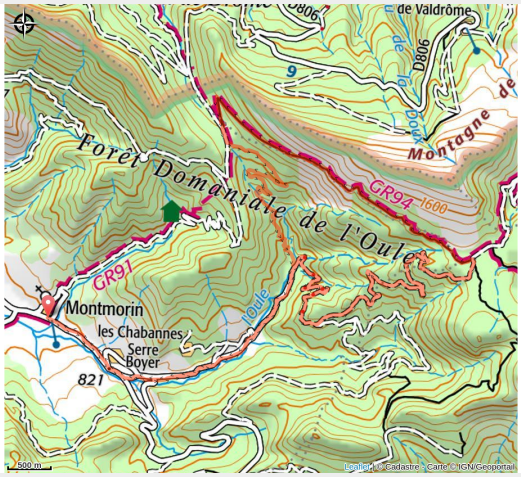
Sous le Duffre by mountain bike

Rosans - Valdoule

Sentier étroit et panoramique (CCSB)



A challenging and scenic route that lets you experience the tranquility of the Oule Valley and enjoy panoramic views of the surrounding mountains.

Follow the Mountain Bike Trail No. 7

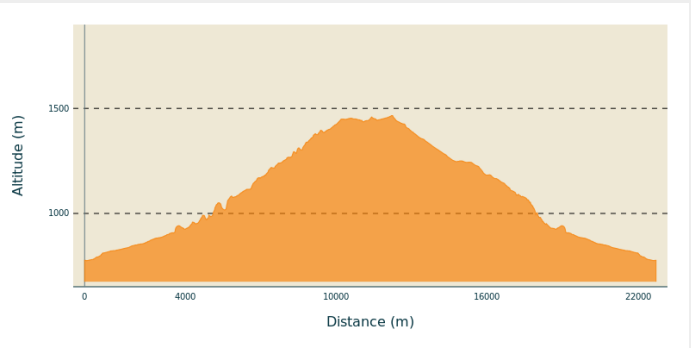
Useful information

- Practice : Mountain Bike
- Duration : 2 h 30
- Length : 22.7 km
- Trek ascent : 904 m
- Difficulty : Hard
- Type : Loop
- Themes : Panorama

Trek

Departure : Village, Montmorin
Arrival : Village, Montmorin
Markings : VTT
Cities : 1. Valdoule
2. Épine

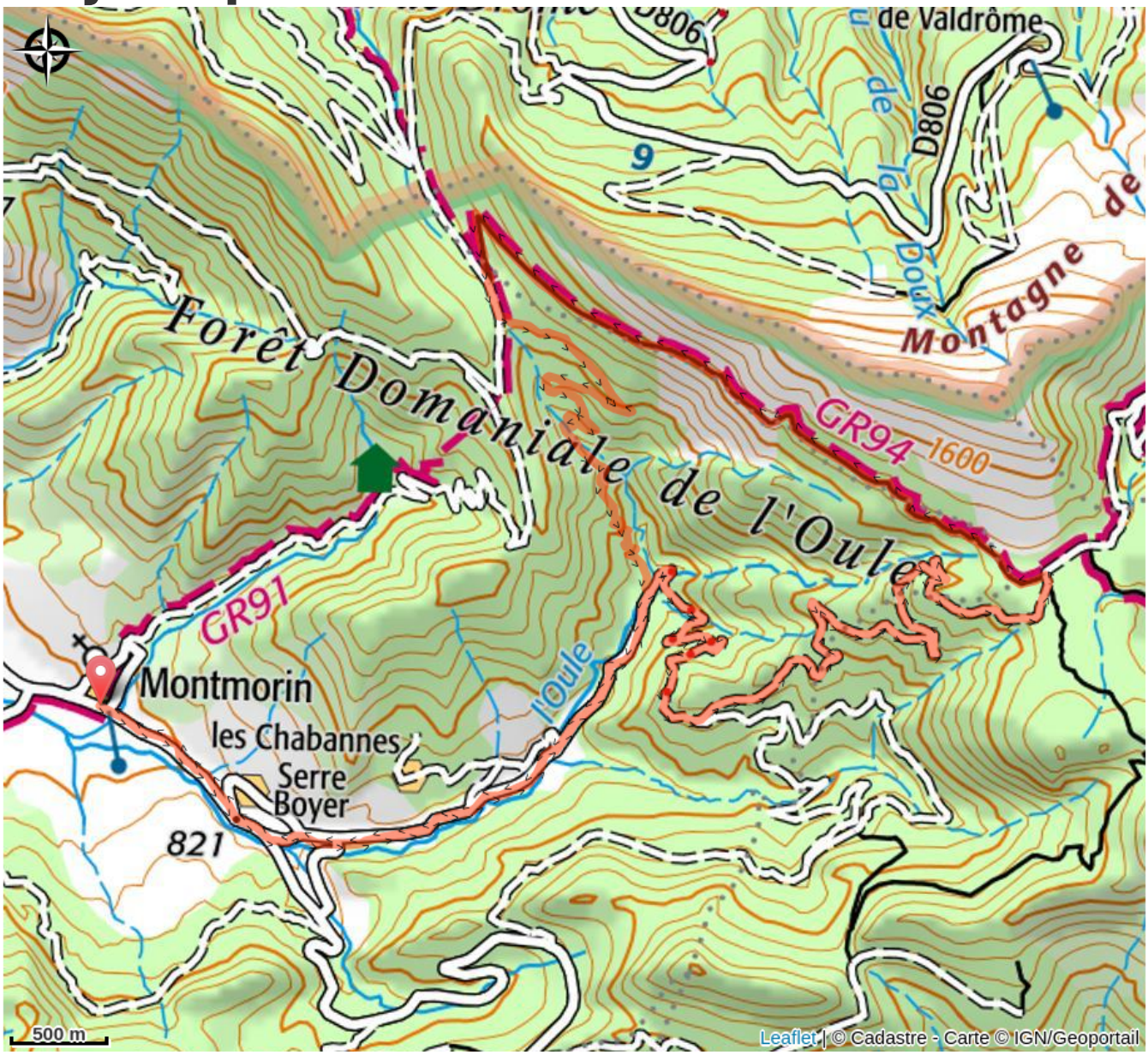
Altimetric profile



Min elevation 775 m Max elevation 1466 m

Starting from Montmorin, follow the road uphill for 4 km to the forest ranger station of the Val d'Oule National Forest. Take the easy forest trail to climb 600 meters in elevation over 6.5 km, up to the Duffre plains. Turn left to begin the descent. The trail starts on a ridge path; the unobstructed view allows you to see the Oule Valley, Maraysse Mountain, and on a clear day, catch a glimpse of Mont Ventoux. Be careful, however, as some sections can be technical in wet weather. The route then passes through the woods on a smooth, fast, and very fun singletrack with no difficulty. Descend along an old grassy trail below the Col des Pros and stay alert for the hard-to-see switchbacks. Continue on a technical trail. Caution: a section of about 50 m requires you to dismount to avoid falling (warning sign on site). The upper part of the trail is fairly rolling and smooth, then becomes more rugged with moderate hairpin turns in the second section. This trail leads back to the forest ranger station. Return to the starting point via the same road.

On your path...


de Valdrôme
D806
9
la Doux
Montagne
GR94
1600
Forêt Domaniale de l'Oule
GR91
Montmorin
les Chabannes
Serre
Boyer
821
l'Oule
500 m
Leaflet | © Cadastre - Carte © IGN/Geoportail

All useful information

Advices

- Recommended bike: Mountain bike and e-bike
- Challenging downhill ride

How to come ?

Transports

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

Access

From Serres, take the D994, then the D26 north to Montmorin.

Advised parking

Parking lot in Montmorin

Information desks

Office de Tourisme Sisteron Les Alpes provençales - bureau de Rosans
Rue Aristide Briand, None 05150 Rosans
rosans@sisteron-alpesprovencales.fr
Tel : 04 92 66 66 66
https://www.sisteron-alpesprovencales.fr/