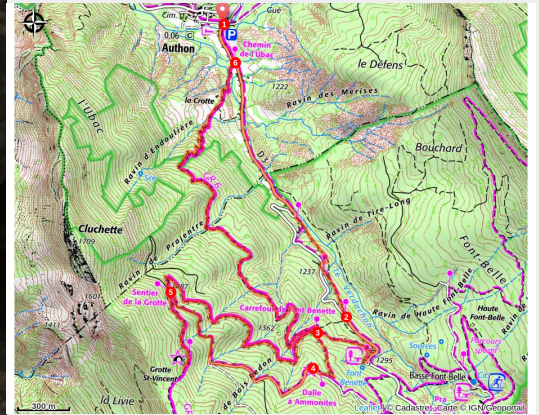


Saint-Vincent cave

Sisteron - Authon



Grotte Saint-Vincent (©AD04-Thibaut Vergoz)



In a beautiful beech trees and conifers forest located on the side of the Mélan mountain, the shady route weaves to the ammonites' slabs and to the Saint-Vincent cave. Until the beginning of the 20th century, Mélan inhabitants used to walk in procession every year for the Holy Trinity Day.

The departure point of this trail is Authon village, but you can also start from the Fontbelle pass.

Useful information

Practice : Hiking

Duration : 4 h

Length : 10.9 km

Trek ascent : 442 m

Difficulty : Medium



Type : Loop

Themes : Forest, Geology

Trek

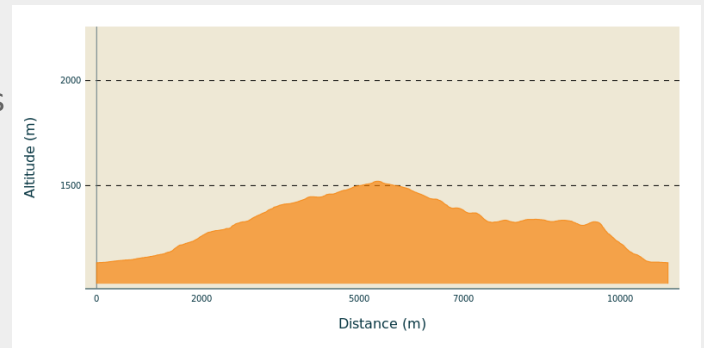
Departure : Parking lot in front of the Monges gite in Authon.

Arrival : Parking lot in front of the Monges gite in Authon.

Markings :  PR  GR

Cities : 1. Authon
2. Castellard-Mélan

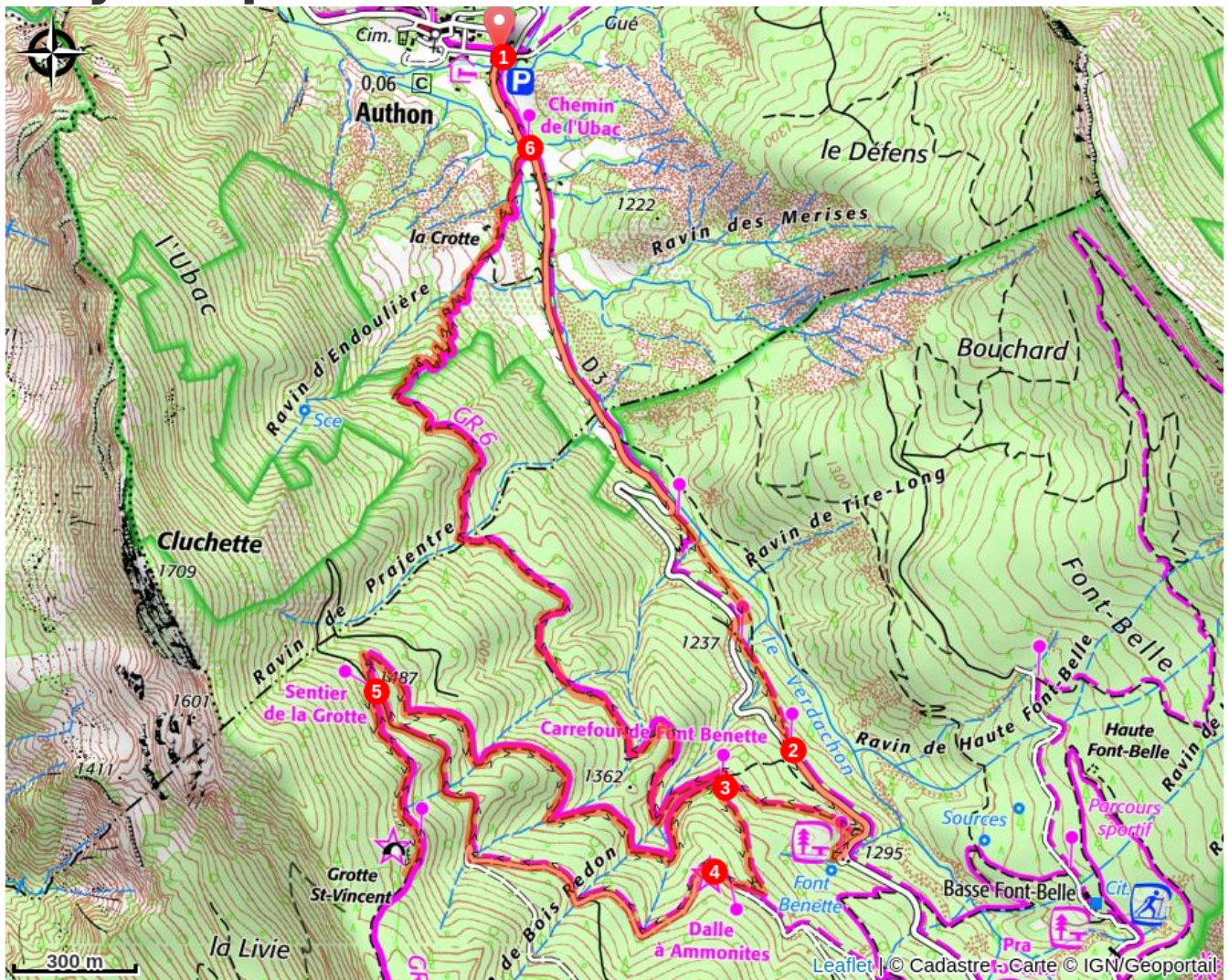
Altimetric profile



Min elevation 1133 m Max elevation 1521 m

1. From the parking lot, reach the “Authon” signpost and follow the way leading to Fontbelle pass. The route borrows a small part of the road and leaves at the first hairpin bend for a forest path on the opposite. Further, join the road once again and after a short rise in an embankment, turn left about 50 meters further.
2. Follow the road until the next signpost at Font Benette fountain (picnic area) and climb up the path heading to Font Benette crossroads.
3. At the “Carrefour de Font Benette”, take the path on your left and reach a forest one. From the forest path, you are only a few meters away from the ammonite’s slab on the right.
4. Take a look at the fossilised ammonites hills and go on the track.
5. At the « Sentier de la Grotte » signpost, reach the GR6 markings for a return trip to discover Saint Vincent cave. Once the “Sentier de la Grotte” junction reached again, go back down towards Authon by following the GR6 markings. On your way, catch up with the “Carrefour des Font Benette” you crossed earlier and follow the path on the left. The route slightly goes down through a beautiful beech forest and ends up in a zigzag under pine trees.
6. Go back to the departure road leading to Authon.

On your path...



All useful information

Advices

- Check the weather before doing this hiking
- Saint-Vincent cave is also accessible from the Fontbelle pass parking lot. The route is an easy return trip (blue level) but pass through a forest path (Only 1/8 of the route is on a path by taking the variant from the pass.)
- The Fontbelle road is closed during winter.

How to come ?

Access

From the roundabout at the north of Sisteron, take the departmental road D 951 and the departmental road D 3 towards Saint-Geniez. Cross the village and go on the D 3 towards Authon.

Advised parking

Parking lot in front of the Monges gite in Authon.

Information desks

Office de Tourisme Sisteron Les Alpes Provençales - bureau de Sisteron

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