De Arzeliers à Upaix by mountain bike

Laragne / Méouge - Laragne-Montéglin

Sentier grimpant sur les hauteurs de Laragne (CCSB)

This route takes you through the historic sites around Laragne, passing through Upaix and Château d'Arzeliers. It offers magnificent views of the Buëch Valley. The route follows mostly trails and roads, but also includes some more challenging sections on footpaths.

Follow the red Mountain Bike Trail No. 12

Useful information

Practice : Mountain Bike

Duration : 2 h 30

Length : 23.9 km

Trek ascent : 581 m

Difficulty : Medium

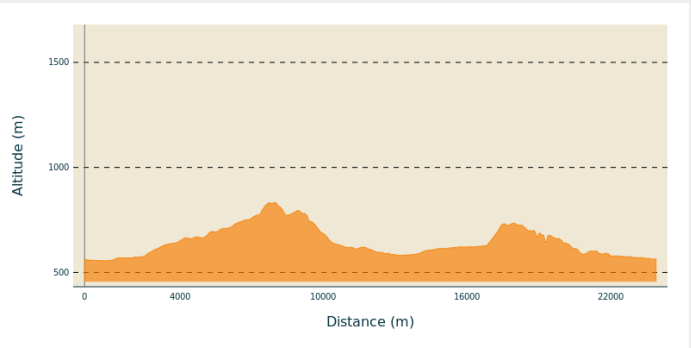
Type : Loop

Themes : Agriculture and know-how, Forest, History and architecture, Panorama

Trek

Departure : Tourist Information Office, Laragne-Montéglin
Arrival : Tourist Information Office, Laragne-Montéglin
Markings : VTT
Cities : 1. Laragne-Montéglin
2. Garde-Colombe
3. Lazer
4. Upaix

Altimetric profile



Min elevation 556 m Max elevation 834 m

The route starts at the tourist office and winds through the village streets before turning onto a trail that passes through the woods and climbs up to Arzeliers Castle. The route then joins the road and follows the fields and pastures to Upaix. Once you reach the base of the tower in the village of Upaix, the route takes a path that leads back toward Laragne. Finally, all that’s left is to return to the Largane tourist office via various sections of road, trails, and paths.

On your path...

Forêt Domaniale de Beynon
Montagne de l'Aup ou de St-Genis
St-Genis
Colombe
la Pause
l'Écluse
les Aros
Eyguians
Garde-Colombe
Pont Lagrand
Aqueduc de Lagrand
Saléon
Pelloux
Arzeliers
Lazer
la Gardette
les Carcassonnes
les Marcillons
le Grand Pré
St-Georges
Laragne-Montéglin
Pichon
l'Île d'Oriane
les Bellerots
Montéglin
les Fourches
Upaix
Rourebeau
Chabre Nord
Table d'Orientation
Chabre
Ferme du Rocher
Francou
Buëch
Méouge
Pomet
Quartier de l'École
Châteauneuf-de-Chabre
Pont roman
Gorges de la Méouge
le Plan
le Moulin
Antonaves
Mison
Lac de Mison
le Poët
les Fourniers
les Œufs
Mison les Armands
Autoroute du Soleil
Route
1 km
Leaflet | © Cadastre - Carte © IGN/Geoportail

All useful information

Advices

Recommended bikes: mountain bikes and e-bikes

How to come ?

Transports

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

Access

From Sisteron (18 km), take the D 4075 and then the D 1075 north to Laragne-Montéglin.

Advised parking

Place des Aires parking lot in Laragne-Montéglin

Information desks

Office de Tourisme Sisteron Les Alpes provençales - bureau de Laragne
Place des Aires, None 05300 Laragne-Montéglin

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