

# De Arzeliers à Upaix by mountain bike

Laragne / Méouge - Laragne-Montéglin



Sentier grim pant 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 : 21.9 km

Trek ascent : 570 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

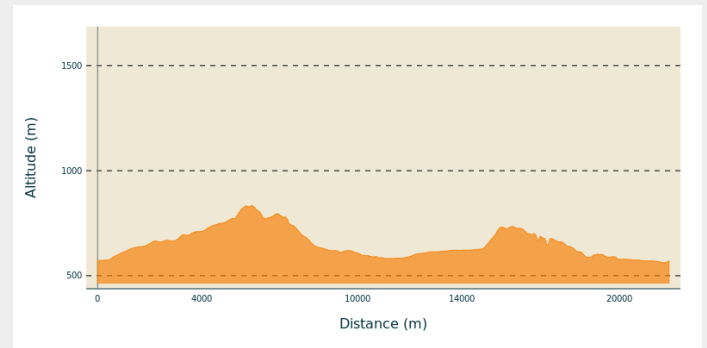
**Cities** : 1. Laragne-Montéglin

2. Garde-Colombe

3. Lazer

4. Upaix

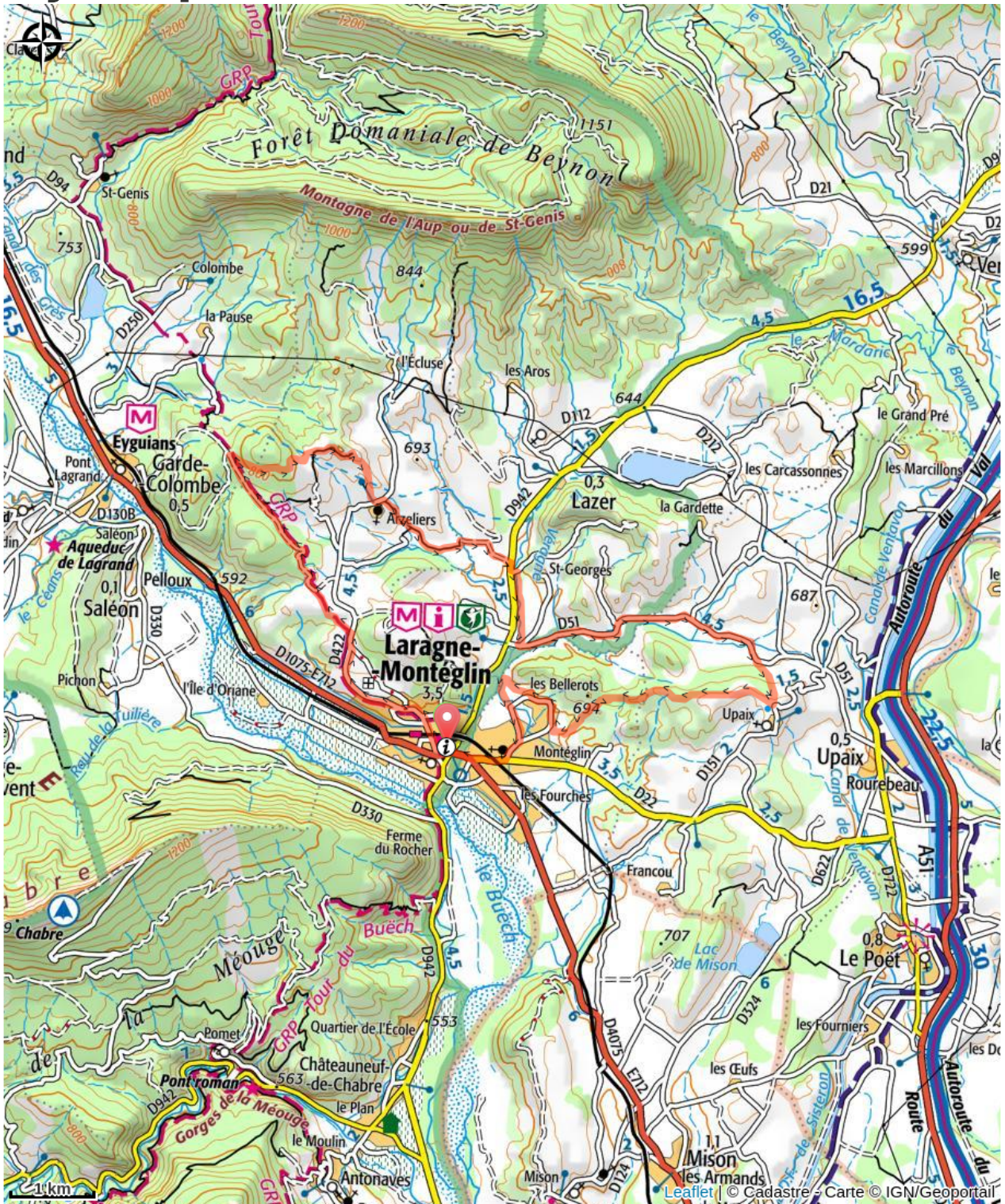
## Altimetric profile



Min elevation 562 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 Laragne tourist office via various sections of road, trails, and paths.

# On your path...



# 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

laragne@sisteron-buech.fr

Tel : 04 92 65 09 38

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

