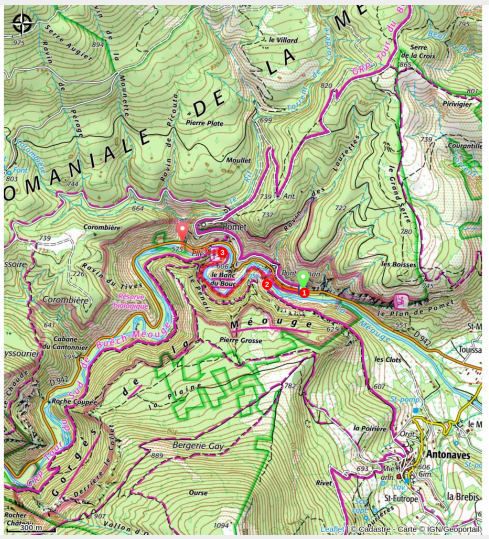
Walk from the Pont Roman (bridge) to the Rif

Laragne / Méouge - Val Buëch-Méouge

Cascade de la Méouge - Pont Roman (R. Flores Espinosa)



Nice 30 minutes walk to discover the essentials of the Gorges de la Méouge without tiring whilst the summer-bus is running. However, this trail is not recommended to people scared of heights.

If you fancy doing a circular trail, we advise you to choose the "Banc du Bouc" circuit (1 hour walk). It will take you to the Banc du Bouc, a rocky outcrop from which you can see the beautiful view on the Méouge meanders.

Useful information

Practice : Hiking

Duration : 30 min

Length : 1.5 km

Trek ascent : 41 m

Difficulty : Easy

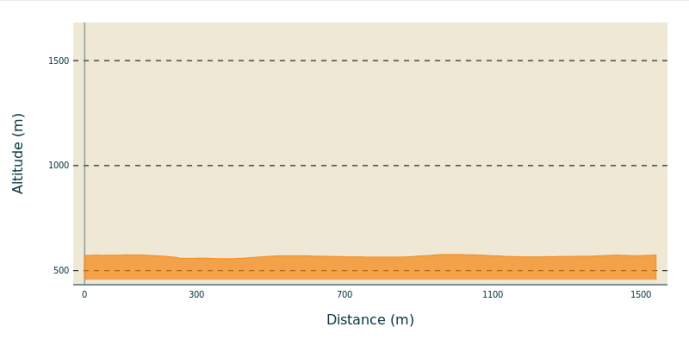
Type : Crossing

Themes : Lake, waterfall and river, Panorama

Trek

Departure : Pont Roman (Roman bridge) / Châteauneuf-de-Chabre
Arrival : Le Rif / Châteauneuf-de-Chabre
Cities : 1. Val Buëch-Méouge

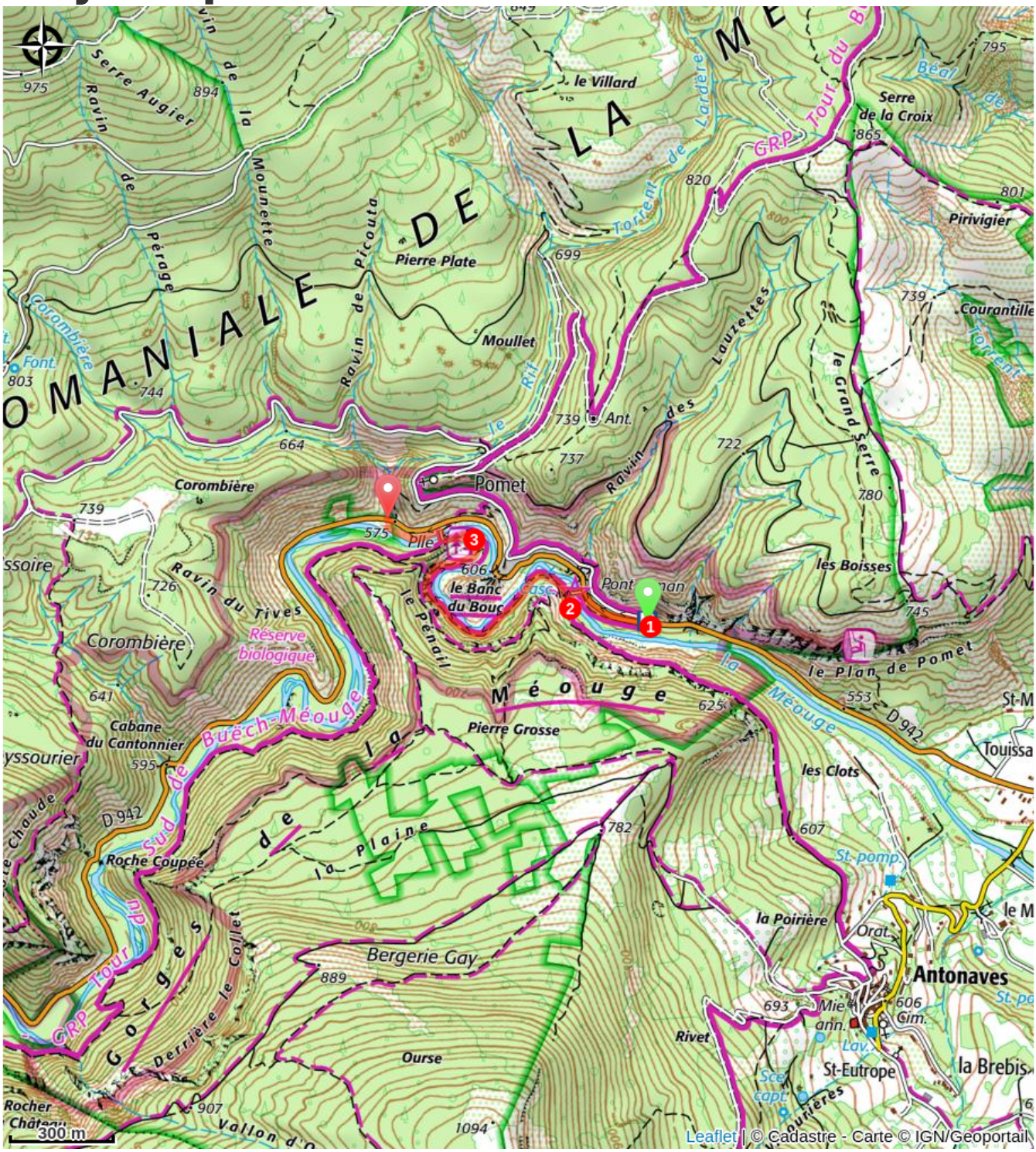
Altimetric profile



Min elevation 557 m Max elevation 577 m

1. On the D 942 at the Pomet intersection (where the “Pont Roman” shuttle stops), follow the GRP trail (marked with yellow and red signs) along the roadside toward the Pont Roman. Take the trail down to the left and cross the bridge. Follow the trail back up to the intersection.
2. At the “La Pinède” signpost, take the trail on the right (GRP). It runs alongside the Méouge River through the pine forest, then passes over a slightly more exposed section along a ledge beneath a cliff. A little further on, you can enjoy the picnic tables in the woods, right by the water.
3. After a break, if desired, continue on the route and, at the fork, take the PR (yellow markings) that descends to the right. Cross the footbridge over the river’s meanders, then turn left at the exit. The trail runs alongside the Méouge River and then climbs back up to the road at the place called “Le Rif” (shuttle bus stop).

On your path...



le Villard
Serre de la Croix
Pirivigier
Courantille
Pierre Plate
Moullet
Pomet
Corombière
Ravin du Tives
Réserve biologique
Cabane du Cantonnier
Roche Coupée
Pierre Grosse
le Plan de Pomet
les Boisses
les Clots
la Poirière
Antonaves
St-Eutrope
la Brebis
Bergerie Gay
Ourse
Rivet
Derrière le Collet
Rocher Château
Vallon d'O
Torrent de Lardère
Ravin des Lauzettes
le Grand Serre
Ravin de Picouta
Ravin de Pérage
Serre Augier
Ravin de la Mounette
le Rif
le Pénail
Sud de Buëch-Méouge
Gorges de la Méouge
la Plaine
GRP Tour du B
GRP Tour du
D 942
Leaflet | © Cadastre - Carte © IGN/Geoportail
300 m

All useful information

⚠ Advices

- In summer, parking is prohibited during the day along the Gorges de la Méouge, whilst the summer-bus is running. This trail is actually made for people who take the bus, as it runs from one bus stop to another (https://www.sisteronais-buech.fr/vivre-en-sisteronais-buech/se-divertir/les-gorges-de-la-meouge/)
- This trail is not recommended to people scared of heights, and very young children.
- This trail is not recommended in the winter and after big storms.
- Closed shoes are recommended.
- You can also do the trail in the other way (from Le Rif to the Pont Roman)
- You are there on a Natura 2000 site. Natura 2000 hikes are organized in summer by the Smigiba to discover the different environments and the remarkable species that live on site: http://www.smigiba.fr
- Along the Méouge, several mills were used to grind cereals, walnuts and almonds; they were also used to "break" the hemp mesh to soften the fabric of clothing. Downstream from the mills, in a "paroir" these clothes were scraped, cleaned before they could be used.

How to come ?

Transports

Summer-bus in between Châteauneuf-de-Chabre and Barret-sur-Méouge : https://www.sisteronais-buech.fr/vivre-en-sisteronais-buech/se-divertir/les-gorges-de-la-meouge/

Access

From Laragne (7 km), take the D 942 south to the Le Plan junction then turn right towards the Gorges de la Méouge. Stop at the car park near the Pont Roman. Car park : Pont Roman (along the D 942), at Châteauneuf-de-Chabre.
During summer, you cannot park in the Gorges, you need to take the shuttle from Chateauneuf-de-Chabre to the Roman Bridge.

Advised parking

Along the RD 942 at the intersection to Pomet, or RD 942 Le Rif

Information desks

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