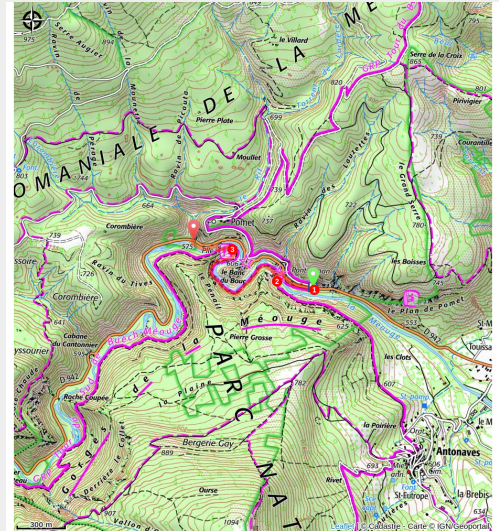


Walk from the Pont Roman to the Rif

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 : 1 h

Length : 1.5 km

Trek ascent : 44 m

Difficulty : Easy

Type : Return trip

Themes : Lake, waterfall and river, Panorama

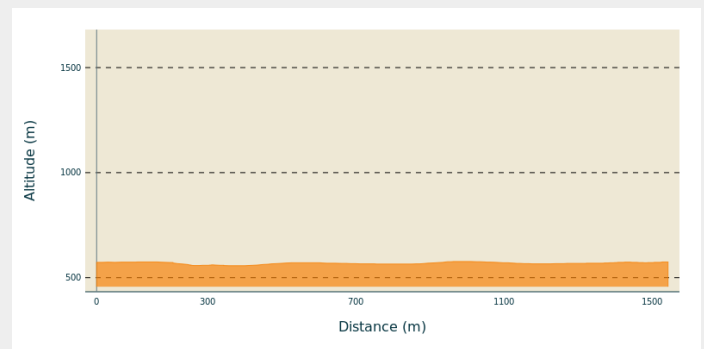
Trek

Departure : Pont Roman / Châteauneuf-de-Chabre

Arrival : Le Rif / Châteauneuf-de-Chabre

Cities : 1. Val Buëch-Méouge

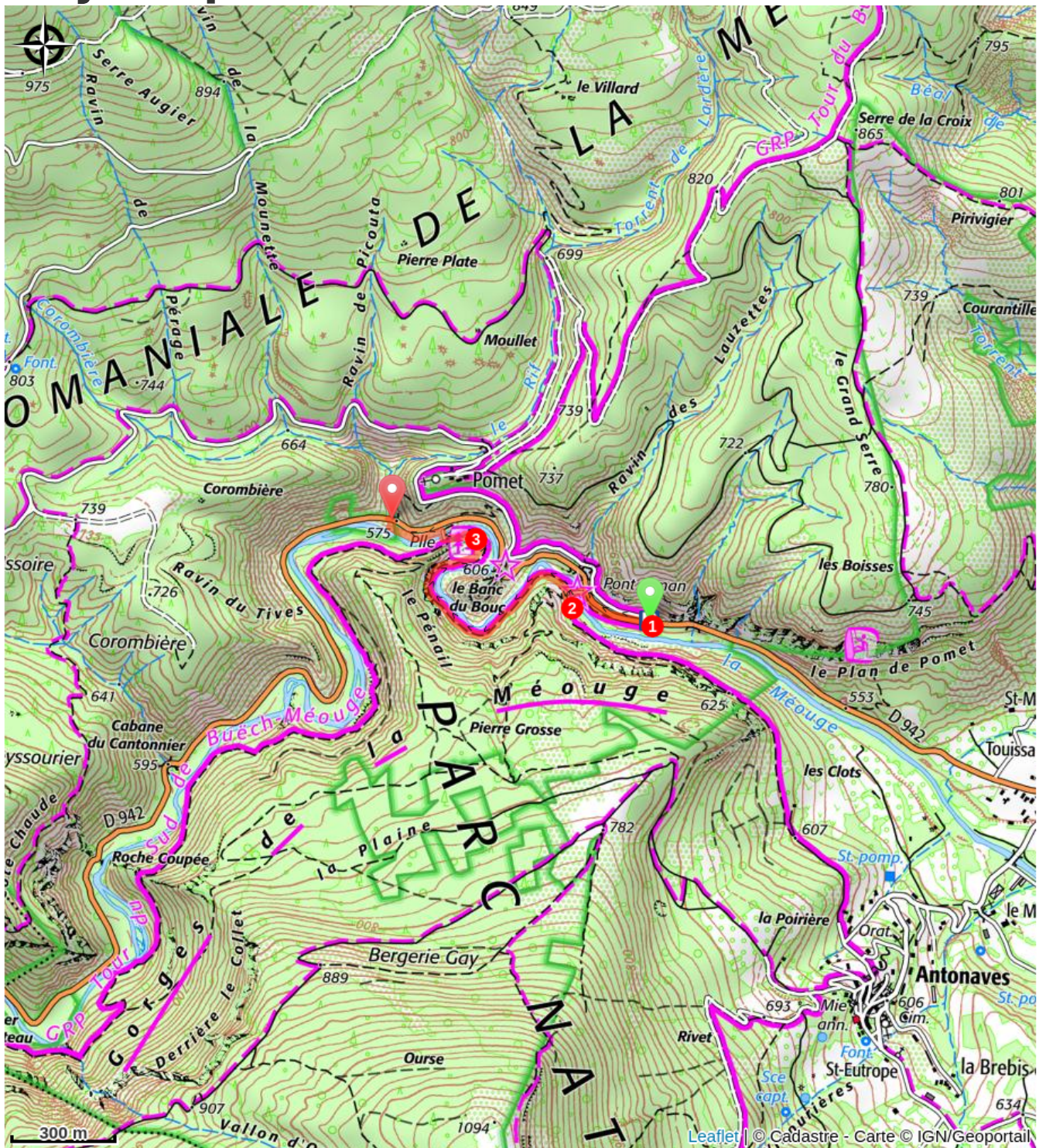
Altimetric profile



Min elevation 557 m Max elevation 577 m

1. Follow the road towards the gorges of the Méouge and go down the path on the left along the stone wall towards the "Pont Roman". After the Romanesque bridge (which offers a very nice view on the river), take the path that goes up to the left and follow the GR de Pays (yellow and red marks). Walk pass the ruins of the Pomet mill.
2. Reach the pole "La Pinède" and turn right towards St Pierre Avez, then continue straight ahead (still following the yellow and red marks). The path runs along the river in the pine forest, then on a rocky balcony, and reaches a picnic area.
3. Maybe take a break for a pic nic or a dipp and continue. At the path junction, leave the GR de Pays to follow the PR markings to the right (yellow marks). Cross the footbridge and carry on on the left to join the road 200 meters after (pole "Le Rif", bus stop).

On your path...



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.
- 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.
- 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/navette-des-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.

Advised parking

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

i Information desks

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