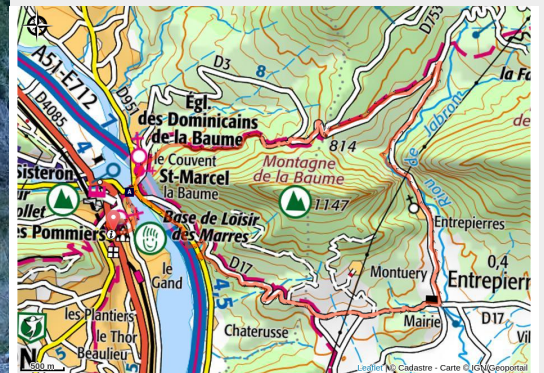


Tour de la Baume by mountain bike

Sisteron - Sisteron



Portion sur sentier (CCSB)



This 16-km loop runs along the base of the Rocher de la Baume and offers beautiful views of the Sisteron region. The most technically challenging sections are at the narrows and during the descent from the Baume.

Follow the mountain bike trail N°6 (VTT N°6)

Useful information

Practice : Mountain Bike

Duration : 2 h 30

Length : 15.9 km

Trek ascent : 549 m

Difficulty : Medium

Type : Loop

Themes : Forest, History and architecture, Panorama

Trek

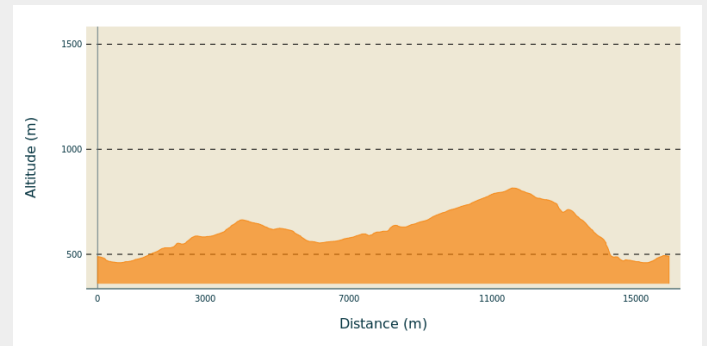
Departure : Tourist Information Office, Sisteron

Arrival : Tourist Information Office, Sisteron

Markings : 🚲 VTT

Cities : 1. Sisteron
2. Entrepierres

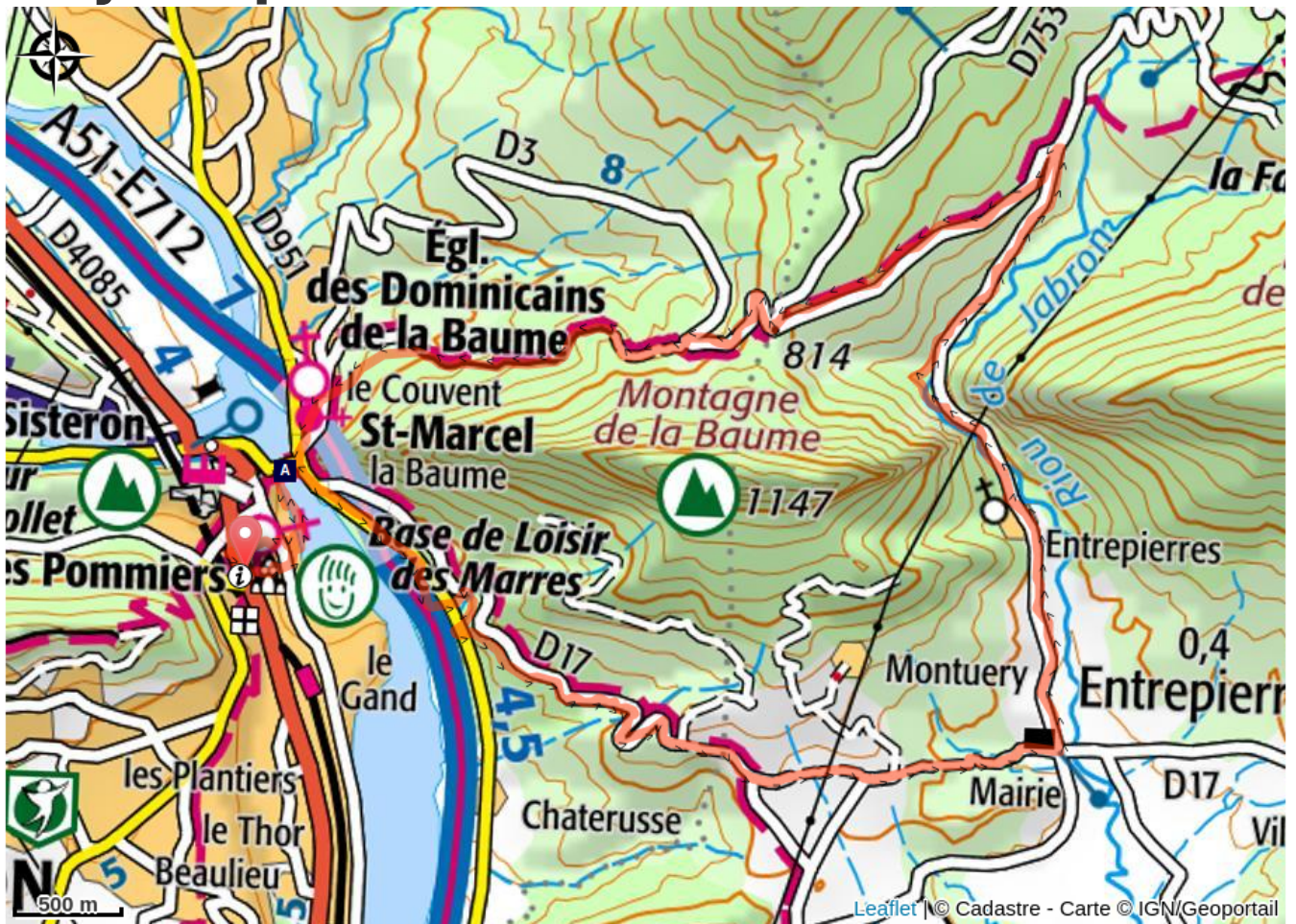
Altimetric profile



Min elevation 460 m Max elevation 816 m

Starting from the Sisteron Tourist Office, follow the Chemins du Soleil route through the town and past the lake. The route crosses the Durance Bridge, passes at the foot of the Rocher de la Baume, and follows Napoleon's historic road (offering a beautiful view of the town and the valley). A climb up a dirt track leads to Entrepierres. After the village, turn left toward Old Entrepierres and continue on a single-track trail called "Le Déroit" (you can stay on the small road if you prefer, which is easier). Ride on to the Col de Mézien (814 m). Finish on the north-facing slope of La Baume with a lovely trail that leads back to Sisteron, mostly along the Way of St. James (be careful on the descent; hikers use this route).

On your path...



 The Durance River (A)

All useful information

Advices

- On the way back, visit the Citadel of Sisteron, built on a rocky outcrop.
- This route follows in the footsteps of the “Chemins du Soleil” trail.
- The main technical challenge is at the narrows and during the descent of La Baume

How to come ?

Transports

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

Access

From Gap (50 km), follow Route 85, then take the A12 from La Saulce to Sisteron.

Advised parking

Parking lot near the Police station in Sisteron

Information desks

Office de Tourisme Sisteron Les Alpes Provençales - bureau de Sisteron

1 place de la République, 04200 Sisteron

sisteron@sisteron-buech.fr

Tel : 04 92 61 36 50

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



On your path...



The Durance River (A)

More than a mere river, the **Durance** is a force of nature. From its source in Mongenèvre at an altitude of 2300 metres it rolls its way over 302 kilometres until it finally flows into the Rhône. Over time, there has been greater control by man over the river, particularly with the construction of **the Serre-Ponçon dam**, and it is an essential artery for the Hautes-Alpes.

Source : www.hautes-alpes.net

Attribution : CCSB