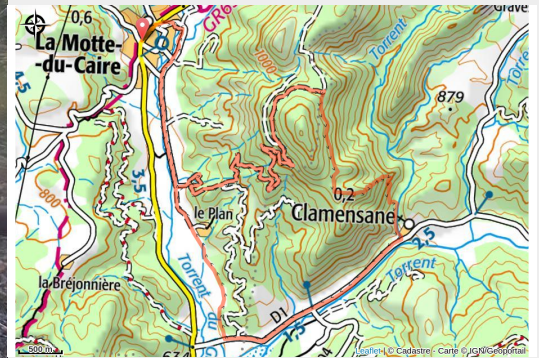


La Blachère by mountain bike - Heading East

La Motte-du-Caire - Motte-du-Caire



Sentier en balcon (CCSB)



This mountain bike ride takes you through Clamensane to explore Mount Blachère, which overlooks La Motte-du-Caire.

Useful information

Practice : Mountain Bike

Duration : 3 h

Length : 18.5 km

Trek ascent : 620 m

Difficulty : Hard

Type : Loop

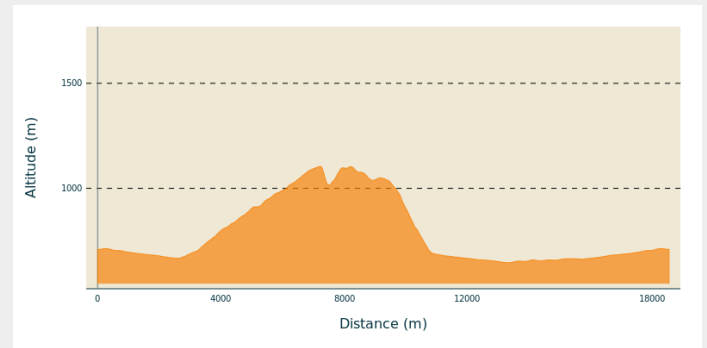
Trek

Departure : Town Hall, La-Motte-du-Caire

Arrival : Town Hall, La-Motte-du-Caire

Cities : 1. Motte-du-Caire
2. Clamensane

Altimetric profile

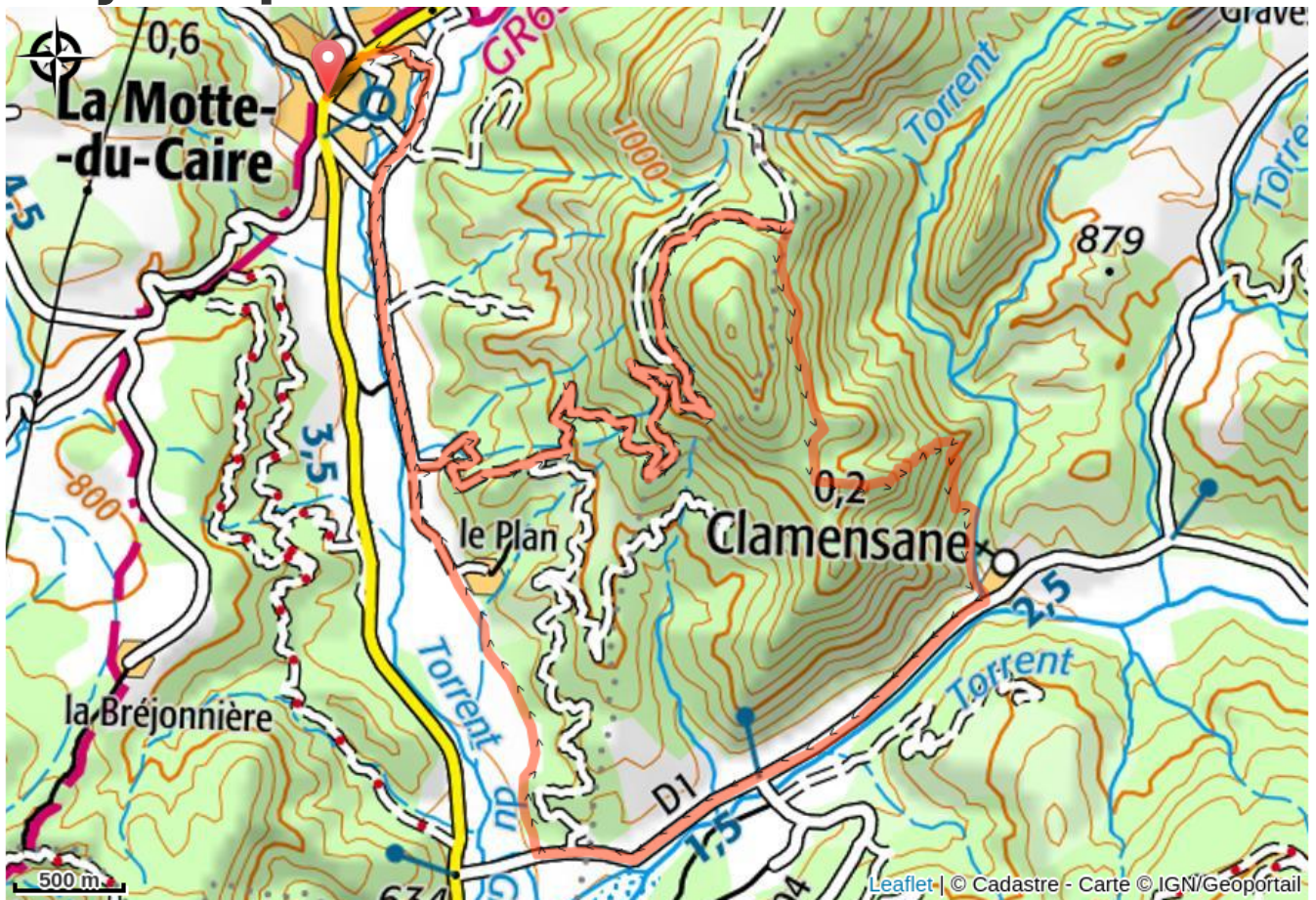


Min elevation 646 m Max elevation 1105 m

After a short stretch of trail heading due south along the left bank of the Grand Vallon, take the Naples forest trail for 5.5 km.

At the junction of trails 5/6/7, take the balcony trail heading due south for 1 km. Take the trail on the left and follow the series of gentle curves to Clamensane. Then take the road for 2.5 km. On the right, a trail leads you back to La Motte-du-Caire.

On your path...



* The apple (A)

All useful information

Advices

- A bit challenging but no portages.
- Combine with routes 5 and 6 (La Blachère: North and South routes).
- Accessibility: year-round

How to come ?

Transports

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

Access

From Sisteron (22 km), take the D 951 northeast to La Motte-du-Caire.

Advised parking

Parking lot in La-Motte-du-Caire

On your path...



* The apple (A)

The emergence of the Rosaceae family 80 million years ago marked the birth of this large family to which the apple belongs. The apple as we know it today first appeared in the early Quaternary period in the region of Turkey, approximately 2 million years ago. Originally, apples were tiny and poisonous. During the Neolithic period, the shift to a sedentary lifestyle, along with access to agriculture and animal husbandry, facilitated their development and subsequent spread to Egypt, Greece, and Italy. In the 7th century BC, the founding of Marseille by the Greeks was undoubtedly one of the starting points for the introduction of the apple tree in southern France. The Romans brought with them the thirty or so varieties they knew. From the 10th to the 14th century, monasteries developed the importation and grafting of apples. Today, several thousand apple varieties exist; here, the Golden Delicious is the most common. As for its medicinal benefits, here are a few that will certainly encourage you to eat apples more often (tooth decay, constipation and diarrhea, fatigue, insomnia, obesity and cellulite, burns...).

Attribution : Office de Tourisme La Motte du Caire