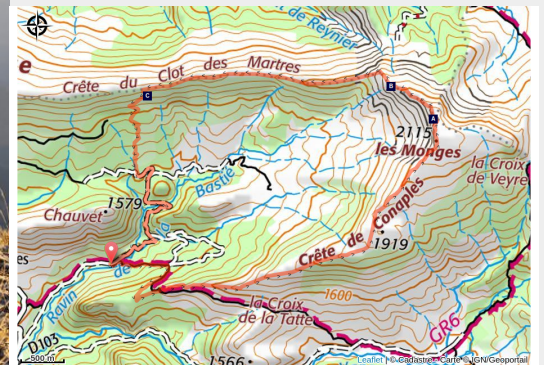


Sommet des Monges (from Authon)

Sisteron - Authon



Coucher de soleil au sommet des Monges (Martin Champon)



This 14-kilometer trail through the Monges pastures offers a beautiful view of the Feissal Valley and the Monges mountain range from its summit. Mouflons may be spotted along the way.

Useful information

Practice : Hiking

Duration : 6 h

Length : 14.2 km

Trek ascent : 1132 m

Difficulty : Hard

Type : Loop

Themes : Pastoralism, Summit and pass

Trek

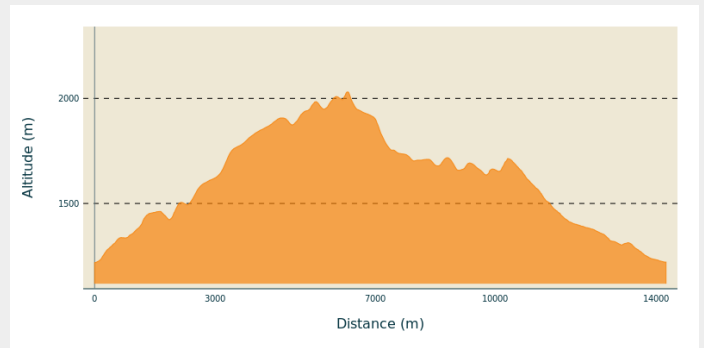
Departure : La Peyrouse hamlet in Authon

Arrival : La Peyrouse hamlet in Authon

Markings : — PR

Cities : 1. Authon
2. Bayons

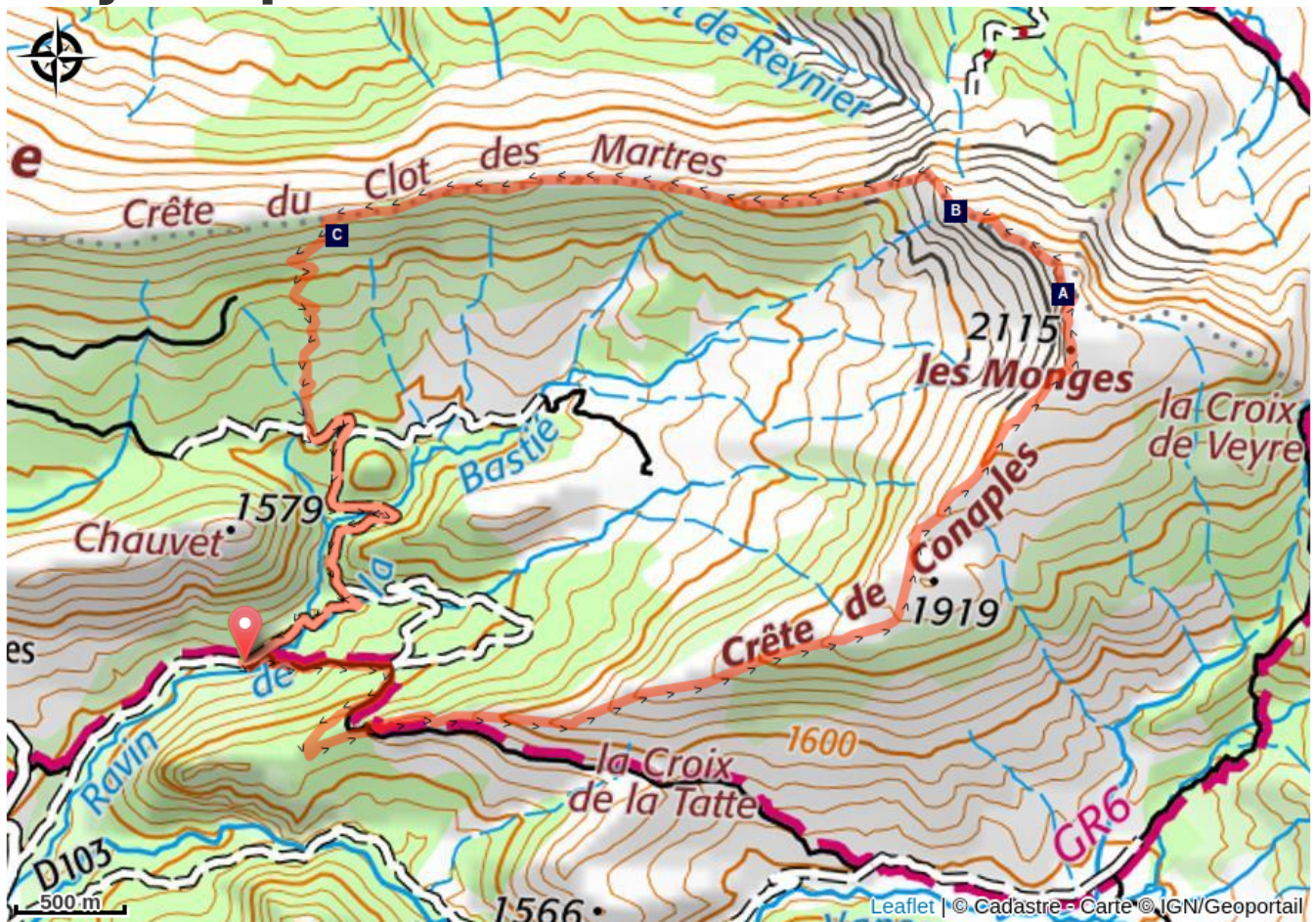
Altimetric profile



Min elevation 1218 m Max elevation 2031 m

This route passes through the Crête de Conaples and the Crête du Clot des Martres.

On your path...



- ✳ Orientation table (A)
- ✳ Viewpoint (C)

🦅 Golden Eagle (Aigle royal) (B)

All useful information

Advices

WARNING: On this route, you may encounter livestock guard dogs tasked with protecting herds from wolf attacks.

To minimize the risk of conflict, **bringing pets is strongly discouraged, even if they are on a leash.**

Cyclists, please be especially vigilant: upon seeing a herd, you must get off your bike, stop, and allow the dogs to assess you. Then, give the herd a wide berth, keeping your bike between you and the guard dog.

In any case, remain calm, avoid sudden movements, and do not attempt to cross through the herd.

→ To learn more about how to behave around guard dogs: <https://rando.sisteron-alpesprovencales.fr/information/14-Les-patous-et-nous-!>

- Avoid during stormy weather
- Give herds a wide berth. If guard dogs are present, stop, stay calm, and do not threaten or pet them.

How to come ?

Transports

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

Advised parking

Les Monges Forest Trail, La Peyrouse (Authon)

Information desks

Bureau d'accueil des via ferrata

viaferratalecaire@sisteronais-buech.fr

Tel : 04 92 68 40 39



On your path...

✧ Orientation table (A)

At the summit of Coste Belle, located just a few meters from the highest point of the Monges hike, a semi-circular orientation table was installed in 2017, highlighting the many peaks visible on the horizon. From this panoramic viewpoint, you can spot the peaks of the Vercors, Dévoluy, Ecrins, Queyras, Ubaye, Mercantour, Verdon, and Luberon mountain ranges.



🦅 Golden Eagle (Aigle royal) (B)

This “king of birds” or bird of Zeus regularly soars over the entire mountain range, leaving no animal indifferent. Marmots whistle if he gives them the chance, other birds flutter about, while the chough or, at times, the raven, scolds him. The royal attribute, beyond its appearance, its flight, the stern gaze it seems to possess, and the strength of its beak and talons, has long been associated with the power of the one it seems to embody: the monarch. Yet, in ornithological terminology, this term means nothing other than “true” or “real.” The Golden Eagle is therefore above all the true eagle, the genuine eagle. Capable of living for over 25 years, this “king of birds” possesses vision eight times more acute than that of a human. Its nesting site generally consists of several nests or roosts in which one or two young attempt to survive. Very often, a lack of food proves fatal to the youngest chick. Once it leaves the nest, the young eagle is easily recognizable by the clearly visible white spots on and under its wings and tail: the distinctive markings clearly visible in our photo.

Attribution : Office de Tourisme La Motte du Caire

✧ Viewpoint (C)

The Clot des Martres ridge offers a wonderful view on the Monges massif. This hiking route also allows you to reach the Monges summit