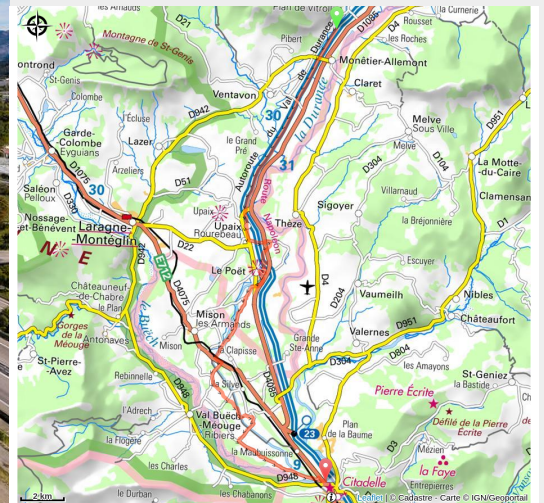


Durance by bike [from Monétier-Allemont to Sisteron]

Laragne / Méouge - Vitrolles



Au pied du Pic de Grigne (Cedric Tempier)



This stage of the Durance bike route invites you to explore the entire V862 cycle route along the Durance Valley, from Briançon (Hautes-Alpes) to Avignon (Vaucluse), covering a distance of 438 km.

From Monétier-Allemont to Sisteron, the mountain landscapes gradually give way to agricultural plains, orchards, and lavender fields.

The entire route is available on the website:

<https://laduranceavelo.fr/>

Useful information

Practice : Itinérance vélo

Duration : 1 day

Length : 31.3 km

Trek ascent : 242 m

Difficulty : Easy

Type : Itinérance

Themes : Agriculture and know-how, Lake, waterfall and river

Trek

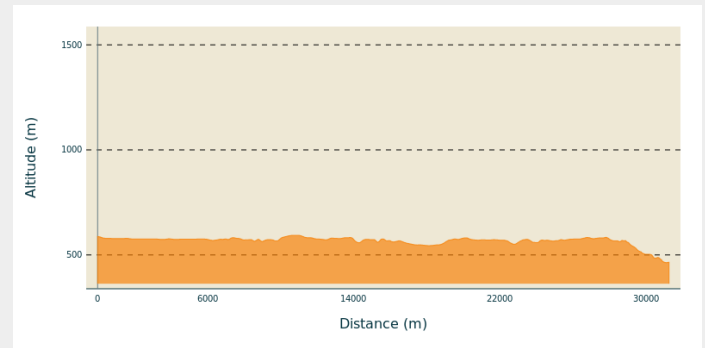
Departure : Monétier-Allemont

Arrival : Sisteron

Markings :  Cyclo

Cities : 1. Vitrolles
2. Monétier-Allemont
3. Ventavon
4. Upaix
5. Poët
6. Mison
7. Sisteron

Altimetric profile



Min elevation 463 m Max elevation 593 m

The Serre Ponçon Dam soon begins to divert a significant portion of its flow into the EDF canal. This structure will be the central feature of this stage, a mirror of water reflecting the Monges mountain range. The dam regulates floodwaters, leaving a river with limited fluctuations in flow. Beavers have returned to settle here, and more recently, otters as well.

No more winding paths; you lose yourself entirely as you follow the canal and the endless orchards, here and there, on the hillsides.

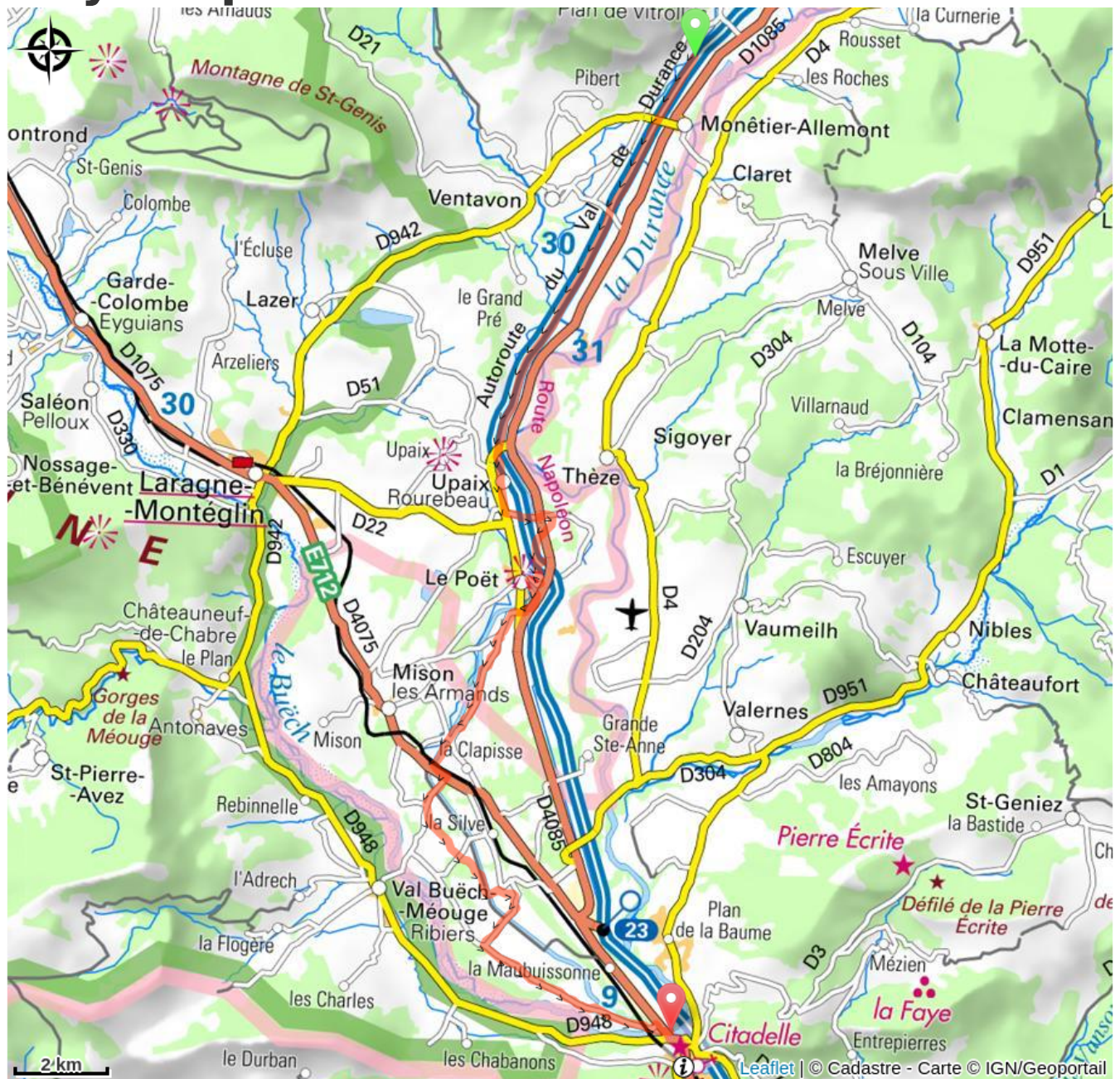
A quick glance at the hilltop villages, like Upaix, perched on outcrops of Triassic gypsum cutting through denser layers.

When you leave the canal to wander through the fields and glance over the ridge into the Buëch Valley, you easily forgive yourself for straying. Up above, you can take your time before plunging headlong into Provence, which opens its doors to you. We'll marvel at the erratic boulders, carried on the back of a glacier and deposited when it melted, whose geological characteristics bear no resemblance to the local context.

The final gateway: Sisteron, impossible to miss, clinging to these inverted layers, verticalized by Alpine orogenesis. We'll gladly spend a few hours here to treat ourselves to one last view of the high Alpine peaks. Then it will be time to head down to the lazy Durance River, which awaits us at its feet.

Source: <https://laduranceavelo.fr/>

On your path...



All useful information

How to come ?

Transports

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

Information desks

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