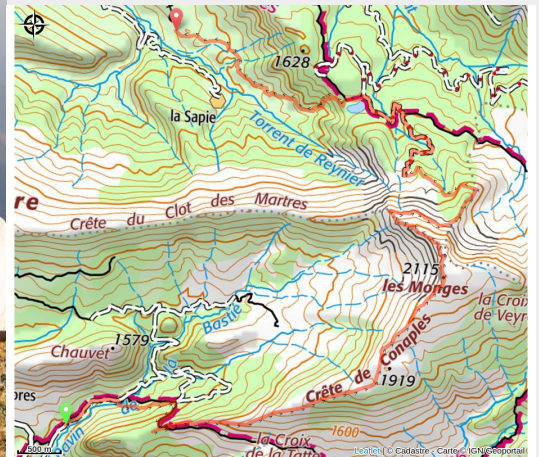


Step 3: Authon - Beaudinard (via the summit and Monges lake)

Sisteron - Authon



Sommet des Monges (Martin Champon)



This 16-km stage is highly anticipated because it passes through the legendary highlight of this route: the Sommet des Monges! From Authon, a forest trail leads to the Crête de Pierre Mont, offering unobstructed views of the beautiful surrounding pastoral landscapes. Amid increasingly mountainous scenery, the Crête de Conaples leads to the famous Sommet des Monges, at 2,115 m. This summit is a remarkable, cirque-shaped mountain, where alpine pastures and ridgelines stretch out across one of the most beautiful wilderness areas in the Alpes de Haute-Provence. As the highest and central point of the massif, the panorama here is exceptional.

On the summit of Coste Belle, located a few meters from the highest point of the Monges hike, a half-moon-shaped orientation table was installed in 2017, identifying 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 ranges.

The route continues to the Col de Clapouse, in the alpine pastures. Just below lies the Refuge du Seignas, a self-catering hut where you can enjoy a pleasant break.

The descent to Lac des Monges is also very scenic. This lake is another must-see. The unobstructed view of the Reynier Valley takes in the entire Baronnies region. A steep descent through red sandstone marl leads to Beaudinard, a charming hamlet nestled in the hills.

The descent to Lake des Monges is also very scenic. This lake is another must-see destination. The unobstructed view of the Reynier Valley takes in the entire Baronnies region. A steep descent

Useful information

Practice : Trek

Length : 16.4 km

Trek ascent : 1102 m

Difficulty : Medium

Type : Itinérance

Trek

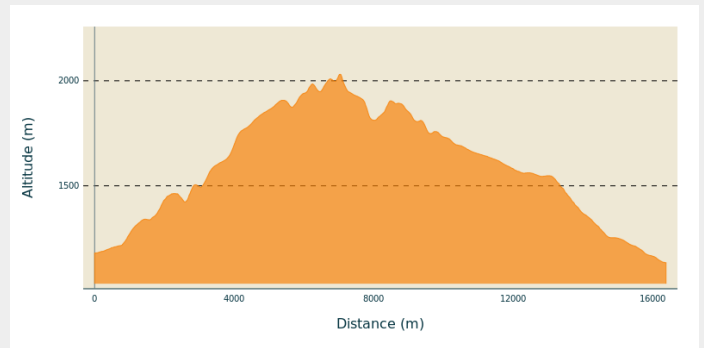
Departure : Village, Authon

Arrival : Village, Beaudinard

Cities : 1. Authon

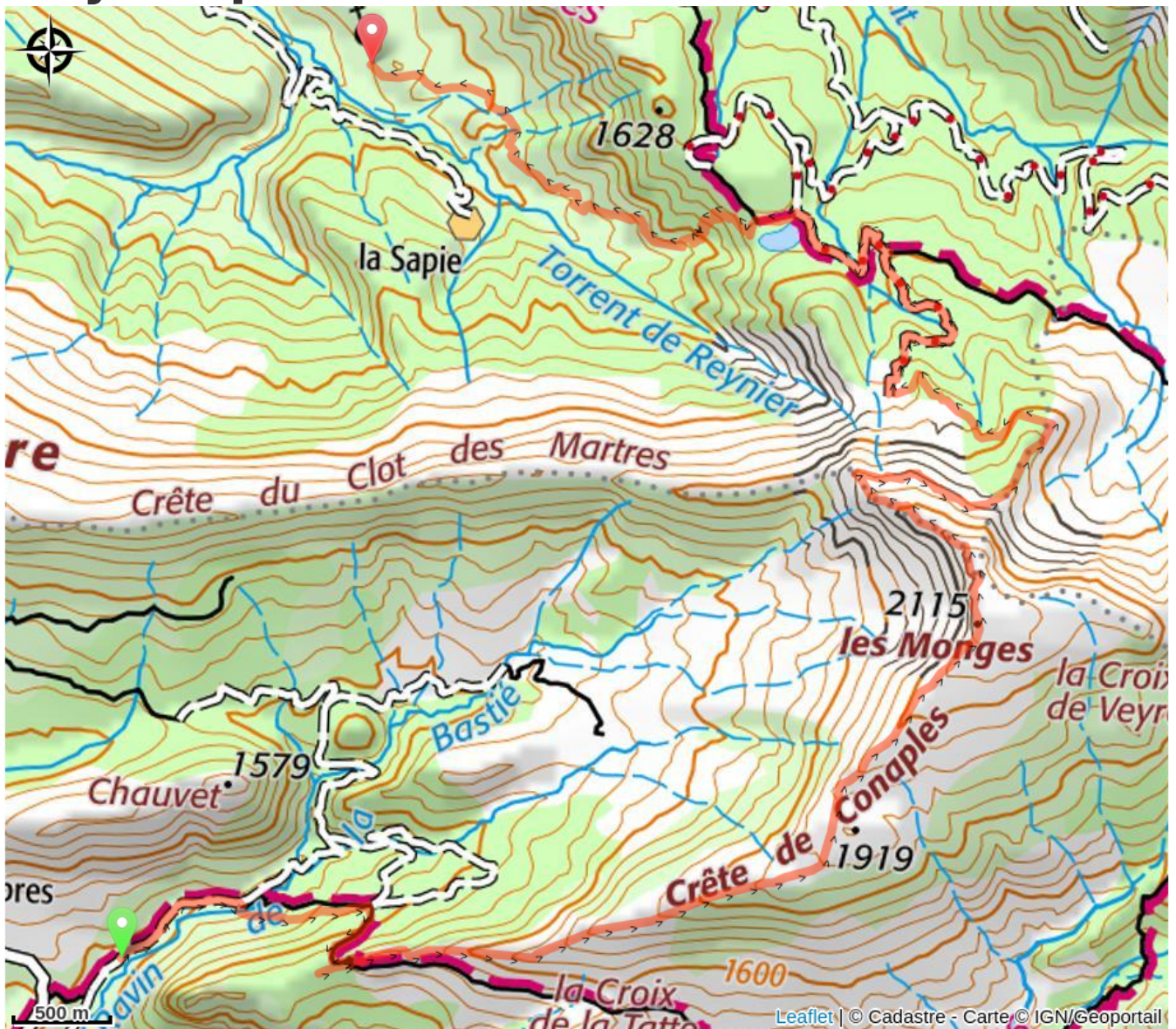
2. Bayons

Altimetric profile



Min elevation 1134 m Max elevation 2031 m

On your path...



- ✳ Orientation table (A)
- ☀ Monges lake (C)

- 🦅 Golden Eagle (Aigle royal) (B)
- 🐄 The transhumance (D)

All useful information

Advices

You can ask the Reynier innkeeper to arrange transportation to the inn so you can spend the night there

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



🌊 Monges lake (C)

Lake des Monges is an artificial lake created in 1970 when the forest road was opened. Originally, the site was a marsh, and with the construction of the dam, the lake gradually formed (fed by snowmelt and rainfall).

Its depth varies significantly, ranging from 1.80 m to 2 m. The Sisteron Fishing Association has carried out numerous stocking efforts (with various species: trout, Arctic char, carp, etc.), but only the tench have survived.

Fishing is permitted (standard fishing license required).

Attribution : Office de Tourisme La Motte du Caire



🐏 The transhumance (D)

In the past, from Provence to the Southern Alps, vast herds would make their way to the Alps as summer approached. These transhumances (from the Greek “trans,” meaning “across,” and “humus,” meaning “soil”) took place along mountain trails or paths reserved primarily for the movement of herds. These routes played a vital role in attracting people, fostering strong local economies, as well as shaping culture, architecture, biological diversity, and the environmental value of the region. On this trail, you find yourself in the heart of one of these transhumance routes (after descending through the beech forest to the pastures of Clapouse). Today, most livestock is transported by livestock trucks. Nevertheless, come fall, the bleating of sheep and the ringing of cowbells still echo across these highlands of Provence.

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