Tour des Hautes Terres

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

Au bord du Sasse (Martin Champon)

Welcome to the Hautes-Terres de Provence for a 5-day trek to the ends of the earth, in the heart of an unspoiled, wild landscape.

"The Haute-Provence UNESCO Geopark is often referred to as a ‘geologist's paradise.’ Indeed, bearing the traces of more than 300 million years of Earth's history, this landscape is a geologist's dream. Yet you don’t need to be a scientist to appreciate the magnificent landscapes that nature offers here. All you have to do is look, let yourself be carried away, and immerse yourself… Discover its unique geological heritage, its remarkable biodiversity, its culture woven from human stories, and its life-size contemporary art."
Source: www.geoparchauteprovence.com

Useful information

Practice : Trek

Duration : 5 days

Length : 70.7 km

Trek ascent : 3617 m

Difficulty : Medium

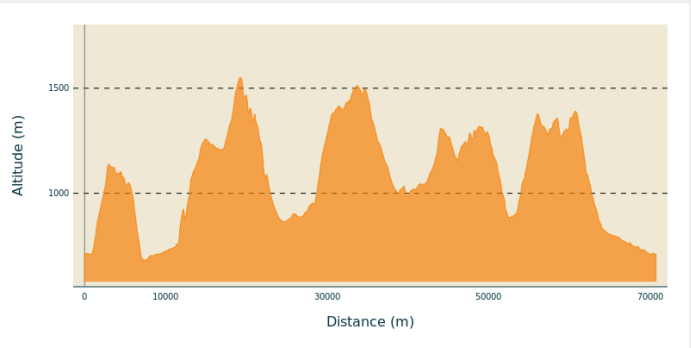
Type : Itinérance

Themes : Geology, History and architecture, Lake, waterfall and river

Trek

Departure : Village, La Motte du Caire
Arrival : Village, La Motte du Caire
Markings : PR GR
Cities : 1. Motte-du-Caire
2. Clamensane
3. Bayons
4. Turriers
5. Faucon-du-Caire
6. Venterol
7. Caire

Altimetric profile



Min elevation 679 m Max elevation 1550 m

Shaped by mid-mountain agriculture and a rich geological history, the Hautes-Terres de Provence offer breathtaking landscapes that are an integral part of the UNESCO Haute-Provence Geopark.

As you pass through villages with unique charm, you'll encounter waterfalls and meandering rivers, forests and mountain passes with magical views, and accommodations set in a wild, natural setting! A feast for the eyes, but that's not all... The establishments along the route offer meals made with local products that will give you the energy you need to continue your journey.

A 5-day hiking route that's still relatively unknown but features truly remarkable stops. Pack your backpack and hiking boots now!

Stages :

1. Step 1 : La Motte du Caire - Clamensane
   7.8 km / 469 m D+ /
2. Step 2 : Clamensane (Pont de Reynier) - Bayons
   17.4 km / 1071 m D+ /
3. Step 3 : Bayons – Turriers
   14.2 km / 747 m D+ /
4. Step 4 : Turriers – Faucon-du-Caire
   12.5 km / 588 m D+ /
5. Step 5 : Faucon-du-Caire – La-Motte-du-Caire
   18.4 km / 729 m D+ /

On your path...

Talking rocks (A)

All useful information

⚠ Advices

- Make sure your gear is appropriate for the day’s weather conditions. The Hautes Terres de Provence can experience extreme heat in the summer and the harshness of a mountain climate year-round. Be sure to bring plenty of water and sturdy shoes. Trails can be very steep and technical in places.
- Please be aware that you will be crossing pastures. We recommend visiting the website https://www.tourisme-alpes-haute-provence.com/conseils-randonneurs/

How to come ?

Transports

Let’s limit our travel and consider using 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 near City Hall, La Motte-du-Caire

On your path...

Talking rocks (A)

In the Land of the Talking Rocks!
At the end of this hike, you'll have the chance to listen to a Talking Rock. To do so, simply scan the QR code on the rock to hear a story. To listen again, repeat the process as many times as you like. (Note: the rocks are silent from December 15 to March 15).
If you enjoyed this unique experience, you can set out to discover the other Talking Rocks scattered throughout the area. They'll give you the chance to hear many more stories from all over the world.
In a single day, as you wander at random, Robert Seven-Crows, the Canadian Native American from the MicMac tribe, will transport you to his ancestors' campfire with tom-toms and Native American stories. Daniel Lhomond will share with you, in confidence, a few secrets of his native Périgord. Patricia Gaillard, from the Jura region, will reinvent the tales of your childhood. Dominique Ottavi, accompanied by his guitar, will tell you stories of Corsica, while Kamel Guennoun, a Kabyle from the Cévennes, will blend the Orient with tradition.
Twenty-two of their creations to listen to and relisten to without ever growing tired of them, in the heart of nature, near these Speaking Rocks, all set in magical, timeless places, at a time of your choosing.

Attribution : Office de Tourisme La Motte du Caire