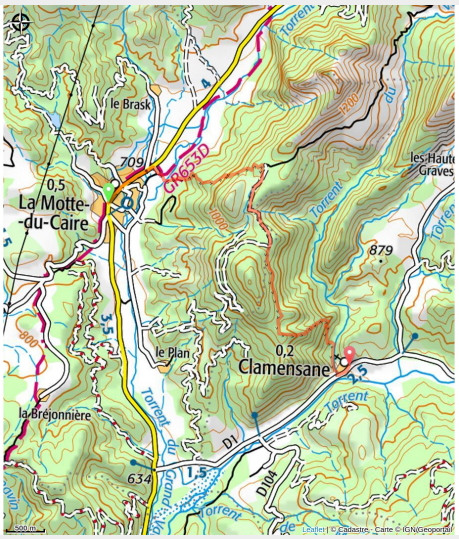
Step 1 : La Motte du Caire - Clamensane

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

(Martin Champon)



This first short stage, covering 7.8 km, starts in the picturesque village of La Motte-du-Caire, nestled in the heart of the Alpes-de-Haute-Provence. Those wishing to travel there by public transportation can reach the village by bus from Sisteron.
The trail begins in a wooded setting, with a climbing path leading up to Grand Abian. A viewing tube allows you to take in the beautiful, unobstructed view offered by this small panoramic hill overlooking the valley. The rest of the route takes hikers down a steep, zigzagging descent toward Clamensane. This village, situated at an altitude of 700 meters, offers a bountiful natural setting where numerous tree species coexist, some of which—traditional varieties—are several centuries old. According to ancient legend, its name means “healthy climate.” Nestled against a hillside, the village exudes a certain charm and offers a magnificent view of the Sasse Valley.

Useful information

Practice : Trek

Length : 7.8 km

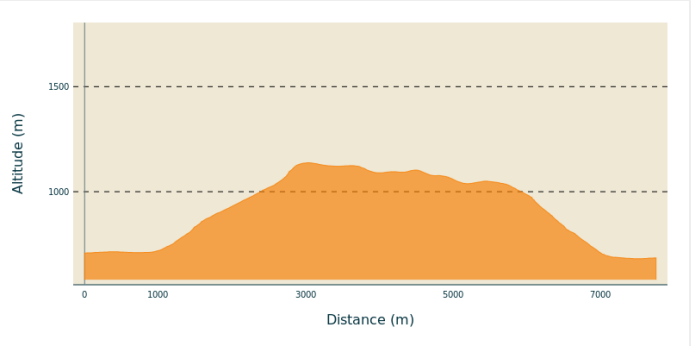
Trek ascent : 469 m

Difficulty : Medium

Trek

Departure : Village, La Motte du Caire
Arrival : Village, Clamensane
Cities : 1. Motte-du-Caire
2. Clamensane

Altimetric profile



Min elevation 681 m Max elevation 1138 m

On your path...

le Brask
709
GR653D
0,5
La Motte-
-du-Caire
1200
1000
800
879
les Haute
Graves
Torrent
du
le Plan
0,2
Clamensane
2,5
3,5
la Bréjonnière
D1
D104
634
1,5
500 m
Leaflet | © Cadastre - Carte © IGN/Geoportail

All useful information