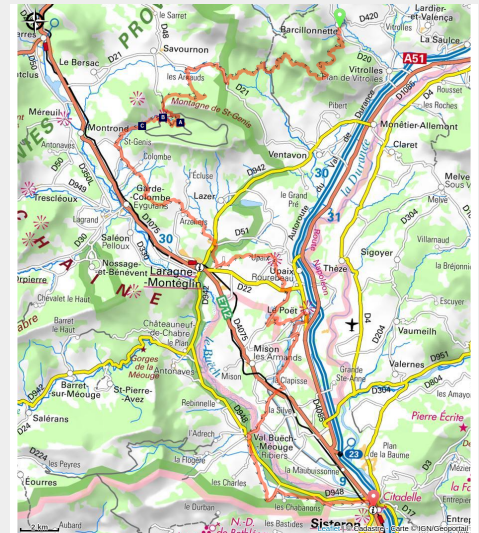


Chemins du Soleil [from Barcillonnette to Sisteron]

Laragne / Méouge - Barcillonnette



Gorges du Riou (CCSB)



Les Chemins du Soleil offers two routes through the heart of nature to explore the Pre-Alps:

From the Rhône Valley to the Provençal Alps (Valence-Gap-Sisteron)

From Lake Geneva to the Mediterranean Sea (Thonon-les-Bains-Nice)

In total, more than 1,400 km of mountain bike trails designed “by mountain bikers for mountain bikers” and certified by the FFC.

Part of this major route is described on this page and follows the 77 km of marked trails between Barcillonnette and Sisteron.

Useful information

Practice : Itinérance vélo

Duration : 7 h

Length : 78.4 km

Trek ascent : 2282 m

Difficulty : Hard

Type : Itinérance

Themes : Forest, Lake, waterfall and river, Off the beaten track

Trek

Departure : Barcillonnette

Arrival : Sisteron

Markings : 🚲 VTT

Cities : 1. Barcillonnette

2. Ventavon

3. Savournon

4. Garde-Colombe

5. Laragne-Montéglin

6. Lazer

7. Upaix

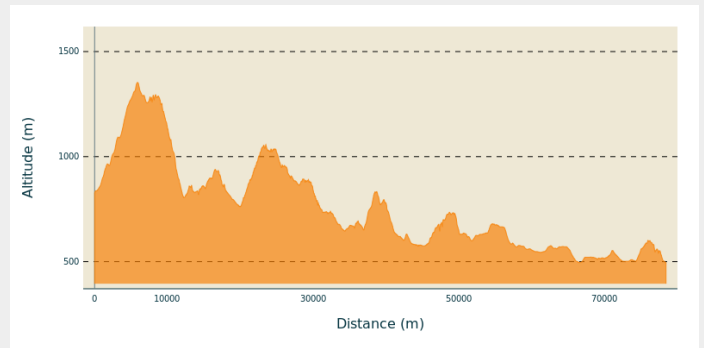
8. Mison

9. Poët

10. Val Buëch-Méouge

11. Sisteron

Altimetric profile



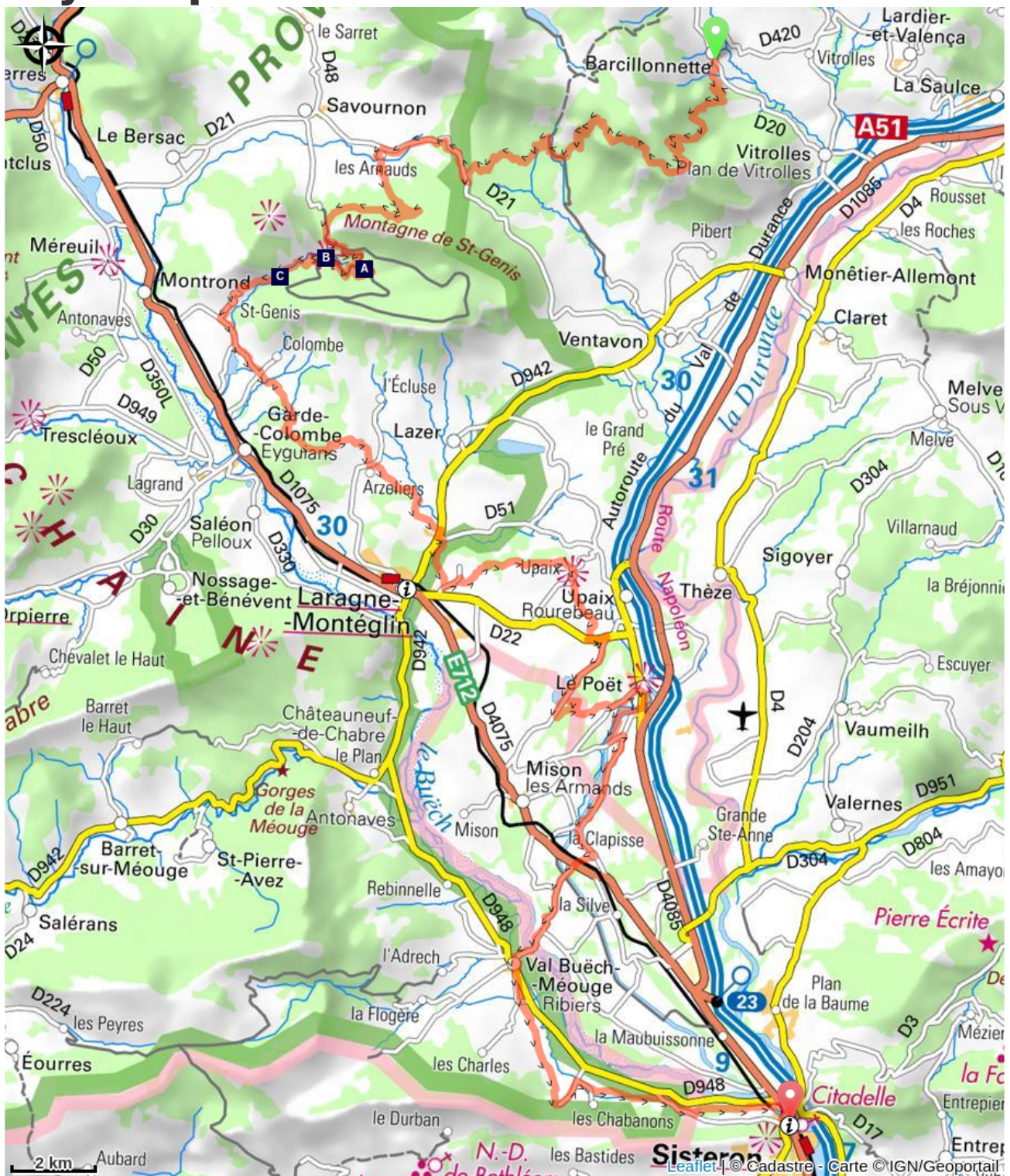
Min elevation 495 m Max elevation 1353 m



On the section from Barcillonnette to Sisteron, you can split the stage into two separate days by spending the night near Laragne.



Stages :

1. Chemins du Soleil [mountain route]
52.5 km / 2031 m D+ / 5 h

On your path...



-  Source of Saint-Lagier (A)
-  Riou canyon (C)

-  Viewpoint (B)
-  Riou lake (D)

All useful information

Advices

- Along these mountain bike routes, you'll find suitable lodging options that will allow you to plan your stops however you like.
- To continue south of Sisteron, a more challenging route connects Sisteron, Thoard, and Digne-les-Bains: "[the mountain route](#)."

How to come ?

Transports

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

Information desks

Office de Tourisme Sisteron Les Alpes Provençales - bureau de Laragne

Place des Aires, None 05300 Laragne-Montéglin

laragne@sisteron-buech.fr

Tel : 04 92 65 09 38

<https://www.sisteron-alpesprovencales.fr/>



Office de Tourisme Sisteron Les Alpes Provençales - bureau de Sisteron

1 place de la République, 04200 Sisteron

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On your path...

Source of Saint-Lagier (A)

The small source of Saint-Lagier crosses the route forestière du Château (forest road of the castle) passing under a bridge. The stream then flows into the Riou-torrent, as one of its many tributaries. They feed the river by digging the gorges of the same name. They also fill the lake of Riou.

Viewpoint (B)

The paths crossing the forest of Jubéo lead to magnificent points of view on the Cirque de Genis and on the valley of Savournon. From there, you can admire the Riou gorges and the Pic de l'Aigle that stands out of the landscape.

Riou canyon (C)

Taking its source in the heart of the national forest of Beynon, the Riou dug its gorges. The Gorges du Riou connects the Jubéo Forest and the village of Saint-Genis.

Riou lake (D)

Fed by the stream of the same name, Lac du Riou is a popular spot for locals and tourists alike during the summer. With supervised swimming in July and August and plenty of amenities (tables, restrooms, playground equipment, and more), Lac du Riou is the perfect place to stop for a refreshing break.