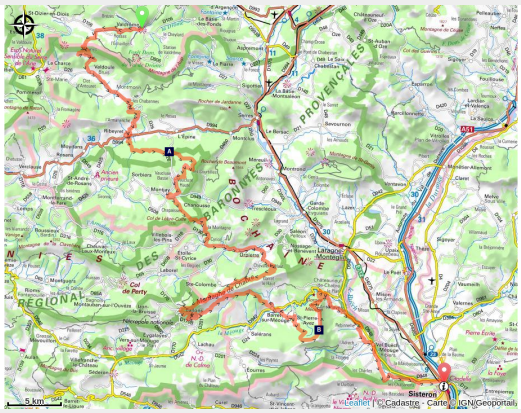
Chemins du Soleil [from Valdrôme to Sisteron]

Rosans - Valdrôme

Sur les hauteurs de Sisteron (Martin Champon)



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 127 km of marked trails between Valdrôme and Sisteron.

Useful information

Practice : Itinérance vélo

Duration : 2 days

Length : 127.9 km

Trek ascent : 4919 m

Difficulty : Hard

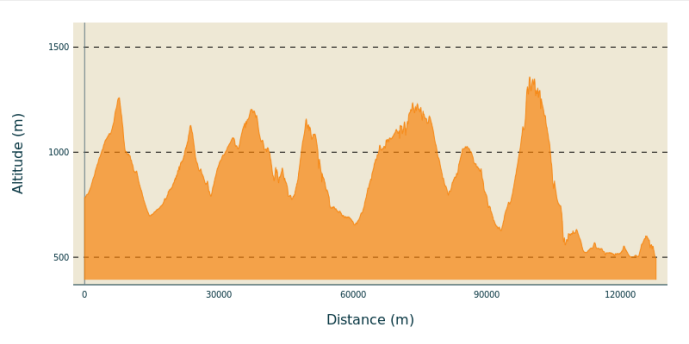
Type : Itinérance

Themes : Forest, Off the beaten track, Panorama

Trek

Departure : Valdrôme
Arrival : Sisteron
Markings : VTT
Cities : 1. Valdrôme
2. Saint-Dizier-en-Diois
3. Valdoule
4. Ribeyret
5. Épine
6. Montjay
7. Étoile-Saint-Cyrice
8. Orpierre
9. Sainte-Colombe
10. Ballons
11. Izon-la-Bruisse
12. Barret-sur-Méouge
13. Saint-Pierre-Avez
14. Val Buëch-Méouge
15. Sisteron

Altimetric profile



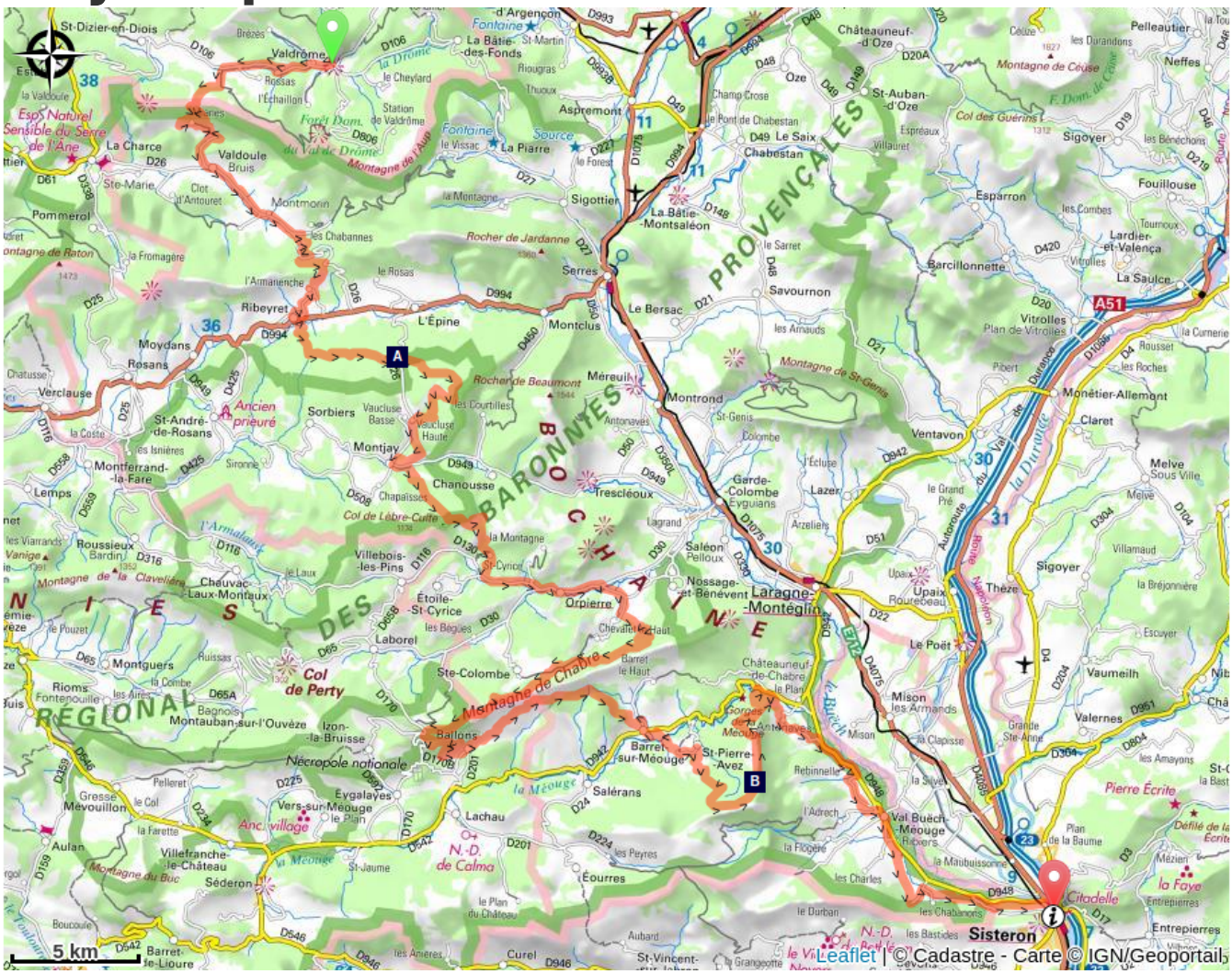
Min elevation 493 m Max elevation 1358 m

On the section from Valdrôme to Sisteron, you can break the stage down into two or three separate days, spending the night near Opierre and Laragne.

Stages :

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

On your path...



Serre-Larobe pass (A)

Saint-Cyr peak (B)

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 Sisteron
1 place de la République, 04200 Sisteron
sisteron@sisteron-alpesprovencales.fr
Tel : 04 92 61 36 50
https://www.sisteron-alpesprovencales.fr/

On your path...

Serre-Larobe pass (A)

At the south of l’Epine commune, Serre-Larobe pass located at 1014 meters high is the only crossing point between l’Epine and Montjay village.

Saint-Cyr peak (B)

Saint-Cyr peak offers a breathtaking view on the surrounding hamlets. When the weather is good, you can also observe from its ridge Ventoux Mount’s hilly area, the Platte summit and Chabre Mountain.