

THE ALPES-PROVENCE



VAR. SISTERON – CHÂT.-VAL-ST-DONAT

V2

Distance **19 KM**
Duration **2H45**

D+/D- **750 M / 660 M**
VTOPO/FFC **V2 / RED**

For those who wish to join the Provence Alps MTB itinerary mid-way - this option starts at Sisteron (train and bus station, motorway) and after a few days finishes the route between Sisteron and Manosque (130 km). Between Sisteron and the Durance valley, the ride is varied and hilly combining quiet roads, tracks and beautiful paths providing different atmospheres for the rider. The entire itinerary is signed "Chemins du Soleil". Just before Châteauneuf Val Saint-Donat, it joins the "GT THE ALPES-PROVENCE" waymarkers.

Section

(493 m) At the Sisteron tourist information centre round-about, take the direction of the citadel. Take the 2nd road on the left towards Peipin and the Gendarmerie. At the Thor round-about, go straight ahead.

(1: 2,5 km - 538 m) LOOK CAREFULLY! After a right-hand bend, take the descent on the left: the "la Nuirie" trail.

(2: 4 km- 471 m) Turn left for Peipin. After 1,8 km cross a bridge on the right. After the old lime kiln, take the right-hand trail heading upwards. At the top of the steep climb, turn left onto a flat trail. View point. At the next intersection, continue straight on.

(3: 9,3 km - 614 m) During the descent, at the 4-trail crossroad, turn right and take the steepest trail. On a right bend before a steep climb, continue opposite you on a little worn path. Keep a look out for visible waymarkers. Descend in a combe and climb up on a path. At the next trail, turn right into the oak trees and juniper bushes. Before the power line, continue the descent on the right (be careful). Stay on the main track. Cross the RD951 and follow la route des Granges to Peipin. After the war memorial, follow the right-hand path alongside the road. Continue on the right-hand side of the road to the Aubignosc cemetery.

(4: 12 km - 481 m) At the church, go around the cemetery to take a small right-hand path that climbs on the embankment (it is possible to reach Aubignosc town centre and its businesses by the road). Cross the locally-made bike park and head into the forest. Follow the path for 2,5km.

(5: 14,5 km - 532 m) At the track, climb on the left then cross the barrier and climb to Pas des Boeufs. At the col, continue straight on as far as the end of the track, and then descend the trail on the left.

(6: 15,8 km - 529 m) At the river, cross the ford and climb the right-hand path (pushing). Then head towards Amarines and climb to the right following the GR653D hiking route in the direction of le vieux village de Châteauneuf Val Saint-Donat.

(7: 18,3 km - 635 m) Leave the GR route and follow the track passing below le vieux village, then take the right-hand path at the old ruin. Join the track again and descend to La Peyrouse (the junction point with the "Grande Traversée" of the Provence Alps.) Ignore the "Chemins du Soleil" itinerary on the left that leads you to the village of Château-Arnoix and instead go right following the Provence Alps waymarkers.

WHAT TO SEE

- ✓ Citadelle de Sisteron
- ✓ « Plan d'eau » de Sisteron (man-made bathing lake)
- ✓ Perched village of Aubignosc
- ✓ "Le vieux village" of Châteauneuf Val St Donat (old ruins)

SERVICES

- ✓ SNCF train and bus station in Sisteron
- ✓ All types of shops and services in Sisteron (a bike shop)
- ✓ Commercial Zone in Peipin
- ✓ "Stop-over gite" (Gîte d'étape) in Peipin
- ✓ Bakery in Aubignosc

