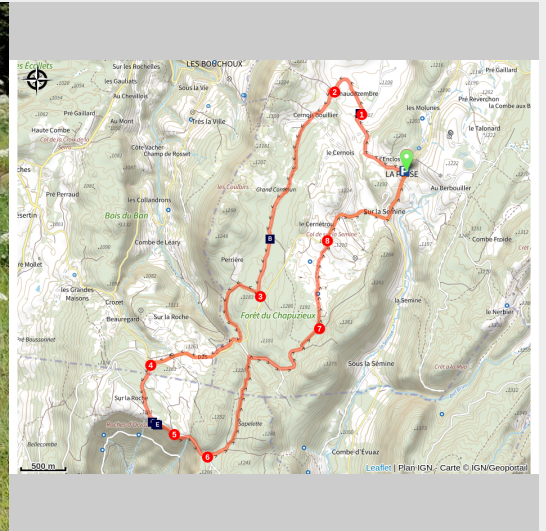


Around the Rocks of Orvaz

Haut-Jura Saint-Claude - La Pesse



Les Roches d'Orvaz (PNRHJ - F. Jeanparis)

Forests, clearings and prairies, full of life, culminating at the jagged cliffs of the Rocks of Orvaz for a well-deserved break with a clear view over the valley of the Semine and the Orvaz cirque.

The diversity of its landscapes and paths makes this trail a pleasant and accessible one. The only possible difficulty resides in the forest paths in the Chapuzieux forest, which can be humid and muddy.

Useful information

Practice : MTB eMTB

Duration : 2 h 30

Length : 13.5 km

Trek ascent : 271 m

Difficulty : Moderate

Type : Circular

Themes : Fauna - Flora,
Geology, Landscapes

Trek

Departure : La Pesse church

Arrival : La Pesse church

Markings : 🏠 Blue MTB ⚡ Green eMTB



From **LA PESSE**, head to the **La Pesse church**. Turn left (*MTB waymark no. 39*) up route de Chaudezembre, and then descend to the **Chaudezembre** hamlet.

Continue left on a tarmac road surrounded by pastures, ascending up to **The quarry**. Continue towards the **Old Dairy** for another 400 meters along this road, and then turn left at **Cernois Bouiller**, following a grassy path through a pasture.

From here, cut through a long forest on a succession of grassy, rocky and muddy paths, including a short section of forest path. As it is relatively flat, this part of the trail can become humid and requires that you be careful.

At the D25, head down the grassy, and later stony, trail on your left, joining up with the D25 400 meters further on at a hangar. Continue right on the D25 until you reach the **Old Dairy**.

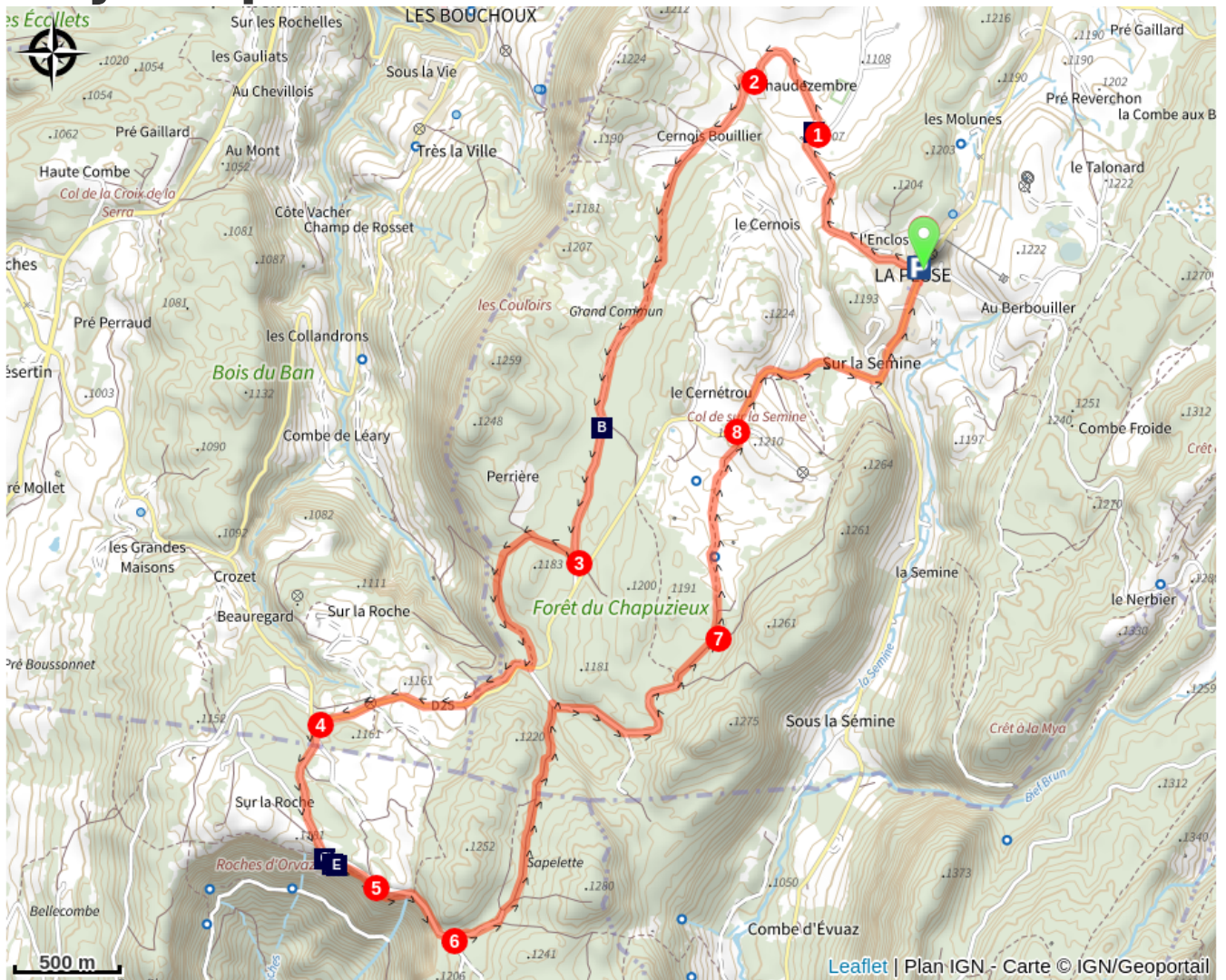
Branch off to the left (with care), and ascend a small road until you reach the **ROCKS OF ORVAZ** viewpoint.

Continue on this road until you come to an adapted viewpoint (get off your bike).

On returning to the road, continue towards **le Montelet**. Branch off to the left on a forest path, then take a muddy and stony path that opens onto the **Cernétrou woods**.

Reach the Pass in Sur la Semine via a little grassy path to the left through the middle of pastures, and equipped with MTB paths, before joining up with the D25 once more. Take this road to return to the La Pesse **church**.

On your path...



Small polje of Chaudezembre (A)

The Hazel Grouse, a very discreet bird (B)

The wallcreeper (C)

The Peregrine Falcon (D)

The Rocks of Orvaz (E)

All useful information

Advices

Be careful when crossing the road **at the Old Dairy**.
Be careful along the edge of **the Rocks of Orvaz** cliffs.

For an MTB outing, wear a helmet and bring enough water.

Paths are shared with pedestrians and horse riders, who have priority, therefore, please adapt and control your speed.

To use MTB paths, do not hesitate to get down from your bike.

This trail passes through pastures and forest paths. To respect the owners and farmers granting you passage, and for the security of livestock and wild fauna, we ask that you remain on the waymarked paths and close gates behind you where there are no MTB paths.

Wild flowers are beautiful, they may be rare and protected and often wilt quickly. Do not pick them! They will delight the next admirers.

In case of forest works (felling, skidding, etc.), for your safety, know when to stop and turn around.

Environmental sensitive areas

Au cours de votre itinéraire, vous allez traverser des zones sensibles en rapport avec la présence d'une espèce ou d'un environnement spécifique. Dans ces zones, un comportement approprié permet de contribuer à leurs préservations. Pour plus d'information, des fiches sont disponibles pour chaque zone.

Western capercaillie

Sensitivity period: January, February, March, April, May, June, Decembre

Contact: Parc naturel régional du Haut-Jura
29 Le Village
39310 Lajoux
03 84 34 12 30
www.parc-haut-jura.fr

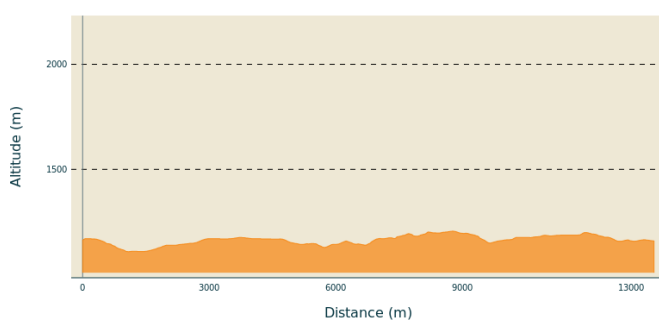
Le Grand Tétras est une espèce emblématique des forêts de montagnes françaises. Son apparence et son comportement font de lui un oiseau très atypique. Pouvoir l'observer relève d'un vrai défi, tant cet oiseau est discret, mais s'avère être un souvenir mémorable.

En hiver, son activité est réduite au minimum. Il passe la quasi-totalité de la journée perché dans un arbre et consomme uniquement des aiguilles de sapin. Une nourriture

très peu énergétique. Cette période est critique pour sa survie. Un oiseau subissant un dérangement régulier va puiser dans ses maigres réserves et finir par en subir les conséquences. Sa sensibilité à la prédation aura augmenté, ou bien il dépérira simplement à cause du manque d'énergie. Une autre période critique prend place du printemps au début de l'été avec la couvaison. Si la poule est surprise plusieurs fois, elle va abandonner le nid et laisser ses poussins seuls, sans protection. La survie des jeunes étant déjà très faible naturellement, ce phénomène accentue, d'autant plus, ce risque de mortalité chez les jeunes oiseaux.

Les pratiques qui peuvent avoir une interaction avec le Grand tétras en période de nidification sont principalement les pratiques sportives terrestres comme la randonnée, le ski, le VTT.

Altimetric profile



Min elevation 1108 m
Max elevation 1206 m

Transports

To visit and get about in the High-Jura, visit www.reshaut-jura.fr, the eco-mobility portal listing all means of transport within the Park.

Access

15 km south of Saint-Claude via the D124 and the D25.

Advised parking

Church parking lot, La Pesse

Information desks

Tourist information centre - Haut-Jura
Saint-Claude
3 place de l'Abbaye, 39200 Saint-Claude
Tel : +33 (0)3 84 45 34 24
<https://www.haut-jura-saint-claude.com/>



On your path...



Small polje of Chaudезembre (A)

Look at the landscape around you. It might remind you of the Causses: a relatively flat and open area, bordered, particularly to the East, by a steep landscape covered in forest.

Called a polje, this geological formation is a closed depression of several kilometres in diameter, from which water evacuates by filtering through the limestone rocks.

Further away to your left, note the presence of slightly pronounced lapies, rising out of the pastures. These limestone rocks have been eroded by runoffs from rainwater and changes in temperature.

Attribution : PNRHJ - F. Jeanparis



The Hazel Grouse, a very discreet bird (B)

Barely bigger than a dwarf hen, the Hazel Grouse's silhouette is rather large, with short legs and a short tail. Its plumage is subtly shaded and enables it to camouflage itself in its environment.

In spring, it feeds on the buds of hazel trees or other shrubs covering the forest floor. Very discreet, you may hear it quickly fly away on your arrival. Be careful, as from June, a subject that does not fly away may be looking to protect its young. Discreetly move away.

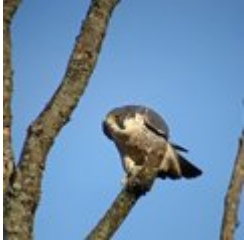
Attribution : Jean-Lou Zimmermann



The wallcreeper (C)

A high-mountain bird during the summer, the wallcreeper heads for the Jura between autumn and spring. Roughly the size of a sparrow, you will have the most chance of seeing it on the cliffs. A tireless surveyor, it creeps along cliff walls in search of small insects or spiders in the cracks. You will recognise it by its bright red wings.

Attribution : Fabrice Croset



The Peregrine Falcon (D)

Loops, dizzying dives, chases: between February and March, during mating season, these birds pair up and put on spectacular shows in the sky. This bird of prey can reach speeds of up to 350 km/h when in a vertical dive. Its quickness means that it is able to catch other birds mid-flight to feed. This ability has been used by falconers as a hunting weapon.

Attribution : Fabrice Croset



The Rocks of Orvaz (E)

This long and friable limestone cliff shows signs of erosion; faults spread from under your feet. (Take care when walking along the cliff and remain on the trail). The Rocks of Orvaz overlook the hamlet and the combe of Orvaz. Opposite the Roche Fauconnière (Falcon Rock), named after its resemblance to a falcon with wings outstretched, overlooks the Semine valley.

Attribution : PNRHJ / Gilles Prost