

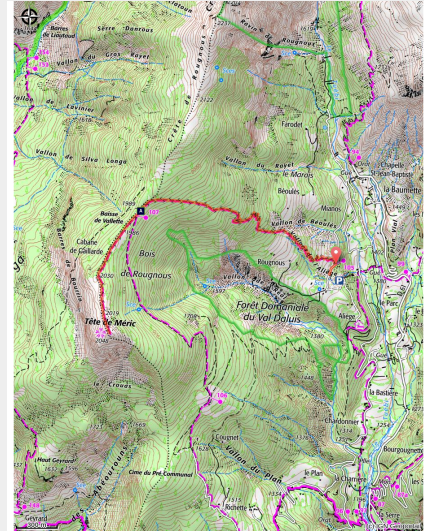


Le Bois de Rougnous

Vallées haut-Var&Cians



Enclos en pierres, sur la crête de Rougnous à Péone en automne (EVENOT Marc)



A walk where you will see many a Scotch pine and Mountain pine. Their role in the struggle against erosion in the Réal valley can be clearly seen here. For those who wish to, the Péone village heritage trail is located nearby.

Among the windfalls from Scotch pines, keep your eyes and ears open: you will maybe see or hear some of the many forest passerines such as the goldcrest, the chaffinch or th European crested tit...

Useful information

Practice : Hiking

Duration : 6 h

Length : 6.7 km

Trek ascent : 571 m

Difficulty : Hard

Type : Round trip

Themes : Fauna, Flora, Geology, Peak, Viewpoint

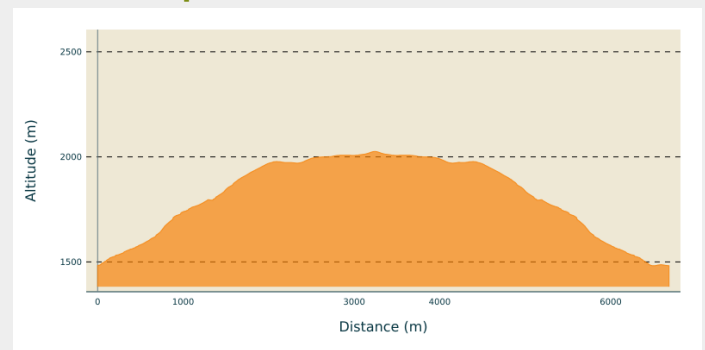
Trek

Departure : Aliège, hamlet of Péone (marker105)

Arrival : Aliège, hamlet of Péone

Cities : 1. Péone
2. Guillaumes

Altimetric profile



Min elevation 1482 m Max elevation 2026 m

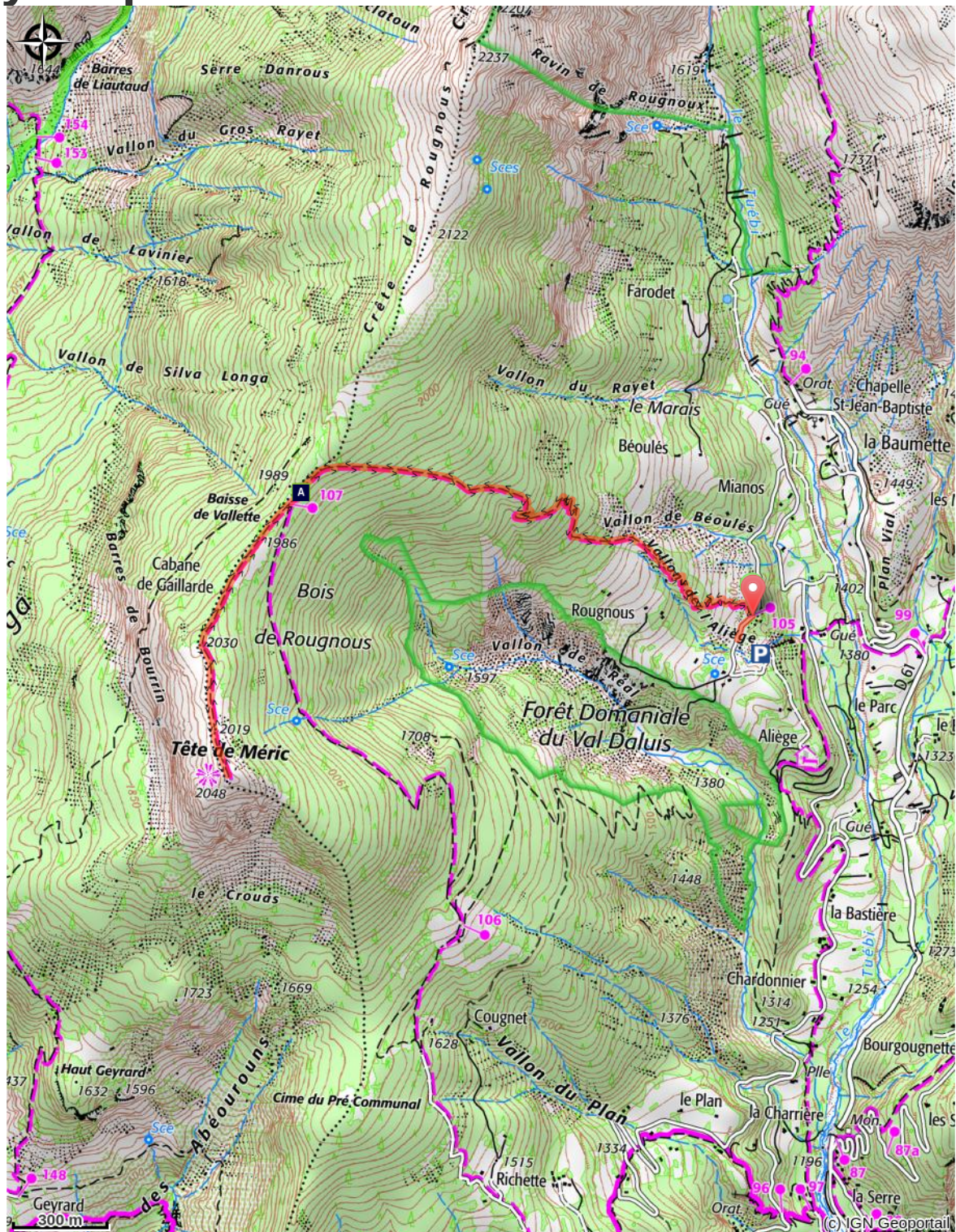
From marker 105, take the path with yellow markers which heads up to La Baisse de la Vallette (marker 107). Along the way, you will be able to explore the different types of forest which correspond to different levels of altitude: Scotch pines, larch on the peak and then Mountain pines.

At La Baisse de la Valette (marker 107), the view opens up, allowing you to admire the summits of the High Var Valley to the west and of the Massif du Mounier to the East.

Head back down into the Bois de Rougnous. When the woods thin out, marker 106 indicates the direction of Aliège on the left, and this is the way you should go. The walk continues to bypass the Réal valley, which you will now be able to look over: the hoodoos and the exposed ochre rocks show how much erosive activity there is here. Cross the valley via a path which is renewed every time the mountain stream bursts its banks.

Having crossed the valley, continue along a path to reach the hamlet of Aliège. You will then come across the road which will lead you back to the starting point in the matter of a few steps.

On your path...



 Black grouse (*Tetrao tetrix*) (A)

All useful information

Advices

Make sure that you do follow the yellow markers throughout this walk... There are a few hunters' and shepherds' paths which may cause you to take the wrong path if you are careless!

How to come ?

Transports

Bus 670 ou Bus Express 84 Nice - Beuil - Valberg.
Puis prendre la navette Village jusqu'à Péone. Marcher de Péone à Aliège.

Consulter les horaires sur le site [Zou](#)

Access

At Guillaumes, take the road which heads towards Péone (RD29). As you come into the village, turn left and then immediately right on the road to Le Chardonnier and Aliège.

Continue along this road (keep following these directions until you reach Aliège, marker 105).

Advised parking

Aliège, balise 105

Accessibility

None

Information desks

Maison du Parc national du mercantour - La maison Valberganne

Rue Saint Jean, 06470 Valberg

varcians@mercantour-parcnational.fr

Tel : 04 93 02 58 23

<http://www.mercantour-parcnational.fr>

On your path...



Black grouse (Tetrao tetrix) (A)

Also known as the blackcock, this sedentary galliforme is the symbol of the European Alps and can often be found on the edge of forests and in light woods. It is closely linked to the larch forest in the Mercantour.

The male's plumage is of a bluish-black colour with white bar on its wing and under its tail which is the shape of a lyre. This is very different to the female's plumage. She is light brown with dark brown stripes and she is also much smaller. Above the male's eye is a red caruncle which can be of varying size – in the spring it is very prominent – and the male also has a short beak.

Its courting rituals are legendary. The males engage in a lek and confront each other in vocal contests.

Attribution : VINAJ Jean-Charles