

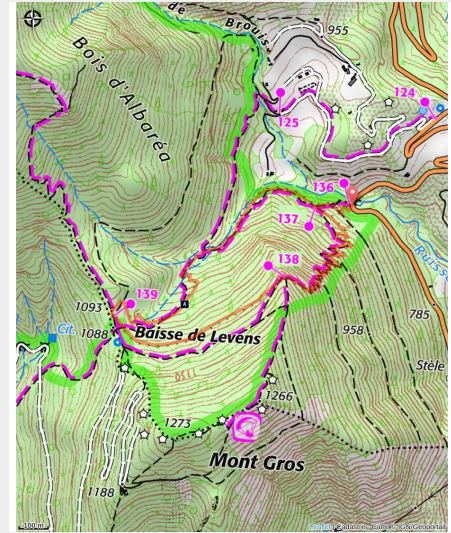


# La Baisse de Levens forests

Vallées Roya&Bevera - Breil-sur-Roya



Casoun près du Col de Brouis (Roya). Vue sur les forêts de la Baisse de Levens (MALTHIEUX Laurent)



*A hike through two original forest zones: a low-altitude spruce-fir forest and a young hop-hornbeam (or Ostrya) forest, tress which can only be found in the Mercantour National Park.*

With areas of Mediterranean foliage and mountain foliage, you can enjoy a walk in the shade of the communal forest of Breil.

## Useful information

Practice : Hiking

Duration : 2 h

Length : 3.5 km

Trek ascent : 269 m

Difficulty : Easy

Type : Loop

Themes : Fauna, Flora

# Trek

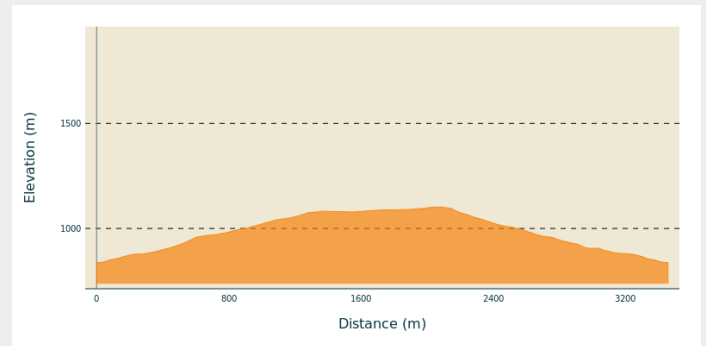
**Departure** : Marker 136, just below Col de Brouis

**Arrival** : Same (circuit)

**Markings** :  PR

**Cities** : 1. Breil-sur-Roya  
2. Sospel

## Altimetric profile



Min elevation 837 m Max elevation 1102 m

Leave from marker 136 at the bridge which crosses the Brouis brook. You will then enter into the heart of the Mercantour National Park.

At marker 137, turn right. The forest atmosphere will suddenly feel more intense. The coolness of the valley as well as the slope's exposure to sunshine constitute favourable conditions for spruce-fir trees.

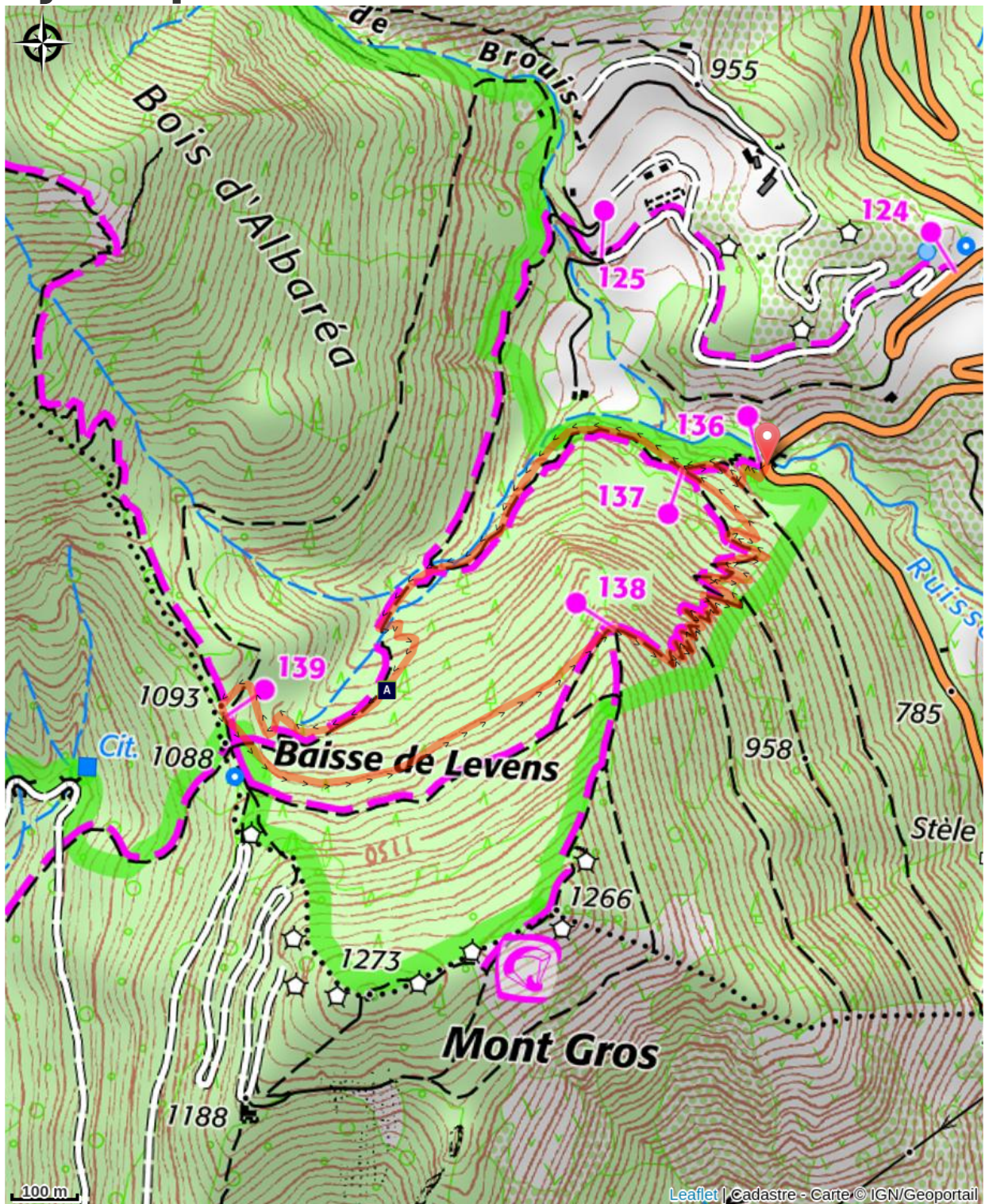
At marker 139, turn left towards Mont Gros. The forest here is clearly much older. On these slopes, the few large spruce-firs you can see must be around a hundred years old. You will also be able to see many saplings, showing that the forest is easily able to regenerate itself, underlining its well-preserved state.

At marker 138, go down Col de Brouis. Here you will enter a very singular type of forest: populated by the valleys typical hop-hornbeams on slopes which have only recently been populated by trees. This environment can only be found in central and southern parts of Europe.

To end the circuit, head down from marker 137 towards the road.



# On your path...



 Red fox (*Vulpes vulpes*) (A)

# All useful information

## **Is in the midst of the park**

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

## **How to come ?**

### Access

From Sospel or Breil-sur-Roya, via the Col de Brouis road (RD 2204).  
The itinerary begins at marker 136, just below Col de Brouis, where you can leave your vehicle.

### Advised parking

Before Col de Brouis, close to marker 136

 **Information desks**

**Maison du Parc national du  
Mercantour - Tende**

103 av du 16 septembre 1947, 06430  
Tende

tende-tourisme@menton-riviera-  
merveilles.fr

Tel : 04 83 93 98 82

<https://www.menton-riviera-merveilles.fr>

**Office de Tourisme Menton, Riviera  
& Merveilles - Bureau de Sospel**

1 place St Pierre, 06380 Sospel

sospel-tourisme@menton-riviera-  
merveilles.fr

Tel : 04 83 93 95 70

<https://www.menton-riviera-merveilles.fr>

**Office de tourisme Menton, Riviera  
& Merveilles - Bureau de Breil-sur  
Roya**

17, place Biancheri, 06540 Breil sur Roya

breil-tourisme@menton-riviera-  
merveilles.fr

Tel : 04 83 93 98 34

<https://www.menton-riviera-merveilles.fr/>

# On your path...

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## Red fox (*Vulpes vulpes*) (A)

As he was looking around this hike, the Mercantour National Park warden saw several animal tracks, notably those of the red fox.

This animal can mainly be seen in the prairies and undergrowth at anywhere between 0 and 3000 metres altitude; it can adapt to all situations. It is quick and cunning and its prey has little chance of escaping.

It is active all year, mainly at night and at dusk and it eats insects, small mammals and birds as well as fruit.

It digs a burrow to protect its young.

Attribution : PIERINI Philippe