

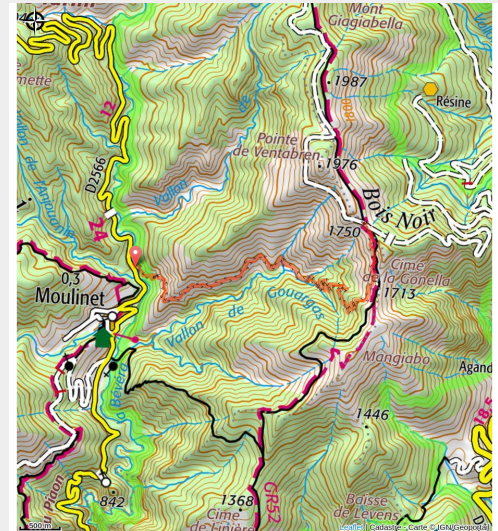


From Moulinet to La Déa

Vallées Roya&Bevera - Moulinet



Le vallon de Capou à Moulinet (Jean-Marie CEVASCO)



This hike constitutes an opportunity to explore the old summer pastures of Les Moulineois, before it leads you to La baisse de la Déa from where you can discover the atmosphere of the black woods of Breil.

A delightful climb among the former agricultural terraces which are abandoned today.

The passage through the ruins is a reminder of the importance of the summer pastureland in rural life at the start of the century. From the Baisse de la Déa, you can see La Bévéra on one side and La Roya on the other. When the weather is clear, you may even be able to see the sea...

Useful information

Practice : Hiking

Duration : 7 h

Length : 14.9 km

Trek ascent : 1149 m

Difficulty : Hard

Type : Round trip

Themes : Archeology and history, Fauna

Trek

Departure : Moulinet, Place St Joseph

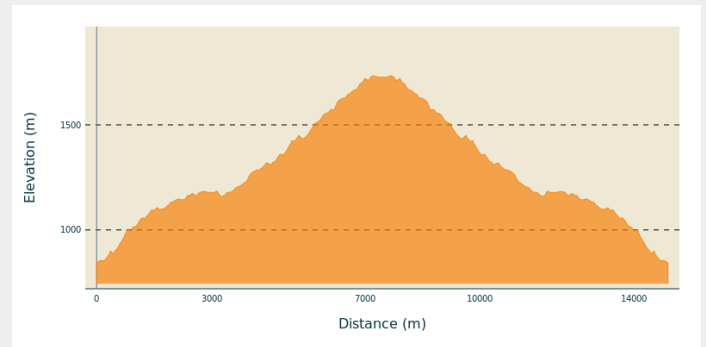
Arrival : Moulinet, Place St Joseph

Markings : — PR

Cities : 1. Moulinet

2. Breil-sur-Roya

Altimetric profile



Min elevation 844 m Max elevation 1734 m

From the square, take rue Carnot, the only road which heads up to the village. At the crest of this road, turn right onto rue de l'Église, which ends at Place St Bernard. Continue on the left of the church via rue Gaspérini which leads you to the wash-house and the RD2566. Walk along this road, cross a stone bridge from which you can see an ice house on the left.

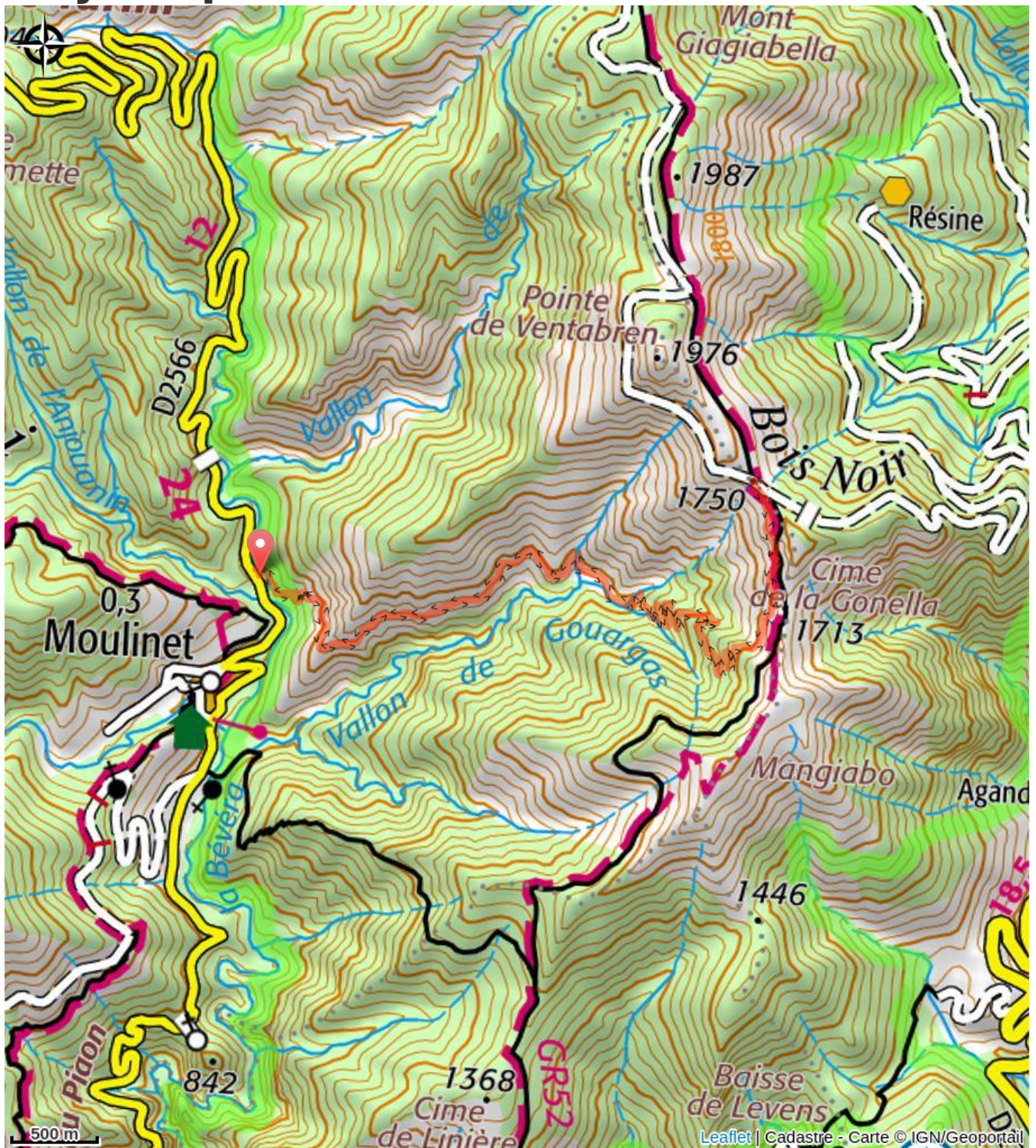
Continue for around 200m on the RD2566, then on your right, a marked path (marker 25) shows the way towards Capou. Having crossed the stone bridge over the Bévéra, a path which climbs in zigzags, from which you can see Moulinet, leads you to a flatter section after half an hour.

A very gentle slope subsequently leads to the barns of Peyrouna, and then, quarter of an hour's walk later, to the barns of Capou. These places served as summer pastures until after the war; it was where the families of Moulinet grew cereals and vegetables for their winter stocks.

Continue along the path to reach the Barivière forest. Surrounded by pine trees, the atmosphere is refreshing. You will then start on the difficult passage which leads to the Baisse de la Déa.

Follow the same route for the return journey.

On your path...



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.

Advices

If you go along the route quietly, you may see deer and birds of prey.

How to come ?

Advised parking

Moulinet, Place St Joseph

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>