

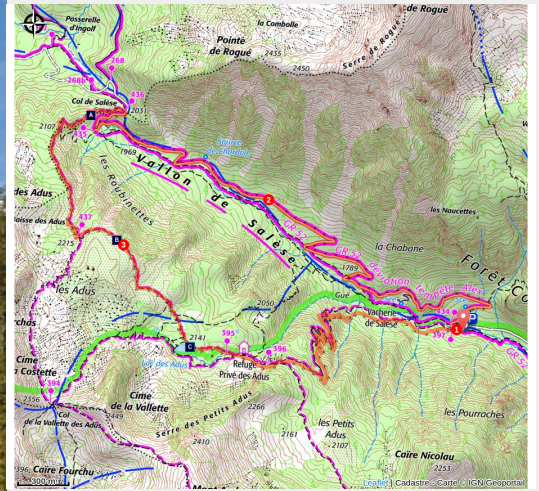


On the Adus plateau

Vallée haute Vésubie - Saint-Martin-Vésubie



Les Adus et le mont Archas en automne, (2526 m). Couverture forestière en conifères au premier plan (GUIGO Franck)



A circuit for discovering the forests and high summits of the Marcantour, as well as the prime habitat for black grouse.

A pleasant circuit in a light larch and Scotch pine forest and a denser fir and spruce one. From the Adus plateau, you will have an unrivalled view over the Mercantour's high border mountains.

Useful information

Practice : Hiking

Duration : 4 h

Length : 9.9 km

Trek ascent : 592 m

Difficulty : Easy

Type : Loop

Themes : Flora, Lake, Viewpoint

Trek

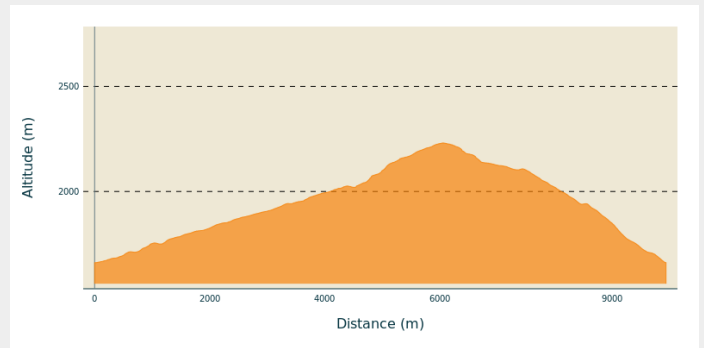
Departure : Carpark at Salèse, marker 434

Arrival : Carpark at Salèse, marker 434

Markings : ■ PR

Cities : 1. Saint-Martin-Vésubie
2. Valdeblore

Altimetric profile



Min elevation 1661 m Max elevation 2231 m

The departure point is marker 434 and the path runs along GR52 (red and white markers) which heads up the Salèse valley, passing successively through fir, Scotch pine and finally larch forests.

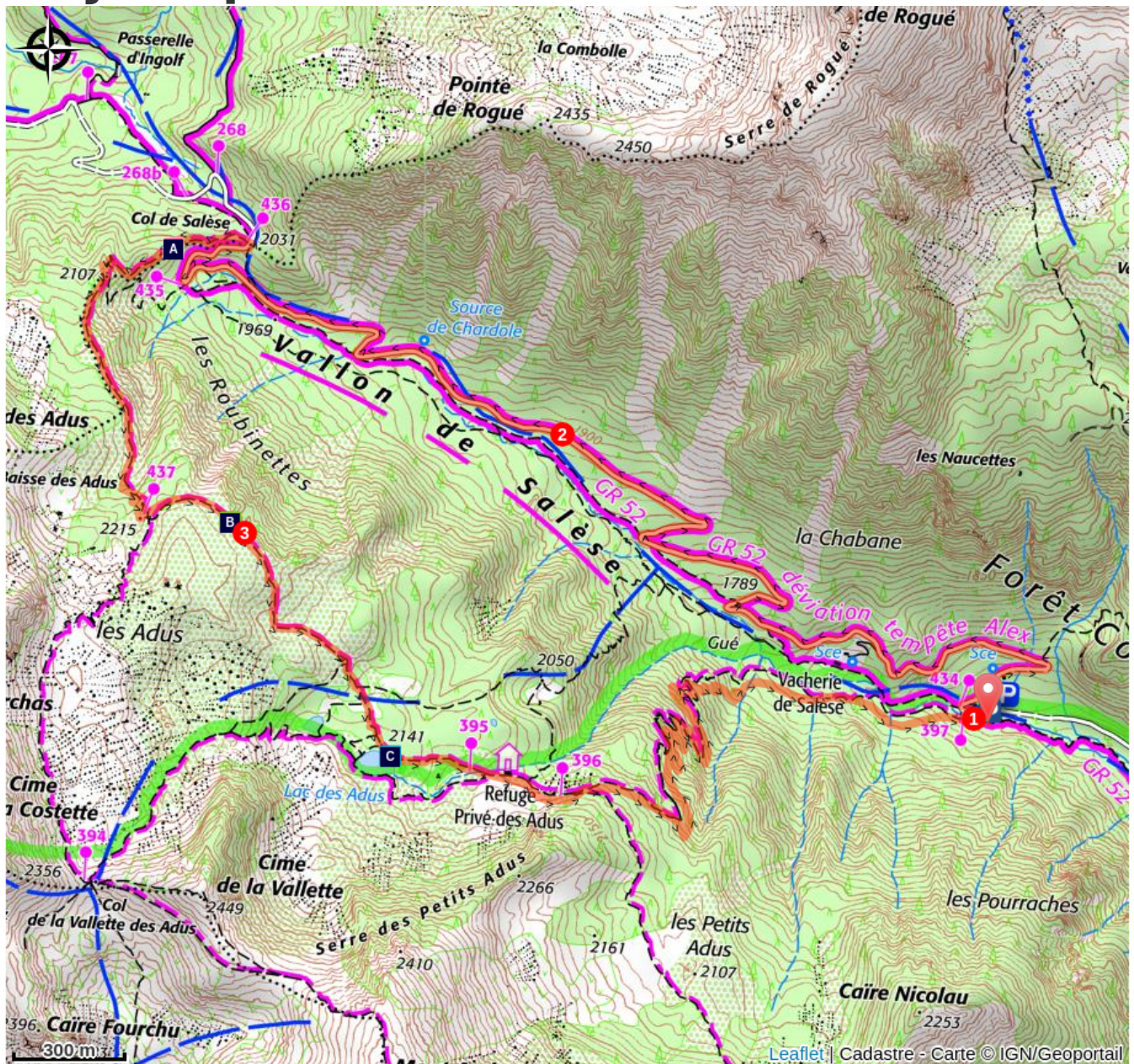
At marker 435, follow the path for 200m until the Col de Salèse. The latter is bordered on its left-hand side by a slope which, 50 years after this route was created, is beginning to be taken over by moorland shrubs and bushes.



At marker 436, turn left towards the Lac des Adus. The path passes close to the border of the plateau, made up of heavily eroded granite. The sandy slopes are the fruit of this erosion.

At marker 437, turn left towards the Lac des Adus. As you climb higher, you will leave the forested areas and a vast panorama over the high summits will become visible. The path then heads downwards in stages towards the Lac des Adus.

After passing close to the refuge located between markers 395 and 396, the path heads down into the denser subalpine forest before linking back up with the carpark which was the starting point of the hike.

On your path...



-  Granite (A)
-  Lac des Adus (C)

-  Blueberries and rhododendrons (B)

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

The Salèse path is subject to restricted access. Do not drive your vehicle along it.

How to come ?

Transports

Randobus transport from Nice.

Minibus from St - Martin-Vésubie.

Information available at St - Martin-Vésubie Tourism Office: 04 93 03 21 28.

Access

From the village of Saint-Martin-Vésubie, take the M2565, then the M89 towards Boréon. After the lake and the bridge which crosses the Boréon mountain stream, turn left a few kilometres further on.

You can leave your vehicle at the Salèse carpark, the entrance to the National Park.

Advised parking

Carpark at Salèse, 1665m

 **Information desks**

**Maison du Parc national du
Mercantour - Saint-Martin-Vésubie**

8, Avenue Kellermann - Villa Les Iris,
06450 Saint-Martin-Vésubie

vesubie@mercantour-parcnational.fr

Tel : 04 93 03 23 15

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

**Office de Tourisme Métropolitain -
Bureau d'information de Saint-
Martin-Vésubie**

Place du Général de Gaulle, 06450 Saint-
Martin-Vésubie

info.saintmartinvesubie@nicecotedazurtourisme.com

Tel : 04 93 03 21 28

<https://www.explorenicecotedazur.com/>

**Office de Tourisme Métropolitain -
Bureau d'information de Valdeblore -
La Colmiane**

La Colmiane, 06420 Valdeblore

info.valdeblorelacolmiane@nicecotedazurtourisme.com

Tel : 04 93 23 25 90

<https://www.explorenicecotedazur.com/>

On your path...



Granite (A)

The path toys with the edge of the plateau made of heavily eroded granite. The gravelly slopes are the result of this erosion (decomposed granite). Scotch pines and mountain pines cling on to this steep slope.

Attribution : RICHAUD Philippe



Blueberries and rhododendrons (B)

A moorland area of blueberry bushes and rhododendrons which illuminate autumn with a riot of colours. The blueberry, which is actually a bluish-purple colour, is sweet and is the only plant which needs aluminium-rich soil. The rhododendron, provides a wide range of colours, from pink to white via carmine, violet or orange and it prefers acidic soil.

Attribution : ICARDO Emmanuel



Lac des Adus (C)

Overlapping between the Salèse valley and Valdeblore, Lac des Adus is perched on a plateau covered in rhododendrons and blueberry bushes at 2140m altitude. Sheltered beneath the slopes of Cime de la Vallette, in summer its level falls gradually as it is only supplied with water by melting snow.

Attribution : GUIGO Franck