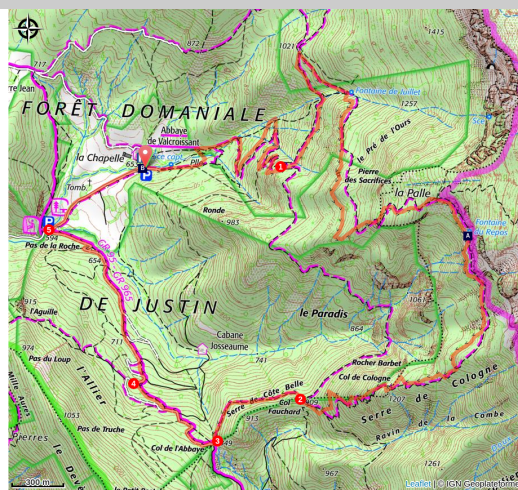


# The small valley of Paradis

Diois - Die



Abbaye de Valcroissant (Nicolas Antoine/PNRV)

Discover the unspoiled nature of the Vallon du Paradis, from the Abbey of Valcroissant you will walk along the slopes of the Glandasse mountain.

Between shady paths and balcony passages on the slopes of the Glandasse, this superb hike makes you discover the surroundings of the abbey of Valcroissant (former Cistercian abbey), at the bottom of a lush valley between the valley of Drôme and Glandasse which Dominates you.

## Useful information

Practice : By walk

Duration : 5 h

Length : 11.2 km

Trek ascent : 969 m

Difficulty : Difficile

Type : Boucle

Themes : Histoire et patrimoine, Point de vue

# Trek

Departure : Abbey of Valcroissant (parking nearby)

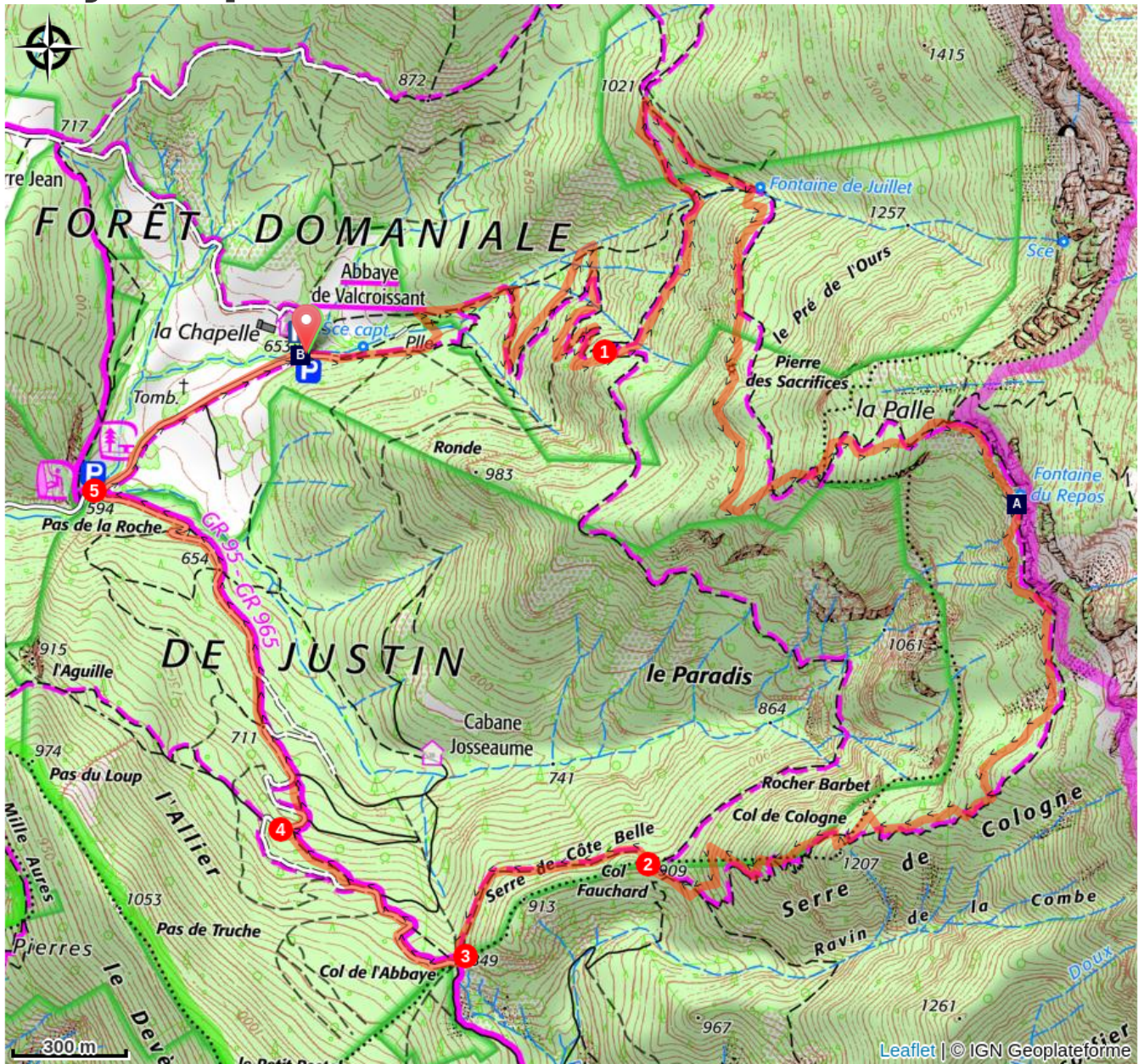
Arrival : Abbey of Valcroissant (parking nearby)

Markings :  GR  PR

Departure from the Abbey of Valcroissant (parking), you are at one of the many entrance doors allowing access to the Reserve Naturel des Hauts Plateaux du Vercors. The hike starts with a very progressive ascent to the crossroads Le Fays 1. Continue towards Les Quatres Chemins 2, then Le Comptoir à Moutons 3 by a very nice path with numerous points of view which leads to Col Fauchard 4. From there, always following the yellow-green markings, the itinerary goes down slightly to the Col de l'Abbaye 5. Take the direction of Pas de la Roche 7 by the GR 95 (white-red markings), go to the crossroads L'Allier 6 and then take the forest track for a moment. At Pas de la Roche, finish the circuit by the small road that leads to the car park of the Abbey.



## On your path...



Ibexes (A)

Abbey of Valcroissant (B)

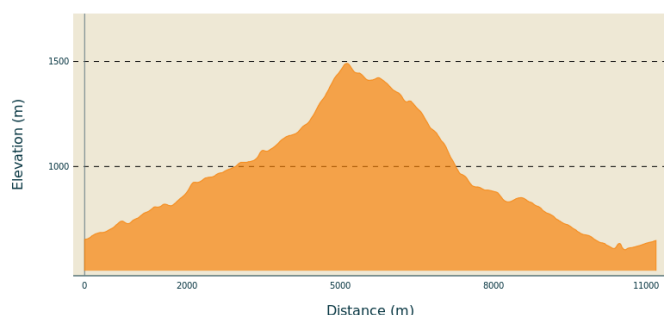
# All useful information

## **AdVICES**

This circuit is especially recommended in summer due to strong heat, given its exposure (lots of shaded areas).

Attention, make sure to park well in the parking recommended to hikers and not in the parking reserved for guests of the Abbey located on the left!

## **Altimetric profile**



Min elevation 604 m  
Max elevation 1491 m

## **Transports**

**En train :** Gare de Die

**En bus :** [ligne D29](#) Die - Beaurières et s'arrêter à Solaure-en-Diois  
Attention il faudra rejoindre le départ de la randonnée en stop ou en covoiturage

**En covoiturage :**

Proposez ou réservez votre covoiturage avec la plateforme régionale [Mov'Ici](#).

## **Access**

From the town of Die, take the D238 then go through the places "Maladerie" and "Plot, Sallière, Graton" then "Serre Jean" towards the Abbey of Valcroissant "

## **Advised parking**

Large parking at the end of the road

## **Information desks**

Office de tourisme du Pays du Diois  
Rue des Jardins, 26150 Die  
[contact@diois-tourisme.com](mailto:contact@diois-tourisme.com)  
Tel : 04 75 22 03 03  
<http://www.diois-tourisme.com/>



# On your path...

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## Ibexes (A)

The Mountain of Glandasse is particularly appreciated of the ibexes that were gradually reintroduced in the Vercors, from 1989. This majestic hoof can weigh up to 120 kilos, with horns that can exceed 90 cm (for males). Sexual dimorphism is important. The males are provided with a goatee and above all imposing horns arched and adorned with beads. Those of the females are much shorter. The coat of males is generally darker than that of females, varying from chocolate brown to gray depending on the season.

Attribution : S.M Booth

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## Abbey of Valcroissant (B)

On the slopes of the Glandasse mountain, the abbey of Valcroissant was founded around 1188, it takes its name from the stream La Valcroissant which flows nearby. The construction of the abbey, between the end of the 12th century and the beginning of the 13th century, combines the characteristic forms of Romanesque art with the beginnings of the Gothic. The lack of financial resources and the difficulties of the 15th and 16th centuries accelerated the deterioration of buildings. Beginning in 1568, the abbey no longer had a function as a farm. This Cistercian abbey has been classified as a historical monument since 1971. Many restoration works have since been carried out by the owners in collaboration with the association "Friends of Valcroissant".

Attribution : M Girard