







12

Circuit des Remparts

This little circuit explores the history of Uriage and will surprise you with its diversity and the magnificent views it offers of the spa town and surrounding mountains.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 3km	 130m	 1 h30			

FFR rating system - See last page

This route around the castle takes the walker from the 11th to the 19th century through signage highlighting seven points of historical interest. The first signs shed light on the origin and evolution of the castle and its accompanying village and communal mills. Other signs highlight an ancient cement factory (whose product was used throughout Uriage) and the centre from which hydro-electric power was distributed when it first arrived in Uriage. Finally the rediscovery of the therapeutic virtues of spring waters is explained, taking us to the very roots of Uriage as a spa.

Departure → Uriage Tourist Office; car parking nearby.

A → From the car park behind the Tourist Office follow the path alongside the embankment heading north. Cross the footbridge and after 50 m turn right. See the cement ovens on the left (panel **1**). The path climbs slightly to a small flat area from which you'll observe the old quarries on the left. Continue the climb, cross the "Ruisseau des Moulins," the ancient mill race still visible. If you turn around as the climb steepens, you'll look down on the quarry now hidden by vegetation, although access is prohibited for safety reasons. The path flattens and turns slightly to the left to arrive under the castle ramparts. At the crossroads, leave the path on the right (which descends on the Circuit of the Bit N° 1) and continue uphill to the left. Below is the old "electrical factory," today transformed into a dwelling house (panel **2**).

B → Arriving at the ramparts, follow the path on the left which ascends to the ancient castle gate and then leads to the Allée des Tilleuls or Lime Trees (panel **3**). Take in the magnificent view of Uriage and the surrounding mountains.

Optional loop: turn right on the ramparts path which climbs alongside a wooden barrier, then left towards a majestic cedar tree. Continue on the level following a hedge, then descend turning left to reach once more the Allée des Tilleuls. Retrace your steps passing again through the ancient castle entrance and descend to the intersection where you'll turn left following the level path below the castle.

C → The path winds uphill and after a first bend to the left take the small path on the left which arrives at a clearing where the huge statue of the "Giant of the Alps" used to stand (Panel **4**).

There's also a very nice view here from below the castle. Return to the track and continue to climb to a crossroads and then follow some steps up to the left. You'll arrive in front of the castle (altitude 510 m) (panel **5**).

Cross directly over the car park towards a footbridge from where you can see the remains of an old flour mill and the Moulins mill race (panel **6**). Retrace your steps back across the car park and follow the small paved road downhill to the main Saint-Martin d'Uriage road.



Creek and footbridge "du Moulin"

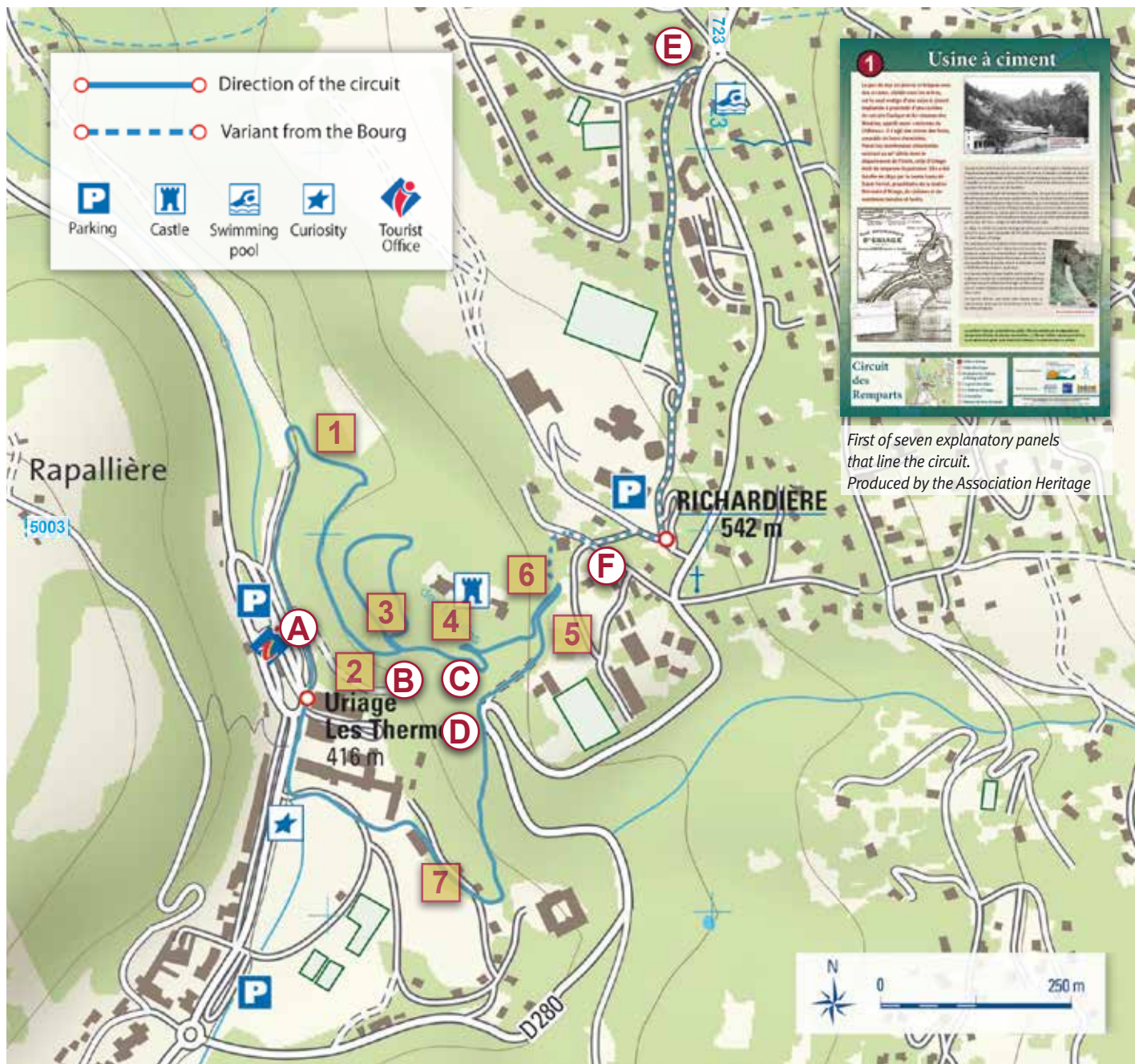
D → Take the path on the right behind the safety barrier (Tourniquet path) which descends quite steeply in the direction of the Rheumatology Hospital. Walk straight over a crossroads of tracks, then take the right-hand fork to pass in front of the "Maison Aribert" on your left. On the right is the old bottling plant (panel **7**).

Before returning to the starting point you might be interested to walk across to the small bridge in the park, then turn to note the alignment of three bell towers, those of the thermal establishment, the electrical plant and the castle.

E → An alternative route for this circuit is to start in the village of St Martin walking towards the The Belvedere. Turn right into allée du Méarie and immediately left into allée des Petites-Maisons. Walking downhill, pass in front of the school then turn right for a few meters and take a small road on the left (chemin de la Richardière) then at the intersection turn right on chemin des Mures. Passing around the house, take the shady path on the left which descends to a small footbridge which crosses the brook of Les Moulins.

You'll find yourself at point **F** on the map, near panel **6**.





1 Usine à ciment

La pierre de nos vallées est devenue une pierre de ciment. Elle est devenue la pierre de nos villes et de nos villages. Elle est devenue la pierre de nos ponts et de nos routes. Elle est devenue la pierre de nos usines et de nos usines à ciment.

Il y a un siècle, on ne connaissait pas le ciment. C'est un ingénieur français, Joseph-Louis Gay-Lussac, qui a découvert le ciment. Il a découvert que si on mélange de la chaux et de l'eau, on obtient un matériau qui durcit. C'est le ciment.

Le ciment est un matériau qui sert à construire. Il est utilisé pour construire des murs, des ponts, des routes, etc. C'est un matériau très important.

Circuit des Remparts

First of seven explanatory panels that line the circuit.
Produced by the Association Heritage

The blue crosses correspond to the UTM-WGS84 kilometric grid - Mogoma map

In and around Uriage, many rural paths have been restored and incorporated into circuits of varying difficulty and length. Some can be walked in half a day, others take longer. They may be interesting for their views, for nature or for local heritage. Most are in the forest in a wild environment, despite the nearby urbanisation. Trail runners will be quick to realise that these circuits can be combined to create alternative routes to suit every level of runner.

Please respect nature and leave no trace of your passing. Nature will thank you!
 Don't over-estimate your capabilities - these circuits are, after all, hiking trails.
 Please help us maintain our circuits by reporting any work which needs to be done.

[asso-des-sentiers-de-smu.eklablog.com]

Rating system of the FFR*

To rate the difficulty of a hike, three characteristics are graded from 1 to 5



Effort - the length and climb involved in the hike



Technicality - need to use hands or place feet carefully



Risk - consequence of a fall

*Fédération Française de Randonnée pédestre

The Signposts

7

Circuit number

7a

Circuit variation number



Direction to follow



Continue



Alternative route



Turn right



Turn left



Wrong direction

The editor and author of this document cannot under any circumstances be held responsible for any incident or accident which may occur on the hike, no matter how it occurs.

In an emergency call 112  beware signal dead zones

Uriage

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