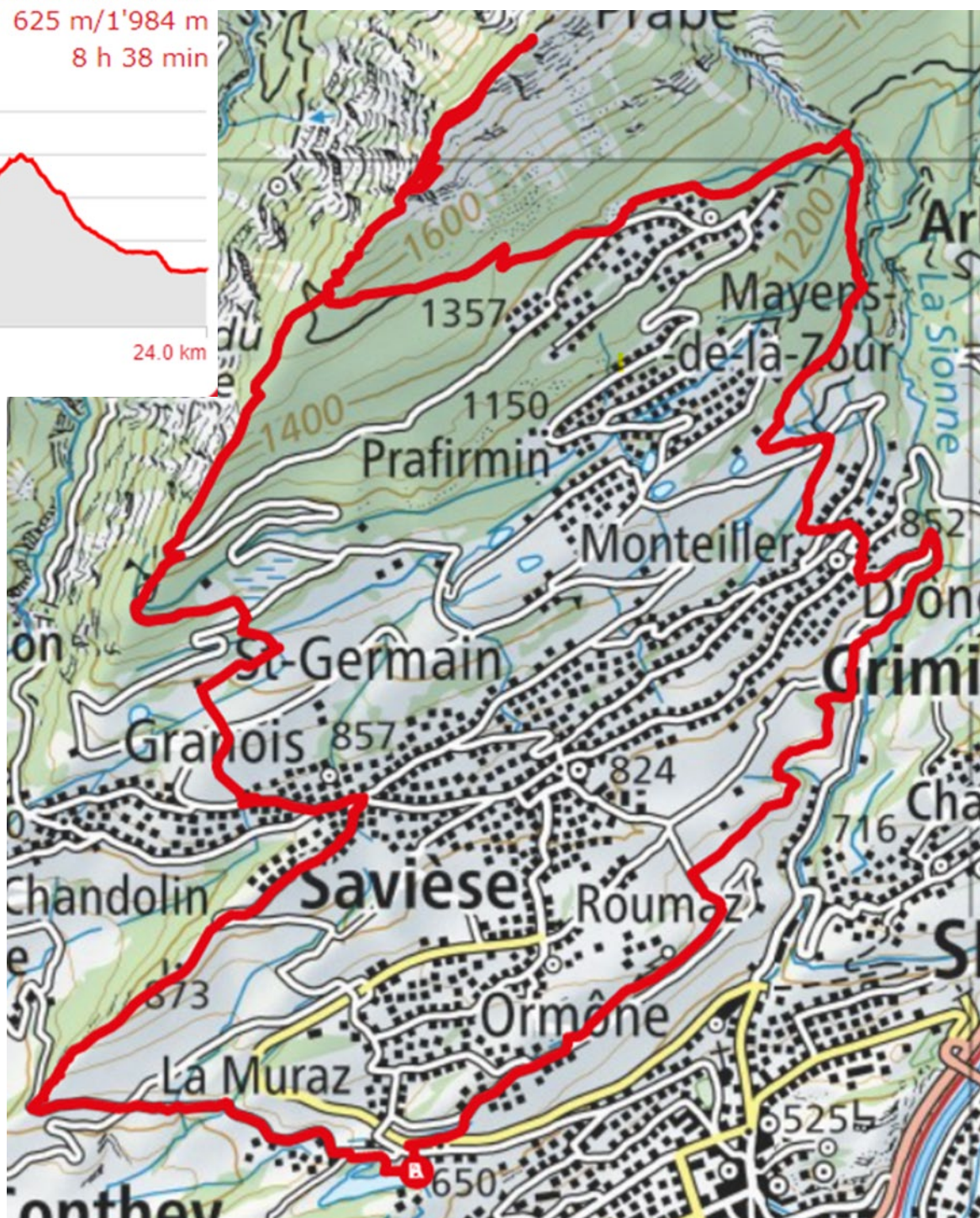


One Trail, one Top !

Le Prabé

Trails
Date 24.09.2022
Longueur 24.03 km
Mont. / Desc. 1'528 m/1'528 m
Alt. min/max 625 m/1'984 m
A pied en été 8 h 38 min



Location: Right bank of the Rhone above Savièse and Sion.

Description: medium trail from the plain to the summit of Prabé, mainly in T3 but with tricky sections on the ridge overlooking the Morge de Conthey. Otherwise, paths in the vineyards and pastures, wide with very little risk of getting lost. Magnificent route along the bisses of Lentine, Tsampé, Déjour and Torrent Neuf. A mythical summit for the Valaisans of the Center and a varied playground for lovers of mountain running.

Difficulty: T3

Total length: 45 km-effort

Distance: 24.57 km

Difference in altitude: 1528 m

Altitude: between 625 and 1984 m

National excursion map 1:25,000: St Léonard 1286 and Sion 1306

Best period: July to October

Useful information: the Prabé ridge is strewn with roots that can be very slippery in wet weather. The descending ridge, which starts at the summit of Prabé and ends at the start of Torrent Neuf, is exposed and potentially dangerous for people who are not sure-footed or fear heights. Poles are recommended. Then choose another descent, which is not difficult; there are many detours.

Route

Use the Lac de Mont d'Orge car park (2,592,419 / 1,120,262 / 645 m) and head due north to reach the Bisse de Lentine on the other side of the cantonal road. Follow the bisse to point 791, for a distance of 4.8 km. Cross the village of Drône and climb up to Déjane before taking a very pretty country path towards the Bisse de Tsampé. Continue to point 1047 towards the bottom of the Sionne valley towards the Drahin bridge. The slope is steep and allows you to return to the Mayens de la Dzour by joining the communal reservoir at point 1346. From there, staying on your right at all times, take the rooty ridge that leads to the summit. On the way up, the aerial passages are equipped with handrails and do not really present any danger. Here I suggest the Prabé cross, in front of the cabin; idyllic for a picnic.

The return by the ridge is often exposed, uneven and potentially dangerous in wet weather. Go down to point 1612 and decide: either your footing is sure, mountainous and you can continue by the ridge to the Torrent Neuf, to the chapel St Margueritte at point 1154; or you avoid the difficulty and reach the same point but by road. From point 1154, reach the bisse de Déjour from the East, and follow the Pranou plateau which from point 978 leads to Granois. Cross the village and go around it to the South to join the path that

leads to the ruins of the Château de la Soie. Take the South road, under the castle to point 646 and return by the vineyard road to Mont d'Orge. If it is autumn, enjoy the color of the vines: it is a festival!