

Track No. 4: Les Allouvières

Parc national des Ecrins



To check snow conditions, click [here](#).

Distance: 2km loop from the Chalet Nordique - approx. 7m ascent.

Large, flat field alongside the campsite at the bottom of the valley.

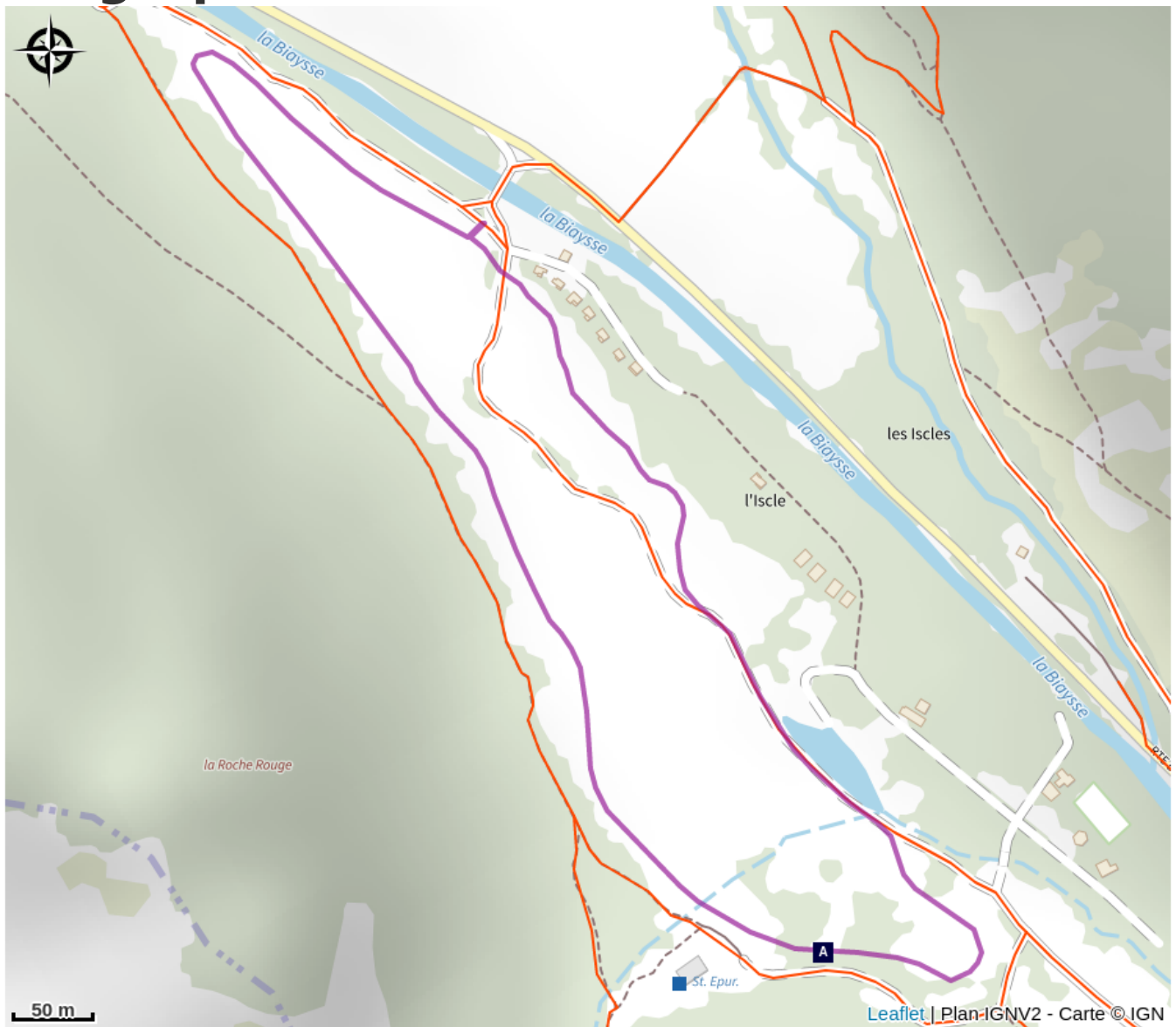
Please note that the circuit is available in skating or classic technique (alternative).

Useful information

Practice : Cross-country skiing

Level : Beginners track

Geographical location



The black pine (A)



The creeping lady's-tress (C)



The southern water vole (B)



The European silver fir (D)

All useful information

Advice

A few rules:

- **Cross-country ski trails are groomed, marked and secured. Access is subject to a fee and reserved for Nordic skiers.**
- **You use these trails under your own responsibility: find out about weather conditions, trail closures, don't overestimate your possibilities.**
- **Respect the signs: trail directions, dangers, prohibitions, closures.**
- **Dogs are forbidden on cross-country ski trails.**
- **It is dangerous and forbidden to use the pistes outside opening hours (presence of grooming equipment).**
- **Take your garbage with you**

Please note that routes are possible in skating or classic technique (alternative).

Conditions are very pleasant all day long in winter. However, from March onwards, it's best to practice in the mornings, as some of the pistes can be quickly exposed to the sun.

Cross-country ski passes can be purchased at the Chalet nordique. Don't forget to bring your trail map!

Please note: this information is for guidance only. It is your responsibility to check the weather report and conditions before you set off. The Tourist Office and the Parc national des Écrins cannot be held responsible in the event of an accident. If you have any doubts, please contact the professionals: instructors or equipment hire companies.

Emergency contact details: Secours Montagne: 04 92 22 22 22 or 112

On your path...



The black pine (A)

The black pine did not arrive here of its own accord. It was introduced by the National Forestry Agency and was planted to stabilise eroded mountain areas. It can be identified by its long needles which are grouped in pairs and by its large cones.

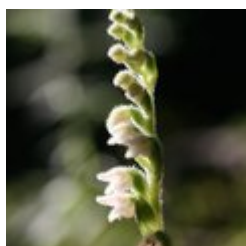
Attribution : Christian Baïsset - Parc national des Écrins



The southern water vole (B)

Flattened paths through the reeds, and holes 6 to 7 cm in diameter... the southern water vole has been here! This large rodent with dark brown fur on its back digs its burrow in the banks of the stream. This species, which lives close to water, causes no damage to crops. Not a prolific breeder, its numbers are low and it is threatened with extinction.

Attribution : Damien Combrisson - Parc national des Écrins



The creeping lady's-tress (C)

This inconspicuous little orchid grows on moss, in the undergrowth of the pine forest. Growing at the base of the stem, its leaves are oval and pointed, with a network of veins. The upright stem only bears a few scales. Covered in a fine down, the white flowers are arranged in the form of a spiral spike, facing the same way. A little gem that is worth keeping an eye out for!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



The European silver fir (D)

The fir thrives on this north-exposed slope, called the ubac. Its needles have two white stripes on their undersides. They are arranged on either side of the boughs, and not all the way around them, which distinguishes it from the spruce. The elongated cones stand upright, rather than hanging downwards. They grow in large number, often mingling with larch trees under whose shade they can grow. By contrast, the larch - the "tree of light" - cannot grow under the cover of fir trees.

Attribution : Mireille Coulon - Parc national des Écrins