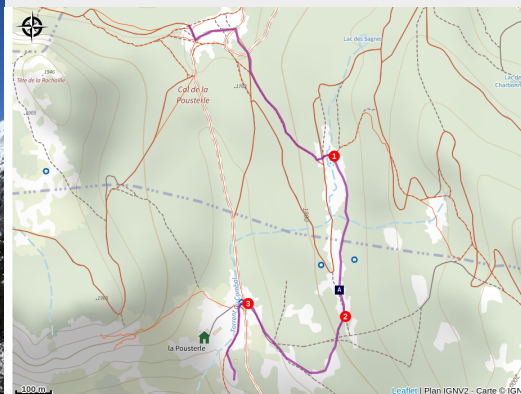


Route No. 6: Les Sagnes

Parc national des Ecrins



Belvédère sur la vallée du Fournel (Pierre Nossereau)



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

2km walk from the Pouterle lookout - 75m ascent and 105m descent

This short hike takes you from one side of the Col de la Pouterle to the other, via the small Plateau des Sagnes, with views of Vallouise, Mont Pelvoux and the Fournel valley.

Markings: blue or purple flags and black "piétons/raquettes" signs on a yellow background.

Description:

From the Pouterle lookout, accessible from the Nordic chalet or from the hamlet of Prey d'Aval, head south up towards Les Sagnes and Les Têtes.

1. At the top of the climb, turn right and cross the plateau to its southern end.
2. At the end of the plateau, start the descent towards the Fournel lookout.
3. At the bottom, carefully cross the cross-country ski trail, then turn left to reach the

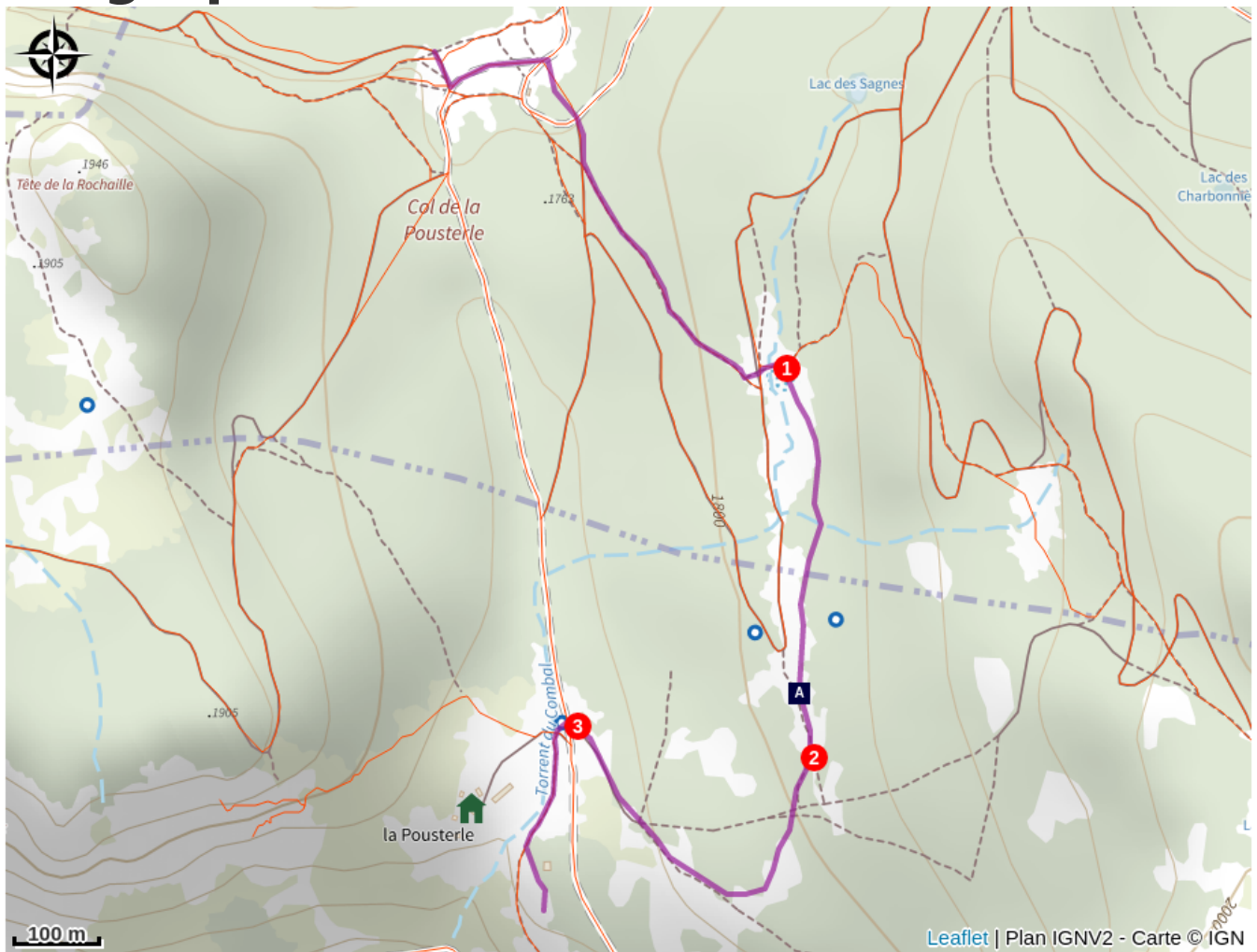
Useful information

Practice : Snowshoe

Duration : 30 min

Quoting : R2

Geographical location



The Eurasian pygmy owl (A)



The larch (C)



The Fournel valley (E)



The Col de la Pusterle (B)



Forest-dwelling bats (D)

All useful information

Advice

Prices for activities other than cross-country skiing in the Nordic area are available [here](#) and on sale at the lift ticket offices and at the Puy Saint Vincent Nordic Chalet.

A few rules:

- You use these routes at your own risk. Find out about the weather conditions and avalanche risks published by Météo France. Also, don't hesitate to ask at tourist information offices or the Nordic chalet before you set off.
- For avalanche-prone trails, we strongly advise you to take your avalanche transceiver, shovel and probe with you.
- Night-time activities on Nordic areas are prohibited. It must be supervised by a professional and must be authorized by the ski slopes service.
- Several itineraries are shared with cross-country skiers and ski tourers: give them priority, always walk along the edge of the piste and be vigilant when crossing these shared paths.
- Many routes cross downhill ski slopes; be vigilant and give skiers the right of way.
- Don't walk in the cross-country ski tracks, straddle them.
- Respect the signposting: dangers, prohibitions, trail directions, among other things.
- Don't overestimate your abilities!
- Dogs are tolerated, on a leash, off the cross-country ski trails (dogs prohibited on the Lauzet itinerary of the Puy-Saint-Vincent ski area, reserved for approved sled dog teams).
- Take your garbage with you!

Please note: This information is given for guidance only. It is your responsibility to check the weather forecast before setting off and not to overestimate your possibilities. The Tourist Office and the PNE cannot be held responsible in the event of an accident. In case of doubt, contact professionals: instructors or equipment hire companies.

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



Make sure you have the necessary equipment:

Water and snacks

Warm clothing (avoid jeans)

High boots (hiking, rigid snow boots)

Walking poles

Sun screen

Sunglasses

Hat/cap

Small first-aid kit

On your path...



The Eurasian pygmy owl (A)

The call of this small, nocturnal bird of prey can be heard in the spring, and also in the autumn when it can utter some peculiar sounds. Active during daytime hours and at dusk, the pygmy owl is a predator of passerine birds and small forest rodents. But when they spot it, passerines will come together in large numbers to mob it, so as to prevent any attempted surprise attack. It is restricted to mountain forests where it seeks out trees with woodpecker cavities in which it builds its nest.

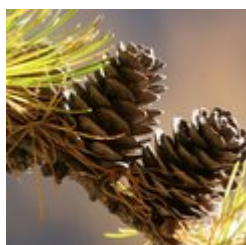
Attribution : Damien Combrisson - Parc national des Écrins



The Col de la Pousterle (B)

A pousterle (in the local high-alpine Occitan language) is a small gate, a postern. It comes from the Latin posterula which means back door. This place name is sometimes given to a pass, which could be described as a gateway between two valleys! The glaciers carved out this gateway through which an arm stretched between the glacier occupying the Fournel valley and the glacier flowing down the Vallouise valley.

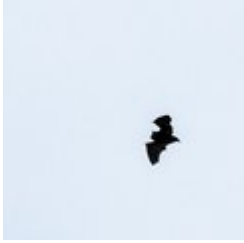
Attribution : Bertrand Bodin - Parc national des Écrins



The larch (C)

The symbol of the Southern Alps, this softwood tree loses its leaves in winter, and is swathed with gold and lights up the mountains in autumn. The larch forests are maintained by the grazing of flocks. Without them, other trees like the fir or other pine trees could grow, creating a different kind of forest. A pioneer species, the larch establishes freely in light conditions. Its solid rot-proof wood has always been used in the construction of houses.

Attribution : Robert Chevalier - Parc national des Écrins



Forest-dwelling bats (D)

Bats don't just live in caves! In summer, some forest-dwelling species shelter in old hollow trees or woodpecker holes during the day. Sometimes, the females also form little colonies here, where their young will be born (one bat pup per female). In this forest, which is still young with very few old trees, artificial roosts have been installed to help the bats and to facilitate their study.

Attribution : Mireille Coulon - Parc national des Écrins



The Fournel valley (E)

This is the southern side of the Col de la Pusterle and its view over the very long Fournel valley, known for its mines, ice waterfalls, blue thistles, its canyon and other treasures. Lower down is L'Argentière-la-Bessée. At the highest point, right in the distance, is the Champsaur!

Attribution : Jan Novak