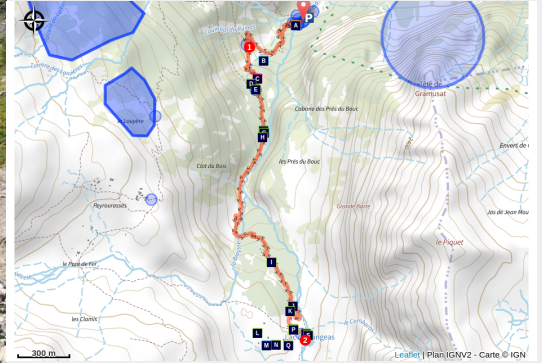


Le lac du Fangeas

Vallouise



Ancien lac du Fangeas (Thierry Maillet - Parc national des Ecrins)



A cool and bucolic hike towards the Fangeas lake, a blue jewel in a haven of green.

"One fine sunny day towards the footbridge that crosses the stream, upstream from the lake, two ducks flew just above our heads. This pair of mallards landed on the Fangeas lake. Barely ruffled by the walkers, it was busy rummaging in the silt, with its rump in the air. "

Blandine Delenatte and Jean-Philippe Telmon, wardens

Useful information

Practice : By walk

Duration : 3 h

Length : 6.5 km

Trek ascent : 536 m

Difficulty : Medium

Type : Return trip

Themes : Flora, History and architecture, Lake and glacier

Trek

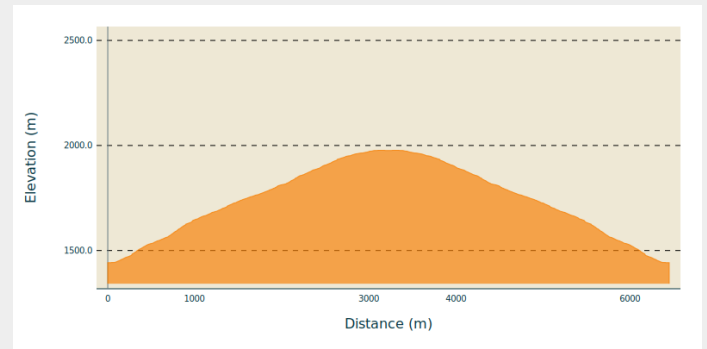
Departure : Cascades Car Park,
Fressinières

Arrival : Parking des Cascades,
Freissinières

Markings : — PR

Cities : 1. Freissinières

Altimetric profile

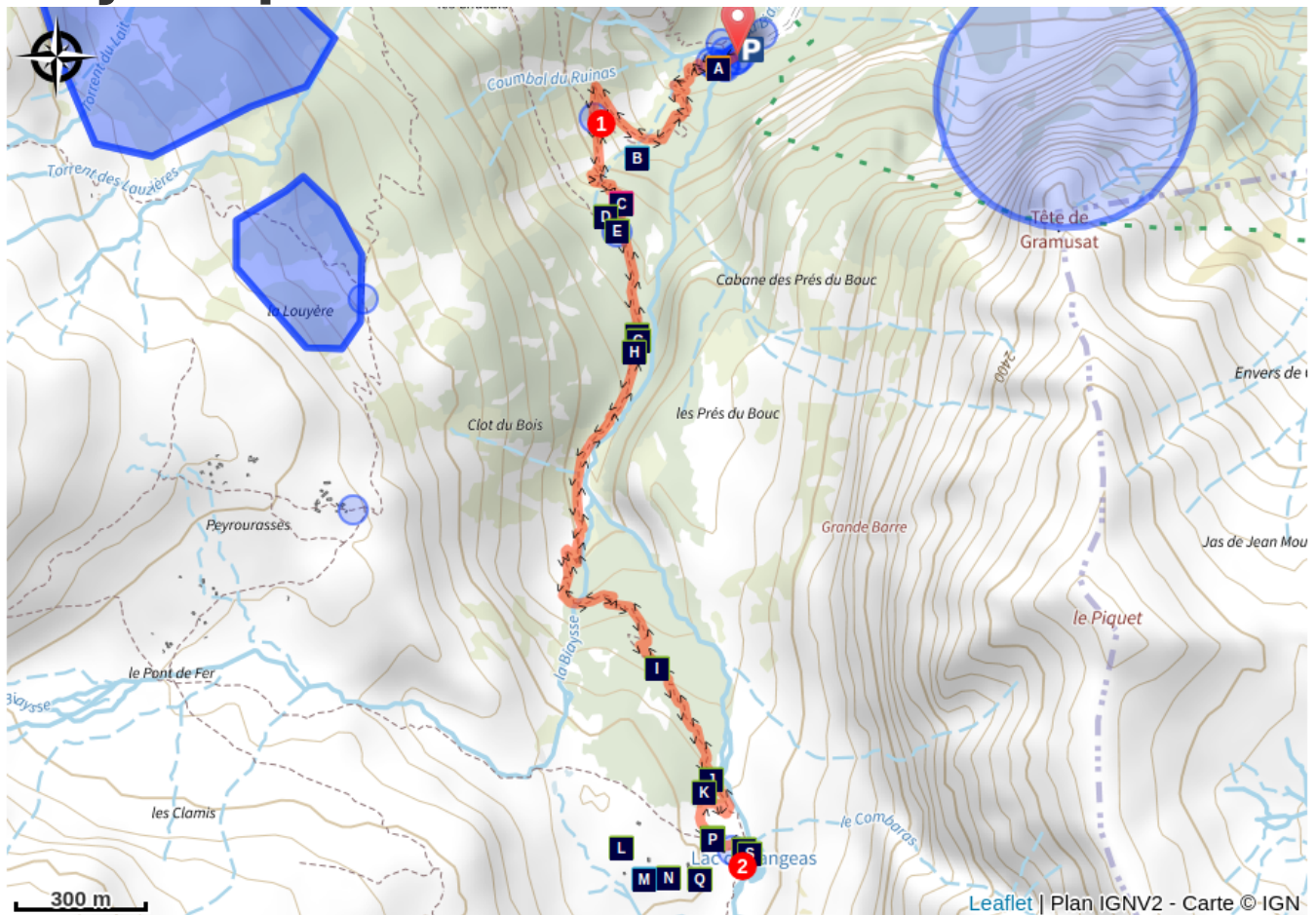


















Min elevation 1442 m Max elevation 1977 m

Park at the Cascades car park, at the end of the road to the bottom of the Fressinières valley. Take the path to the left, where you will find the entrance to the National Park, indicated by three explanatory panels (Leave the bridge that leads to the winter trail to the right). Cross the footbridge over the Oules stream and follow bends in the path along a large waterfall before crossing a zone of scree. As this 'summer' trail crosses an avalanche zone, it is not used in the winter. It has a gentle slope and is wide, enabling the inhabitants of Dormillouse to restock with the help of tracked wheelbarrows.

1. At the following crossing, take the footpath to the left "lac du Fangeas, col des Terres Blanches" and follow the trail along the Oules stream that leads to the Fangeas lake.
2. The return trip will be by the same path.

On your path...



- | | |
|--|--|
|  Mines (A) |  The Oules stream (B) |
|  View of the village of Dormillouse (C) |  Eurasian wren (D) |
|  Common Chiffchaff (E) |  Eutrophic Tall herb fringe (F) |
|  Large flowered foxglove (G) |  Hogweed (H) |
|  Boar (I) |  Roe deer (J) |
|  White hellebore (K) |  Alpine bartsia (L) |
|  Wetlands (M) |  Felwort (N) |
|  Large mountain grasshopper (O) |  Butterwort (P) |
|  Broad-bodied chaser (Q) |  Siberian grasshopper (R) |
|  Common frog (S) | |

All useful information

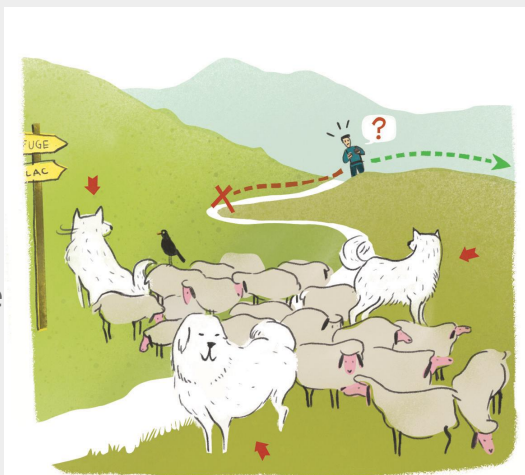
Herd protection dogs

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When I hike I adapt my behavior by going around the herd and pausing for the dog to identify me.

Find out more about the actions to adopt with the article "[Protection dogs: a context and actions to adopt](#)".

Tell us about your meeting by answering this [survey](#).



Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



Advices

No camping in the Cascades Car Park, bivouac permitted at least an hour's walk away from the park boundaries. No camp fires in the heart of the Park.

How to come ?

Transports

Nearest SNCF train station : l'Argentière les Ecrins - www.voyages-sncf.com then taxi. (Taxi Pellegrin 06 98 88 17 78 / Taxi Billau 06 08 03 45 90)

Access

From the main RN94 road north of la Roche de Rame, follow the D38 then D38B roads until you reach Fressinières. Go through Fressinières and follow the D238 road, which heads right up to the Cascades Car Park on the valley floor. This is the end of the road in the bottom of the Fressinières valley. In the snowy season, the road is closed.

Advised parking

Cascades Car Park, Dormillouse - Fressinières

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2430m.

Information desks

Vallouise Park house

vallouise@ecrins-parcnational.fr
Tel : 04 92 23 58 08
<http://www.ecrins-parcnational.fr/>



Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>

On your path...

Mines (A)

A few remains of the exploitation of the ancient mine are disseminated around the sector of Fangeas. These mines go back to the Middle Ages, a period during which we exploited silver-lead and copper. It was a small exploitation, no doubt associated with the mines at Fournel. The metal mined was used to mint feudal currency. The mine works are now filled in and flooded, which has enabled us to find well preserved remains: scaffolding, turned wooden bowls, the sole of a shoe. Archeologists have been excavating the mine for the last ten years they started by siphoning off the flood water from the tunnels. The mines are not accessible to the public and we have deliberately not communicated their exact location. For more information about this heritage, contact the mining museum at l'Argentière la Bessée.

The Oules stream (B)

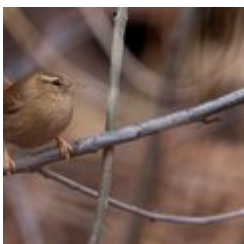
It has a series of waterfalls and natural basins that make it one of the most difficult streams to descend for those who like canyoning. The footpath that leads to the Fangeas lake follows it for most of the route and the sound of rushing water in the spring and the beginning of the summer, accompany the hiker.



View of the village of Dormillouse (C)

The village of Dormillouse is unique in that it is levelled into several hamlets, each of which has a public amenity. Enflous, at the bottom of the village, has the mill, Escleyers has the temple, the school and the fountain, and Romans, at the top of the village, has the oven. The stone and wood houses are typical of mountain architecture in an isolated area.

Attribution : Jean-Philippe Telmon - PNE



Eurasian wren (D)

This small 10 cm ball of feathers, with a white band across its eyes, is the “pétabouillou” ou la “pétouse” that lets out its powerful song from the branch it is on, tail oriented vertically. It fidgets continually in the clutter of vegetation, elusive.

Attribution : Pascal Saulay - PNE



Common Chiffchaff (E)

Although common, this small passerine is rarely seen but its «Tchiff-tchaff, tchiff-tchaff, chiff-tchaff...» song is often heard. Its song is reminiscent of the noise made by gold coins as they drop into a box one by one. The English call it the chiffchaff, the Germans Zilpzalp. In other words, this song certainly attracts attention! A migratory bird, it arrives in Les Écrins in late March or early April and nests in shrubby forests. It feeds on insects all summer before returning to overwinter around the Mediterranean rim.

Attribution : Pascal Saulay - PNE



Eutrophic Tall herb fringe (F)

This is a plant formation of tall grass that grows on damp ground. Along the Fangeas footpath on the edge of the Oules, this tall grass brushes calves and thighs.

Attribution : Pierre-Emmanuel Dequest - PNE



Large flowered foxglove (G)

It would be difficult to miss this large flower with its bunched yellow corolla. It gets its name from the resemblance of its flower with thimbles in which you put your finger ("digitale" referring to finger in French). In colloquial language, it is called "witch's glove" as it is a very toxic plant.

Attribution : Olivier Warluzelle - PNE



Hogweed (H)

This large member of the umbelliferae family can grow up to 160 cm and likes rich damp soil. It gives off a smell of mandarin when it is handled. In the spring, the flower buds are hidden in a sheath of leaves and when they blossom, the umbels attract many insects.

Attribution : Cédric Dentant - PNE



Boar (I)

There is little chance that you will come across this animal but it is likely you will see evidence of unearthing (overturned top layer of earth) or rooting (when it digs deeper into the soil). Boar root the soil with their snout in search of worms, beetle larvae, roots and tubers.

Attribution : Christophe Albert - PNE



Roe deer (J)

Hidden in the larch forest, the roe deer will occasionally show its fine head at dusk or dawn. It is not always easy to spot this reserved animal but traces betray its presence by the print of its frail heart-shaped hooves, shrubs stripped of their bark by yearlings rubbing the last shreds of velvet from their antlers, or scratching at the ground to mark their territory during the mating season. Sometimes a throaty barking sound may be heard.

Attribution : Robert Chevalier - PNE



White hellebore (K)

Without its flowers, it would be easy to mistake it for a yellow gentian. However, the white hellebore has alternating leaves on its stem whereas those of the gentian are opposite (forming a cup). The gentian makes a well-known aperitif, whereas the hellebore is poisonous.

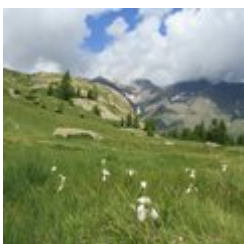
Attribution : Bernard Nicolle - PNE



Alpine bartsia (L)

It can be seen from afar in the green grass due to its purplish bracts that almost hide its small flowers. It is an artic-alpine species living high in the Alps and in northern Europe.

Attribution : Marie-Geneviève Nicolas - PNE



Wetlands (M)

The Fangeas lake is surrounded by wetlands. Its name comes from "fange", which is a marshy area.

Attribution : Jean-Philippe Telmon - PNE



Felwort (N)

At the beginning of August, the Felwort's violet stars open up in the sun. At the base of each of the five petals, two shiny dimples filled with nectar attract insects. It is part of the gentian family and is a beautiful, hardy flower that resists the winter season thanks to its winter bud.

Attribution : Bernard Nicollet - PNE



Large mountain grasshopper (O)

From the middle of the summer, this grasshopper rubs its dark, staggered, ribbed elytra with its back legs and fills the air with the resulting repetitive sh-trrrrrrrr sh-trrrrrrrr sh-trrrrrrrr...sound. When we disturb it as we walk, it flies off noisily as if it was not happy.

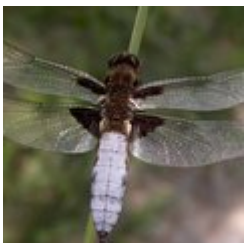
Attribution : Blandine Delenatte - PNE



Butterwort (P)

Its light green, almost yellow leaves enable us to identify it on the soggy earth. The sticky surface of its leaves are a real trap for the gnats that venture onto them. The plant is carnivorous in order to compensate for the lack of nitrogen in the wetlands.

Attribution : Jean-Pierre Nicollet - PNE



Broad-bodied chaser (Q)

It gets its French name, 'Libellule déprimée' not because it is "depressed" in a psychological way, but due to its flat abdomen. The male with its blue abdomen can often be seen flying above wet areas.

Attribution : Damien Combrisson - PNE



Siberian grasshopper (R)

In the grass around the Fangeas lake, in August, several grasshoppers blend into the grass. Among them, the Siberian grasshopper has a peculiarity; it has butch arms, like Popeye. In fact, it is just that its front legs that are shaped like bulbs. Without this detail and its long steady song "creh-creh-creh-creh", it might easily go unnoticed with its green-brown colour.

Attribution : Bernard Nicollet - PNE



Common frog (S)

Sometimes a frog will jump in the wetlands that surround the Fangeas lake and more specifically in the rivulets that meander through the grass. Young or adult, it is the common frog, the most common in the mountains. It can live up to an altitude of 2800 m, a record! It hibernates in the ground or in the silt at the bottom of the water. In the spring, its eggs float on the surface of the water in compact clusters.

Attribution : Jean-Philippe Telmon - PNE