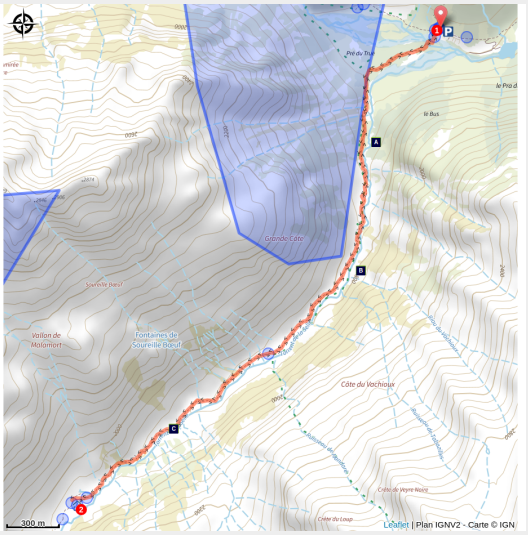
La cabane de Jas Lacroix

Vallouise



Randonneur dans le vallon de la Selle (Thierry Maillet - Parc national des Ecrins)

An easy, cool walk to the Jas-Lacroix pastoral hut, along the Selle stream.

"In the spring, before the flocks arrive in the valley, it is not rare to see a chamois in front of the hut in the early hours. They come to lick the stones on which the shepherd has put salt for the sheep during the summer."

Blandine Delanette, Warden for the Vallouise area.

Useful information

Practice : By walk

Duration : 2 h 30

Length : 8.4 km

Trek ascent : 348 m

Difficulty : Easy

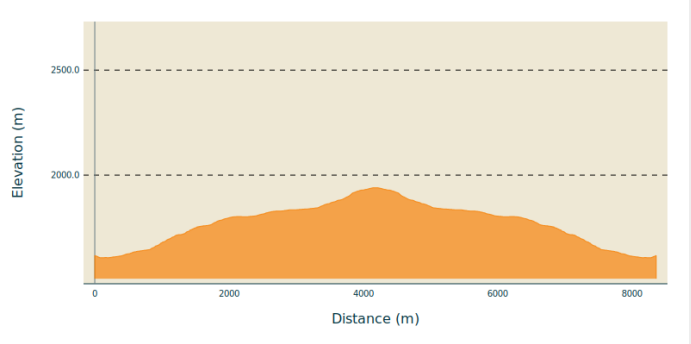
Type : Return trip

Themes : Fauna, Flora, Pastoralism

Trek

Departure : Entre les Aygues, Vallouise
Arrival : Entre les Aygues, Vallouise
Cities : 1. Vallouise-Pelvoux

Altimetric profile

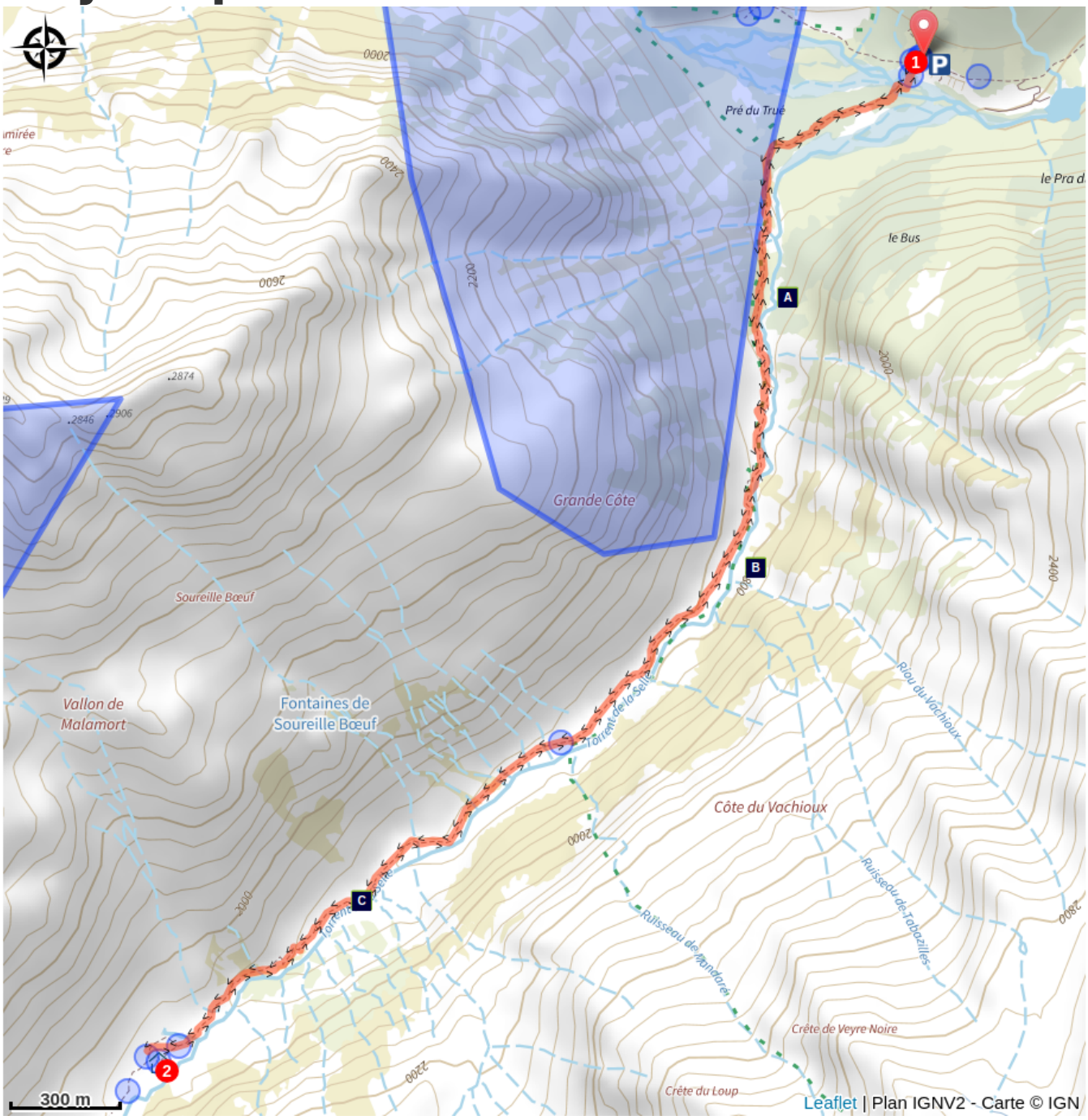


Min elevation 1607 m Max elevation 1940 m

Take the footpath to left at the end of the carpark.

1. At the first crossing, take the footpath on the left (GR54) towards "Col de l'Aup Martin" cross the bridge over the Onde stream. Follow the cairns in the riverbed of the Onde to join the footpath that follows the Selle stream. This will take you to the pastoral hut next to a shelter for walkers of the GR54 trail (Tour of l'Oisans and Les Ecrins).
2. The return trip will be by the same path. It is also possible to continue towards l’Aup Martin pass, which is the highest point of the GR54 trail at 2761 m in altitude.

On your path...



Silver birch (A)
Green alder (C)
Southerly burnet (B)

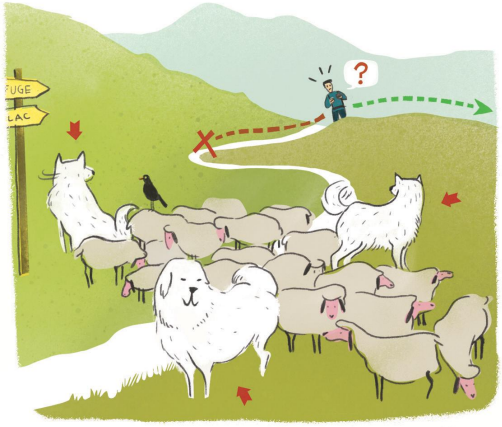
All useful information

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

The road leading to the car park is closed in winter and opens earlier or later in in the spring depending on avalanche activity. Please do not disturb the work of the shepherd and respect her privacy at the pastoral hut.

How to come ?

Transports

Shuttle service from Vallouise to Entre les Aygues: Reservation necessary 36 hours in advance (04 92 50 25 05)

Access

In Vallouise, take the small road to the right of the church towards Puy Aillaud. When you reach Villard de Vallouise, carry straight on, on the road that goes through the hamlet and continues into the Onde valley.

Advised parking

Entre les Aygues car park at the end of the Onde valley.

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 !

Attention en zone cœur du Parc National des Écrins une réglementation spécifique aux sports de nature s'applique : https://www.ecrins-parcnational.fr/thematique/sports-de-nature

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...

Silver birch (A)

On the edge of the Onde, once you have crossed the footbridge, the stone footpath weaves its way between the birch trees. This tree is easy to recognize amongst all the others due to it thin white bark. Due to the tar that it contains, birch bark stays intact even after the wood has rotted inside. It was used as parchment and as tannin in boreal regions. In this area, the birch's young twigs were mostly used to make brooms.

Attribution : Mireille Coulon - PNE

Southerly burnet (B)

These small moths that come out during the day, are part of thirty species of burnet in France. Their long wings are black or sometimes bluish and have red spots. Such bright colours are a warning of toxicity to their predators. Burnets are capable of extracting chemical components similar to cyanide from plants. They then secrete this poison through their mouth and joints when faced with danger

Attribution : Mireille Coulon - PNE

Green alder (C)

This bushy shrub grows in entangled thickets, which are a refuge to birds and chamois that are in search of coolness and quiet. It is a pioneer and not afraid of settling in poor, steep terrains. Its strong roots mean it can latch on where everything else slides. Its flexibility means avalanches slide over it as it bends under the weight of the snow. The male catkins dangle when they are mature showing the pale yellow of their flowers. The female flowers will bear characteristic fruit like small pinecones that are first green, and then brown that persist all year round.

Attribution : Bernard Nicollet - PNE