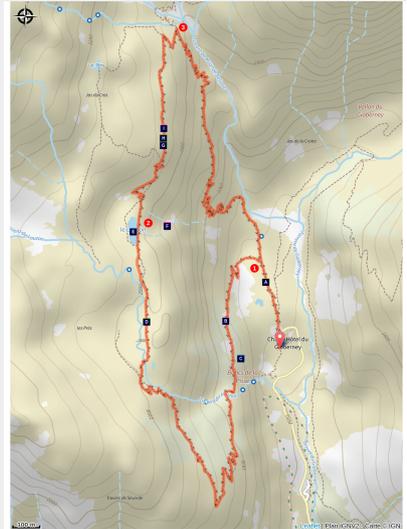


Lauzon Lake

Parc national des Ecrins - La Chapelle-en-Valgaudemar



Le lac du Lauzon (Pascal Saulay - PNE)



Situated on a plateau at an altitude of 2000 m, the site of Lauzon Lake offers a stunning view of the Gioberney glacial cirque.

The itinerary of Lauzon is a « condensation » of the mountain: crossing the natural environment perfect for the observation of a varied flora and fauna, belvedere of the lake opening on to the summits and surrounding glaciers.

Useful information

Practice : By walk

Duration : 3 h

Length : 6.6 km

Trek ascent : 442 m

Difficulty : Easy

Type : Loop

Themes : Flora, Lake and glacier,
Panorama

Trek

Departure : Gioberney, La-Chapelle-en-Valgaudemar

Arrival : Gioberney, La-Chapelle-en-Valgaudemar

Cities : 1. La Chapelle-en-Valgaudemar

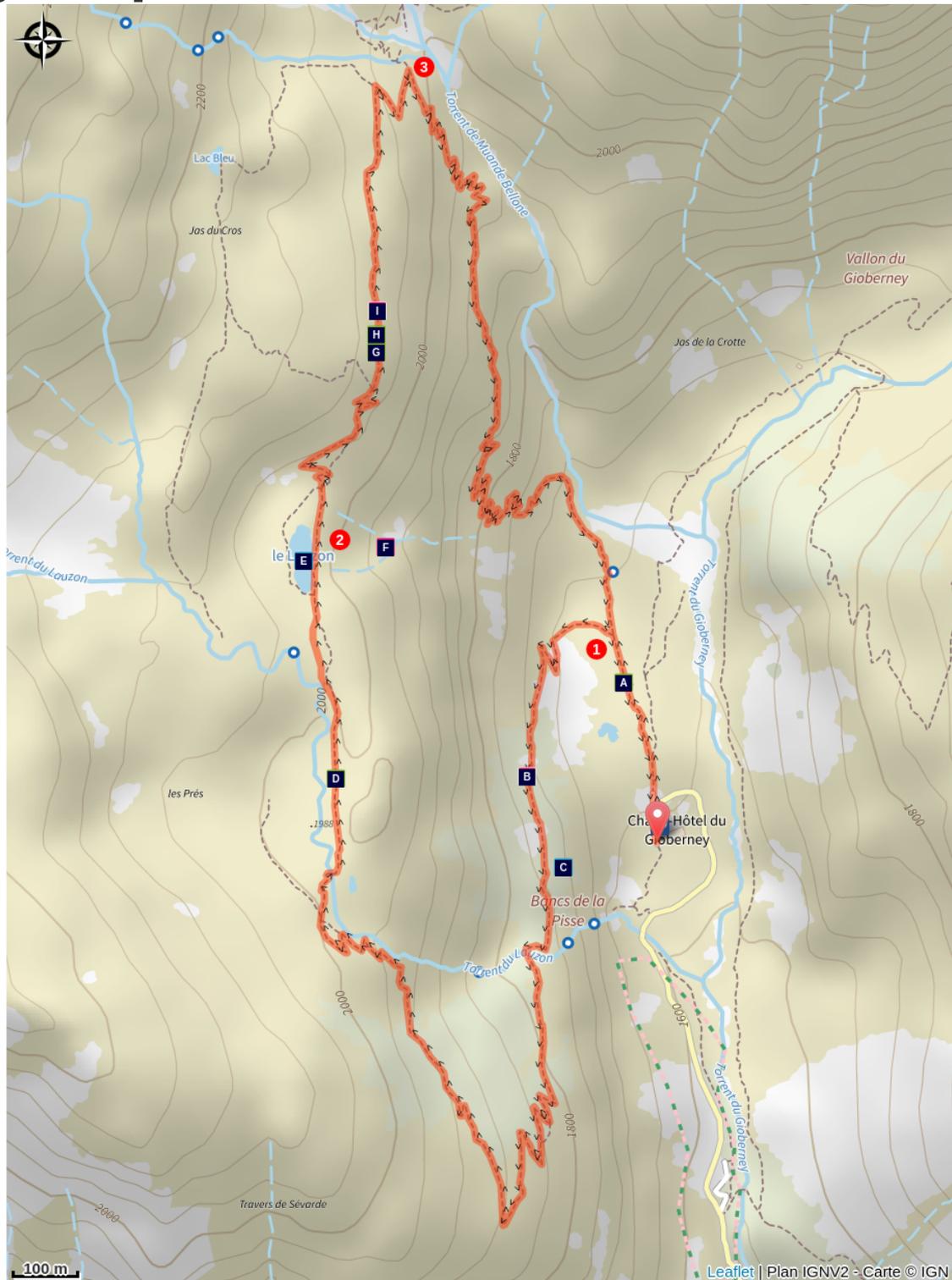
Altimetric profile



Min elevation 1635 m Max elevation 2060 m

From the Gioberney car park, ascend towards the North then diagonally left to reach a bit later a crossroads. Take the path to your left which leads up in the direction « lac du Lauzon ». The path crosses scree slope, goes through a small larch forest, stride across the torrent at Voile de la Mariée to wind upwards across a heath composed of rhododendrons, green alders and a short alpine lawn. Come out on to a plateau where a small torrent with marshy borders winds along. At the bottom of the plateau, the lake is revealed at the last moment. After the lake, follow the itinerary with a small ascent, then descend which will take you to some crossroads. Turn right in the direction «Gioberney ». The path follows beside a gorge sometimes zig-zagging to go back to the lower shelf Gioberney.

On your path...



-  The different environments (A)
-  « Voile de la Mariée » Waterfall (C)
-  Lauzon Lake (E)
-  Marsh Violet (G)
-  The transitional bog (I)
-  Glacial Polish (B)
-  Alpine Ibex (D)
-  A look at Lauzon (F)
-  Bottle sedge (H)

All useful information

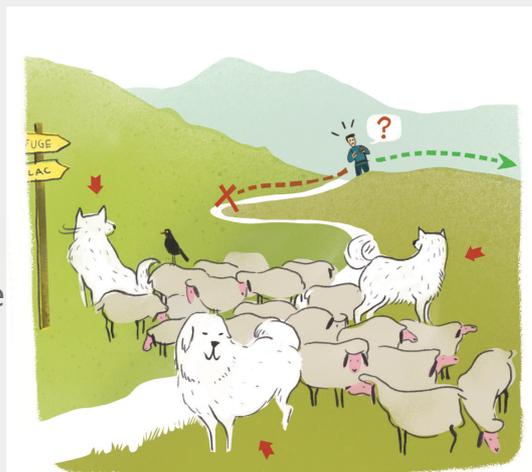
Herd protection dogs

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.



How to come ?

Transports

Shuttle service from Saint-Firmin in the summer there is a link with the bus coming Gap and Grenoble.

Access

At 26 km from Saint-Firmin on the D58, the D985a until La-Chapelle-en-Valgaudemar on the D480T until Gioberney.

Advised parking

Le Gioberney, La-Chapelle-en-Valgaudemar

Information desks

Valgaudemar Park house

Ancien Asile Saint-Paul, 05800 La Chapelle-en-Valgaudemar

valgaudemar@ecrins-parcnational.fr

Tel : 04 92 55 25 19

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



Source



Parc national des Ecrins

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

On your path...



The different environments (A)

From an altitude of between 1600 m to 2450 m, this itinerary invites you to cross different kinds of environment. Blueberry bushes and rhododendrons on the minerals of the scree slope, the green larch pastures, and this trip will be punctuated by different environments with their specific flora and fauna.

Attribution : Stéphane D'houwt - PNE

Glacial Polish (B)

Glacial polish is a rocky surface that has undergone erosion by a glacier. On the site, it is composed of gneiss, hard massive rock resulting from the crystallization of quartz, feldspar and partially melted micas. Striations enable the sense of the movement of the rock debris set in the ice to be seen. In the fractured parts of the rock, fragments of rock have been pulled off by the ice. This phenomenon is called “sub-glacial cutting”.



« Voile de la Mariée » Waterfall (C)

The Lauzon torrent runs over the retaining wall of the glacier and falls in successive waterfalls into the Gioberney glacial trough across the steepest walls of the Bancs de la Pisse. The lower waterfall spreads out like a bridal veil. The Lauzon torrent merges a few hundred meters further with the Gioberney torrent. This celebrity willingly accepts to be photographed... Its beautiful cascades will provide you with a memorable souvenir.

Attribution : Olivier Warluzelle - PNE



Alpine Ibex (D)

The Ibex was reintroduced to the Champoléon valley in Champsaur between 1994 and 1995. Since 1999, the Ibex have come to colonize the slopes of Gioberney and are slowly progressing towards the bottom of the valley. Some have been observed above the rif du Sap, at Olan and also at the level of Lauzon lake. From the 30 individuals initially released, there is now a population of 300 individuals.

Attribution : PNE - Chevalier Robert



Lauzon Lake (E)

Lauzon Lake is a glacial trough. During the maximum glacier Würm, 10 000 years ago, the ancient glacier dug a basin in the fractured migmatized gneiss by a North-South fault. It is called the « lawn lake » because it is subjected to clement climatic conditions with 4 or 5 months of thaw. In these waters, aquatic vegetation is very present, which translates a large biological productivity.

Attribution : PNE - Meeus Guido



A look at Lauzon (F)

The site of Lauzon, close and accessible, offers an easy opportunity to live in the mountains... From sunrise, enjoy the view of the Gioberney cirque and the reflection of the Sirac in the lake. It is at dawn and dusk that the site shows its strength with happy surprise meeting with fauna (as long as you know how to be patient and discreet).

Attribution : PNE - Saulay Pascal



Marsh Violet (G)

The Marsh Violet grows, as its name indicates, in humid places and most particularly in the bogs. In Spring, this little violet 5 to 15 cm high flowers with its five violet-grey petals... Like all the plants in humid environments, the principal threat is the education or disappearance of this type of environment.

Attribution : PNE - Nicollet Bernard



Bottle sedge (H)

The Bottle Sedge, with the Latin name *Carex rostrata* is a perennial plant, which means that its growing period lasts several years.. A typical bog plant, it can also live beside ponds. The ear (20 à 80 cm high) is composed of several spikelets, male (at the bottom) and female (at the top). It flowers between the months of May and July.

Attribution : PNE - Dentant Cédric



The transitional bog (I)

The bog is a particular kind of environment, by definition it produces peat. The one at this site is said to be in "transition", which means that it is in an intermediary stage in the process of the bog. This humid, acidic area has the appearance of a spongy carpet of sphagnum, a plant full of water close to the moss family. Because of difficult local conditions only a few insects colonize it, and only those species that are specially adapted: very small mosquitoes and other flies...

Attribution : PNE - Warluzelle Olivier