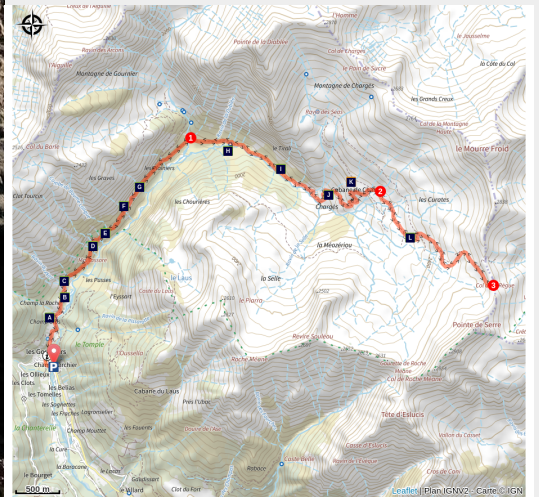


# Chargès Valley

Embrunais - Réallon



Le torrent de Chargès (Mireille Coulon - Parc national des Ecrins)



*In the Spring, the flowery valley is adorned with many different colours. It leads to the Règue mountain pass which signifies « flock » in Patois.*

The green colour of the bottom of the slopes contrasts with the uppermost grey-brown summits. The freshness of the grass accentuates the austerity of the rock which is sometimes sprinkled with snow. As for the torrent, it animates the hollow of the valley where it not rare to meet a cow coming there to drink.

## Useful information

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Practice : By walk

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Duration : 9 h

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Length : 18.9 km

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Trek ascent : 1283 m

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Difficulty : Hard

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Type : Return trip

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Themes : Fauna, Pass, Pastoralism

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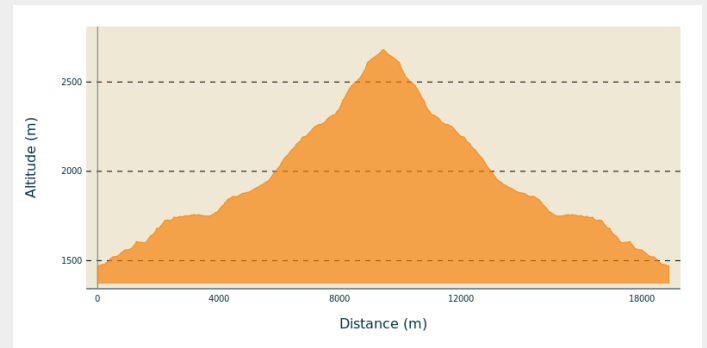
# Trek

**Departure** : Les Gourniers, Réallon

**Arrival** : Les Gourniers, Réallon

**Cities** : 1. Réallon

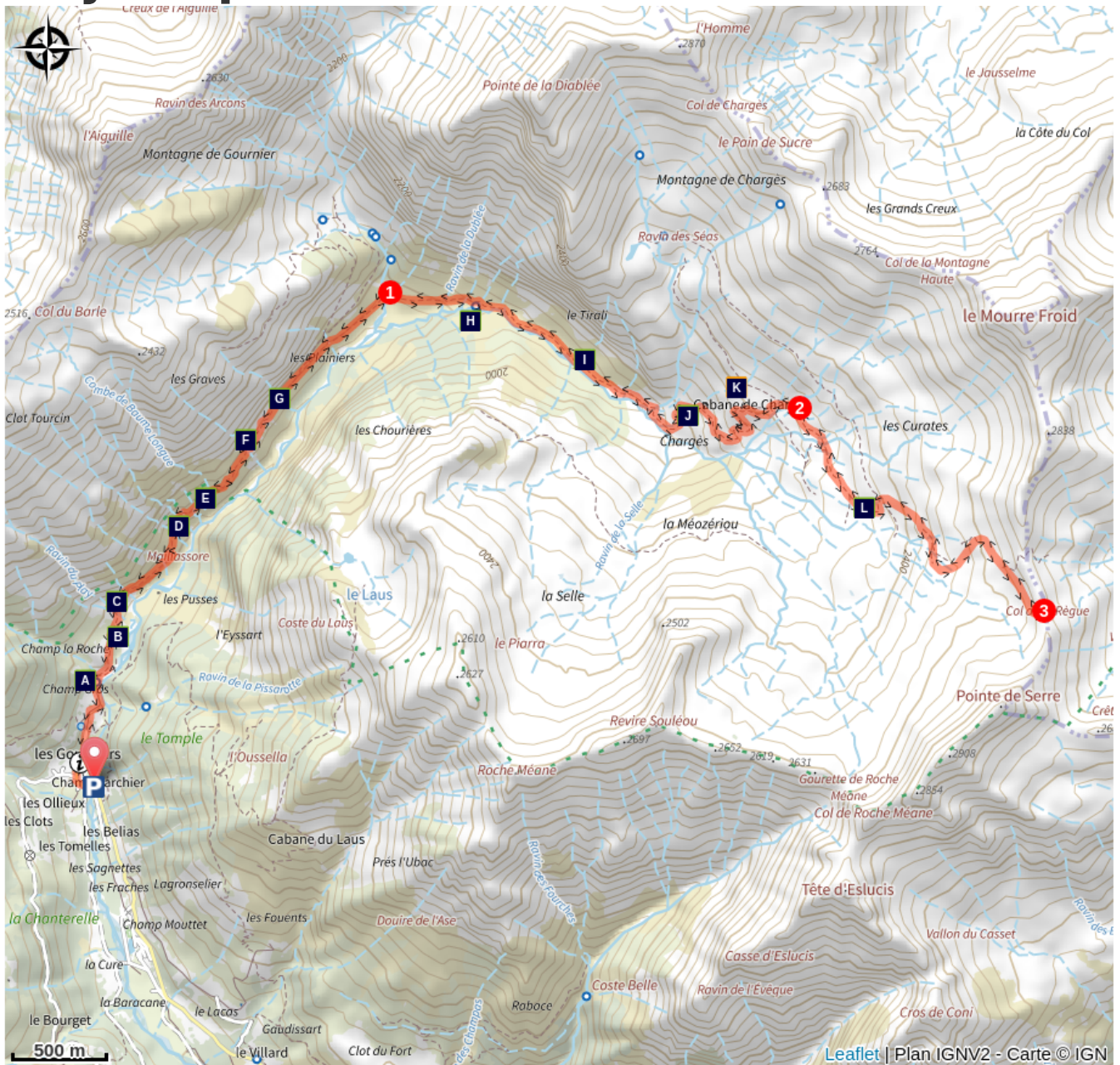
## Altimetric profile















Min elevation 1472 m Max elevation 2683 m

From Gourniers car park, cross the hamlet and follow the track until la Chapelle-Saint-Marcellin. The track follows the hillside until a walkway at (Pont la Claire) then goes up to the cabin at Pré d'Antoni. Follow along to a torrent (walkway). Climb a grassy slope to reach a lower shelf and the source of the Chargès. From the source, follow « the drailles » (local word signifying 'paths' created by the passage of sheep) and cross a little stream running from a waterfall. The path meanders towards the mountain pass, marked with red lozenges and cairns.

# On your path...



- |   |   |
|---|---|
|  Black Woodpecker (A)       |  Long Tailed Tit (B)   |
|  Rock Bunting (C)           |  Wallcreeper (D)       |
|  Short Toed Snake Eagle (E) |  Crave à bec rouge (F) |
|  Eurasian Crag Martin (G)   |  Chamois (H)           |
|  Cincle plongeur (I)        |  Pipit spioncelle (J)  |
|  « Drailles » (K)           |  Traquet motteux (L)   |

# All useful information



## 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

Between la Chapelle-Saint-Marcellin and Claie bridge, there is a danger of falling rocks, particularly during heavy rain. At that time the itinerary is not advisable. At the end of the track, that crosses the pasture, it is not very visible. Follow the cairns. Be careful when faced with pockets of snow remaining at the bottom of the mountain pass.

## How to come ?

### Access

From Savines-le-lac, just before the bridge, take the road to Réallon. Follow the signs to "Parc national des Ecrins", until Gourniers hamlet at the bottom of the valley.

### Advised parking

Les Gourniers

# 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 2400m.

## Information desks

### Information center "les Gourniers" (summer only)

Les Gourniers, 05160 Réallon  
embrunais@ecrins-parcnational.fr  
Tel : 04 92 44 30 36  
<http://www.ecrins-parcnational.fr/>



### Maison du Parc de l'Embrunais

Place de l'Église, 05380 Châteauroux-les-Alpes  
embrunais@ecrins-parcnational.fr  
Tel : 04 92 43 23 31  
<http://www.ecrins-parcnational.fr/>



## Source



Parc national des Ecrins  
<https://www.ecrins-parcnational.fr>

# On your path...

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## Black Woodpecker (A)

This funny red bird with a red helmet and a long light coloured beak is the biggest woodpecker in the Alps. It is difficult to see because it is very solitary and distrustful. However, thanks to numerous clues that reveal its presence, it is possible to place its song and its very typical and sonorous. It taps endlessly to defend its territory and to find bark beetles or carpenter ants.

Attribution : PNE - Chevalier Robert

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## Long Tailed Tit (B)

This Tit is easily recognizable thanks to its ball of feathers coloured white, black, brown and pink, extended by a very long tail. Not very selective, it adapts to all kinds of forest environments as long as they are dense. Although it is more common on the plain, it is also present in the mountains up to an altitude of 2 000 m in the Alps. Unlike other tits, the Long Tailed Tit nests in a spherical and flexible nest which grows little by little as the young birds develop.

Attribution : PNE - Coulon Mireille

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## Rock Bunting (C)

The Rock Bunting is mainly a Southern mountain species. In the cold season, it migrates towards the valleys or the plains. In Spring, from the top of a bush, sings his song, agreeable but not very remarkable or loud. As long as you are discreet and attentive, it is possible to sometimes hear his little "tsip", high-pitched brief cries.

Attribution : PNE - Combrisson Damien

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## Wallcreeper (D)

Discreetly hanging onto the cliff thanks to its long clawed feet, the Wallcreeper is on a search for insects and spiders that its long, narrow, curved beak enables it to extract. The unique representative of the Tichodroma family, the Wallcreeper dominates the vertical mountain wall where it finds its home and safety. Not a shy species, it is emblematic of the mountain region, the Wallcreeper sometimes moves closer to the villages in Winter.

Attribution : PNE - Combrisson Damien

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## Short Toed Snake Eagle (E)

Spring has only just returned when you can hear cries as loud as the church bells. You have to lift your head up to admire two large birds flying together, alternating aerobatics and hovering in the sky like two silver coloured kites playing with the wind.. Their light stocky silhouette and their darker head enable you to identify the Short-toed Snake Eagle. It mainly feeds on reptiles (lizards and snakes) which it captures by the head, which it can then regurgitate in order to feed its young.

Attribution : PNE - Saulay Pascal

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## Crave à bec rouge (F)

La falaise qui surplombe le sentier au-delà de la chapelle Saint Marcellin abrite plusieurs couples de crave à bec rouge, fidèles à leur territoire. De la famille des corvidés, il ressemble beaucoup au chocard à bec jaune. Les différencier par la silhouette demande un peu d'expérience mais le bec est le bon critère : rouge, long et incurvé pour le crave, jaune et court pour le chocard. Jouer avec l'air en piqués, vrilles et loopings est sa spécialité.

Attribution : Christian Couloumy - PNE

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## Eurasian Crag Martin (G)

The Eurasian Crag Martin has beige hardly contrasted feathering. It is capable of real prowess in flight, a quality that is indispensable for catching the multitude of insects that it feeds on. In Spring, once it has found a rocky ridge, the Eurasian Crag Martin endlessly transports mud and pieces of vegetation with its beak. Using this unique tool it solidly fixes each element to the edifice of the rock with a clever mix of saliva and water.

Attribution : PNE - Coulon Mireille

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## Chamois (H)

An emblematic animal in the Alps, the chamois or « rock goat » has short curled horns. Like the Ibex, it is easy to observe through binoculars. The goats and esterlons (young males aged one year) like to live in big herds ; in contrast, the billy goats stay quite isolated only rejoining the females during the mating season. In the winter, the chamois need a lot of tranquility in order to conserve their reserve of fat which they need in order to survive...

Attribution : PNE - Nicollet Jean-Pierre

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## Cincle plongeur (I)

Le cincle plongeur est facile à observer à condition d'être discret. Il vit le long des rivières et des torrents de montagne. Petit oiseau roux et gris, à la queue courte, il a le bec effilé, une tache blanche du menton à la poitrine. Cet étonnant passereau a la particularité de marcher au fond de l'eau à contre-courant, en quête de nourriture. Il s'aplatit et s'agrippe au fond avec ses doigts, ouvre ces yeux, protégés des flots par une fine membrane et repère alors vers, larves, petits crustacés et poissons.

Attribution : Mireille Coulon - PNE





### Pipit spioncelle (J)

Ce petit oiseau de la famille des Passériformes peut rester invisible en voletant à contre jour dans le bleu du ciel. Il est donc très discret. Par contre, il sait se faire entendre en criant son nom : « pi-pit-pipit-pipit-pipit » et tout à coup, à l'apogée de son vol, il se laisse glisser vers le sol, les ailes déployées en parachute tout en émettant un « piiiit » jubilatoire ! Posé dans l'herbe de l'alpage, il devient difficile à distinguer parmi les touffes de la grande fétuque.

Attribution : Damien Combrisson - PNE

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### « Drailles » (K)

The « drailles » are paths formed by the passage of flocks of sheep and herds of cows.

Attribution : Coursier Cyril

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### Traquet motteux (L)

Fin avril, sur le sol de l'alpage, la neige fond progressivement. Les rochers servent de perchoirs au traquet motteux, tout juste revenu de sa migration. Le mâle apparaît le premier : en plumage nuptial, il a la tête et le dos gris, un masque de Zorro sur les yeux, ventre blanc et ailes sombres. Il se reconnaît facilement en vol à son croupion blanc et au T noir qui se dessine sur sa queue. La femelle est plus pâle et moins contrastée. Souvent postés sur une proéminence, ils surveillent les alentours à la recherche d'insectes.

Attribution : Damien Combrisson - PNE