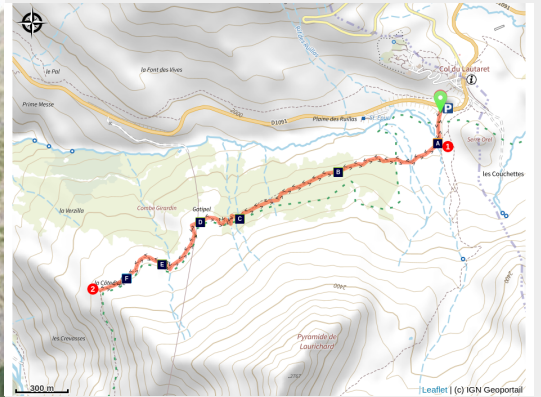


Le Belvédère de l'homme

Parc national des Ecrins - Villar-d'Arêne



Famille au belvédère de l'Homme (Thibaut Blais - Parc national des Ecrins)



An easy, half-day excursion starting from the Lautaret pass, in landscaped high mountain surroundings that have views of La Meije, perched glaciers and the Romanche valley.

This is an enjoyable walk, with some lush vegetation, that it is a pleasure to follow as a means to apply knowledge gained from a visit to the Lautaret pass Alpine Botanical Garden. The high point of this short climb is the Belvedere de l'Homme. It is an invitation to contemplate the high summits of the massif and perhaps encourage us to come back another time to walk towards the Arsine pass, the Adèle mountain refuge or the Emparis plateau that we can imagine in the distance.

Pierrick Navizet - eco-tourism task officer at the Parc national

Useful information

Practice : By walk

Duration : 1 h 45

Length : 5.5 km

Trek ascent : 88 m

Difficulty : Very easy

Type : Return trip

Themes : Flora, Lake and glacier, Panorama

Accessibility : Joelette

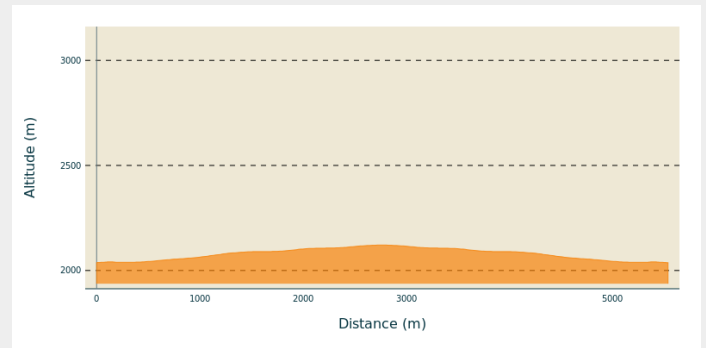
Trek

Departure : Col du Lautaret

Markings : — PR

Cities : 1. Villar-d'Arêne

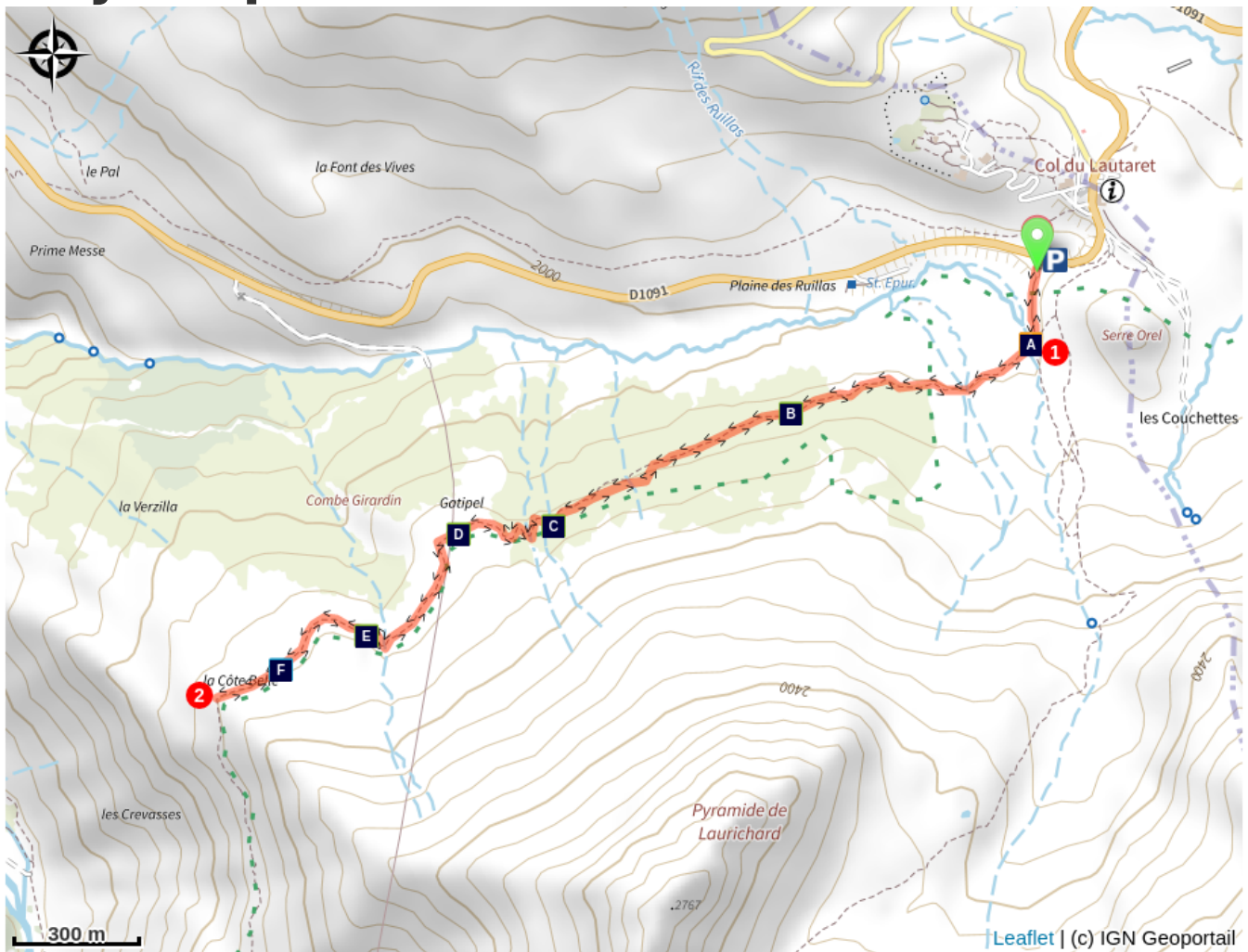
Altimetric profile



Min elevation 2038 m Max elevation 2122 m

From the car park below the Lautaret pass, head towards Laurichard where you will quickly come to a crossing. Leave the Laurichard footpath and turn right. Cross a footbridge and progressively walk up the hillside. The footpath crosses over several streams, eutrophic tall herbs and shrub zones and leads to a more open area - where sheep sometimes graze - before reaching the Belvedere de l'homme. Do not go over the barrier, turn back to return to the start point.

On your path...



 Dismantled ski-lifts (A)

 La mégaphorbiaie (C)

 Black Grouse (E)

 Alder forest and green alders (B)

 Turk's cap lily (D)

 View over La Meije (F)

All useful information

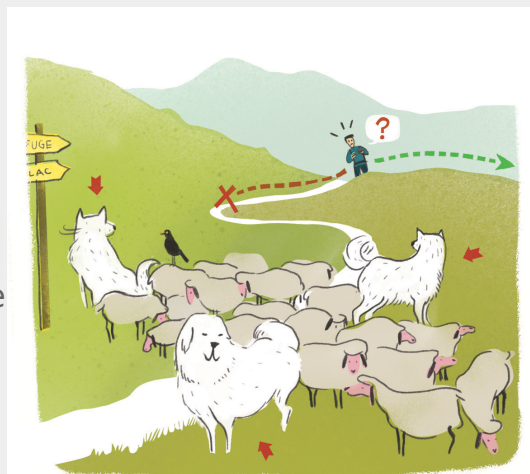
Herd protection dogs

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

Bus route Grenoble - Briançon, via Le col du Lautaret (ligne express régionale : LER 35).

Access

D1091 (Grenoble — Briançon), col du Lautaret.

Advised parking

Laurichard car park (at the foot of the Serre Orel).

Accessibility

Obstacles :

Marches, passerelles, alternance de revêtements, virages dans les torrents.

Parking :

Parking sous le col du Lautaret en stabilisé. Pas de place PMR.

Sanitaires :

Sanitaires sur le parking du Col du Lautaret accessible PMR.



Joelette

Accessibility level : Beginner

Slope

Quelques grosses marches à franchir

Width

Sentier étroit

Signage

Balilage avec panneaux jaunes

Covering

Sentiers en terre (quelques passages sur des planches et des pavés)

Exposure

Sentier très ensoleillé

Advice

Du parking sous le col du Lautaret, descendre les 3 premiers marches en direction du Laurichard pour arriver rapidement à un croisement.

Bifurquer à droite et traverser la passerelle, il y a une grosse marche et il n'y a pas de barrières

Le sentier traverse plusieurs ruisseaux, avec une alternance de revêtement ; pavé - grille - planches de bois.

il traverse également trois torrents qui nécessitera une vigilance particulière et l'ascension d'une dizaine de marches.

Vous trouverez une zone plane pour placer la Joëlette en position assise pour profiter de la vue du belvédère de L'Homme.

Ne pas franchir la barrière, revenir sur vos pas pour gagner le départ.

i Information desks

Information center "Col du Lautaret" (summer only)

Col du Lautaret, 05220 Le Monétier-les-bains

brianconnais@ecrins-parcnational.fr

Tel : 04 92 24 49 74

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



Maison du Parc du Briançonnais

Place Médecin-Général Blanchard, 05100 Briançon

brianconnais@ecrins-parcnational.fr

Tel : 04 92 21 08 49

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



Source



Parc national des Ecrins

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

On your path...



Dismantled ski-lifts (A)

A small ski resort was created in 1970 not far from the Lautaret mountain pass. Due to the risk of avalanches and new standards required, alpine skiing was moved near to the village of Villar d'Arène and Chazelet hamlet. The two obsolete ski-lifts situated in this very picturesque territory, rich in terms of biodiversity, ruin this place which has been classified since 1974 as the national nature reserve of Combeynot. In 2013, dismantling was carried out by the Mixed union of ski-resorts in the Haute Romanche with the support of the National Park. In the end more than 35 tons of iron and concrete blocks were evacuated.

Attribution : Eric Vannard - PNE



Alder forest and green alders (B)

Here is a spectacular transition from the genuine forest and pastures of the north facing slopes. There is a thick grouping of shrubs made up essentially of willows and green alders. These will never reach the size of a tree. They constitute impenetrable thickets where, over time, boars, chamois and roe deer have outlined a maze to hide in. The plants provide nitrogen through their roots and fertilise the soil, as if getting their own back on the eutrophic tall herbs.

Attribution : Bernard Nicollet - PNE



La mégaphorbiaie (C)

Transition zone at the upper edge of the forest, it has large plants with big leaves that seek light in order to grow. Under cover of their leaves, some animals and plants find a safe haven, particularly alternate-leaved golden saxifrage and adenostyles alpina. On the east part of the Ecrins massif, eutrophic tall herbs can be found at the edge of streams and brooks. Just after snowmelt, it raises its golden head and constitutes a lovely carpet of flowers.

Attribution : Bernard Nicollet - Parc national des Ecrins



✿ Turk's cap lily (D)

The Turk's cap lily lodges on the grassy slopes, meadows and undergrowth. It can be seen from a distance due to its long upright flowering stalk from which stem three to ten majestic flowers. They are large, purple-pink with some crimson, and have six petals that turn upwards when they reach maturity. Six orange stamens are then visible. The flowers that bend downwards lift when the fruit is formed.

Attribution : Pierrick Navizet - Parc national des Ecrins



🐓 Black Grouse (E)

The black grouse lives above 1200 m, and can only be found in the Alps. It is possible to spot the male due to its black plumage and its tail in the shape of a lyre (which is why its French name is Tétrás Lyre). While it spends most of the time in winter in an igloo scooped out of the snow as protection against the cold, in the spring it performs spectacular parades to attract a female. The National park is tracking the population of the species in this zone.

Attribution : Robert Chevalier - Parc national des Ecrins



❄️ View over La Meije (F)

La Meije is the second major peak in the Massif des Ecrins. It is made up of 3 main peaks: the Doigt de Dieu (3,973 m), La Meije Orientale (3,891m), and the highest summit, the Grand Pic at 3,983 m. It is a hard summit to climb, and the first to do so, on 16 August 1877, was Emmanuel Boileau de Castelnau, together with the famous local guide, Pierre Gaspard. "Meije" comes from the Occitan word Meidjo, which means midday, because when seen from the village of La Grave, the sun passes above the summit at around noon. On the other side, before La Meije became famous, it was called the Bec des Peignes ("Comb Beak") by the inhabitants of Saint-Christophe-en-Oisans.

Attribution : © Parc national des Écrins - Pascal Saulay
