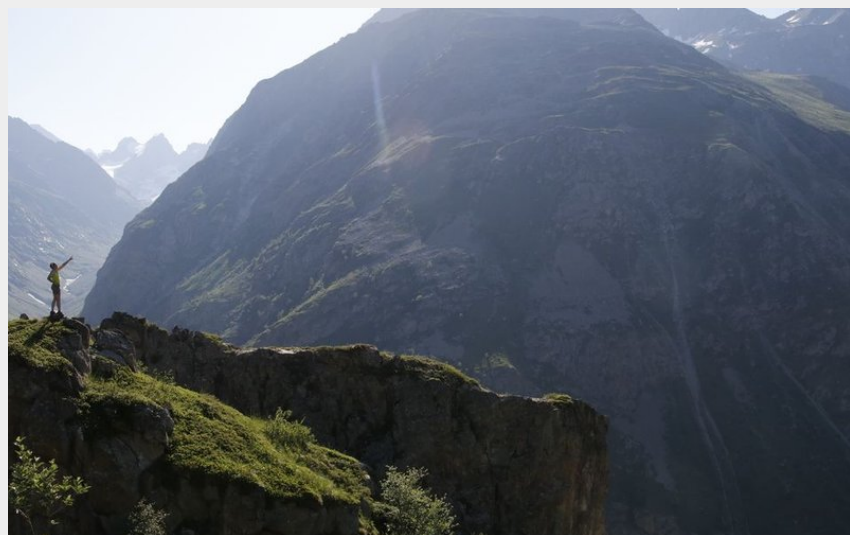


From Pré-Clot to La Ville

Oisans - Saint-Christophe-en-Oisans



Le vallon de la Selle vu depuis la table d'orientation de Peyssa (© Parc national des Écrins - Cyril Coursier)



This is the biggest climb in the circuit. Go up to Plat de la Selle at an altitude of 2,550 m and enjoy a breathtaking panoramic view!

After a gentle start along the Champébran path, the serious stuff begins: a long climb up around the mountain on a slope that is already steep, with large rocks above. Step after step, the view opens up and each bend is a new summit, a new valley making its appearance. The Plat de la Selle, the highest point of the week at an altitude of 2,550 m, probably provides one of the finest panoramas in the Vénéon region. You catch your breath and contemplate all the upper valley and the way you came on the previous days! In Saint-Christophe, don't forget to taste some Creusets, the local speciality.

Useful information

Practice : By walk

Duration : 5 h 30

Length : 9.4 km

Trek ascent : 990 m

Difficulty : Hard

Type : Stage

Themes : History and architecture, Panorama, Top

Trek

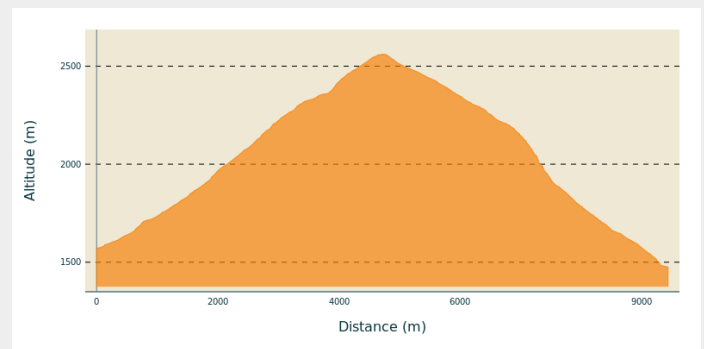
Departure : Pré-Clot

Arrival : La Ville

Markings : — PR

Cities : 1. Saint-Christophe-en-Oisans

Altimetric profile









Min elevation 1476 m Max elevation 2562 m

From the Gîte des Arias in Pré Clot, take the same path as the day before towards Champébran.

1. Cross the track and turn left towards Plat de la Selle at the signpost. The mountainside path is steep but regular with hairpin bends. It gradually drifts towards the left, crossing a few rocky hollows and makes a final effort, rising to the highest point of the week at an altitude of 2,550 m. Enjoy a well-earned break on the sloping edge just below!
2. To go back down, continue along the clearly marked path winding its way at first slowly through the grassy slopes, then becoming steeper in the forest. Care needs to be taken in the steep, rocky section facing the slope. Join the track at the bottom of the slope. Turn left into the track then immediately turn right, where you arrive at the Les Prés car park.
3. Go down the road a few metres turn left onto the St-Christophe path (signposted). It winds its way between the first few houses and then goes straight down towards the centre of the village. Follow the yellow markings to stay on the right path.

On your path...



-  Rock ptarmigan (A)
-  European larch (C)
-  Musée Mémoires d'Alpinisme (E)
-  Panorama from Plat de la Selle (B)
-  Saint-Christophe-en-Oisans Church (D)
-  Accommodation in Saint-Christophe-en-Oisans (F)

All useful information

Advices

A section requiring a little care on the way down. (steps and atmosphere a little impressive but not difficult).

Beware of snow in the coombs on the way up at the start of the season. Check with the tourist office before setting off.

This route should be avoided in wet weather, as there is a risk of falling rocks on the way up.

South face, beware of the heat in summer! No water points on the route.

Information desks

Office de tourisme de Saint-Christophe-en-Oisans / La Bérarde

infos@berarde.com

Tel : 04 76 80 50 01

<http://www.berarde.com/>



Oisans Park house

Rue Gambetta, 38520 Le Bourg d'Oisans

oisans@ecrins-parcnational.fr

Tel : 04 76 80 00 51

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



Source



Parc national des Ecrins

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

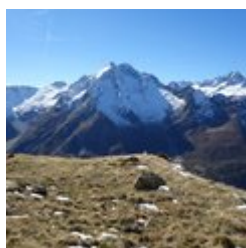
On your path...



Rock ptarmigan (A)

The Alpine forest storey is home to a timid bird that changes its plumage for camouflage : the rock ptarmigan. Once living all over all the continent during the glaciations of the Quaternary period, the species has now withdrawn to the areas providing it with the climatic conditions that best suit it. This fragile population is monitored by the National Park as part of a programme including all the Alpine area, and led by OGM (Observatoire des Galliformes de Montagne). The aim, in particular, is to follow the reproduction of the species each year.

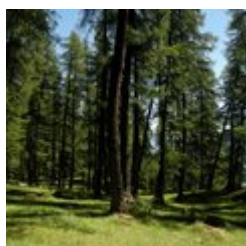
Attribution : Marc Corail



Panorama from Plat de la Selle (B)

A superb panorama over the Vénéon valley. To the left, on the other side of the valley, is the upper Lavey valley, dominated by the Aiguille des Arias at 3,402 m. At the foot of the Aiguille, the Mariande valley and its characteristic barrier, itself crowned by the Tête de Laurantou with a peak of 3,325 m above the Alpe du Pin Refuge, which can be seen from below. The next valley is the Lanchatra, with above it the Roche de la Muzelle at an altitude of 3,665 m. A little further on, a village can be seen clearly - Venosc and its cable car, leading to the Deux Alpes ski resort.

Attribution : © Parc national des Ecrins - Cédric Anglaret



European larch (C)

The larch is the only European resinous tree to lose its leaves (called needles, because of their shape) in winter. Its wood is reddish brown in colour. In the landscape, it stands out due to its colours, ranging from pale green in spring to the golden colours of autumn. Its pink flowers are celebrated by naturalists and photographers in spring. The European larch is a colonising tree on the mountain slopes. While it can adapt to harsh conditions at high altitude, it cannot hold out against competition with other trees.

Attribution : © Parc national des Ecrins - Damien Combrisson



Saint-Christophe-en-Oisans Church (D)

The church houses a polychromatic wooden statue of Saint Christopher, and another polychromatic and gold wooden statue of the Virgin and child. Both statues date from the 17th century.

Make sure you visit the cemetery behind the church, where a large number of mountain climbers and guides, including the famous Pierre Gaspard, have their resting place.

Attribution : © Parc national des Ecrins - Denis Fiat



Musée Mémoires d'Alpinisme (E)

At the centre of the village of Saint-Christophe en Oisans, the Mountain-Climbing Memorial Museum is a treasure trove of knowledge about the major figures who wrote the history of mountain-climbing in the Ecrins range . On the lower level is a large model of the mountain range, with numerous portraits of the pioneers and the equipment of the period. On the second level, the focus is on more recent climbing, with the exploration of tougher routes and a section devoted to the many women - often little known - who have taken part in the adventure of mountain climbing.

The third level is dedicated to temporary exhibitions about the Vénéon valley. This surprising museum is not to be missed !

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Accommodation in Saint-Christophe-en-Oisans (F)

Whether you are at La Cordée or the Relais des Ecrins, you are in the commune of St-Christophe. Here you will be welcomed with simplicity, in a small village that has kept its charm and authenticity, with the mountain atmosphere absolutely everywhere and peacefulness abounding.

Marie-Claude Turc, the restaurant owner, whose grandparents opened La Cordée hotel in 1907, will delight you with the Creusets of St-Christophe, the valley's main speciality.

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