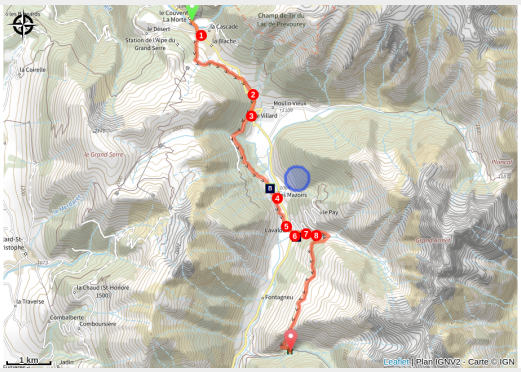
From Alpe du Grand Serre to Rif Bruyant

Parc national des Ecrins

Haies et frênes de la vallée de la Roizonne (© Parc national des Ecrins - Bernard Nicollet)



On leaving the Alpe du Grand Serre resort, you go down into the peaceful Roizonne valley, passing through a large number of villages, and then go up into a narrower valley with a mountain stream that well deserves its name: the Rif Bruyant (which could be translated as 'noisy scrap').

Go back in time and immerse yourself in the private life of an unspoilt valley, as you go from the modern landscapes of the ski resort to a typical and secret mountain village, lined by the Rif Bruyant mountain stream.

Useful information

Practice : By walk

Duration : 4 h

Length : 12.1 km

Trek ascent : 553 m

Difficulty : Medium

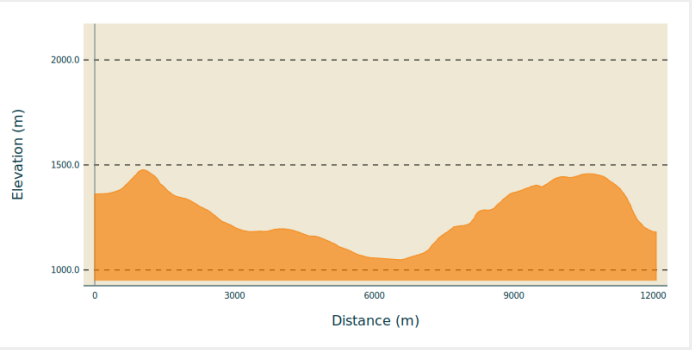
Type : Stage

Themes : Flora, History and architecture, Pastoralism

Trek

Departure : Alpe du Grand Serre
Arrival : Rif-Bruyant
Markings : PR GR
Cities : 1. La Morte
2. Lavaldens

Altimetric profile

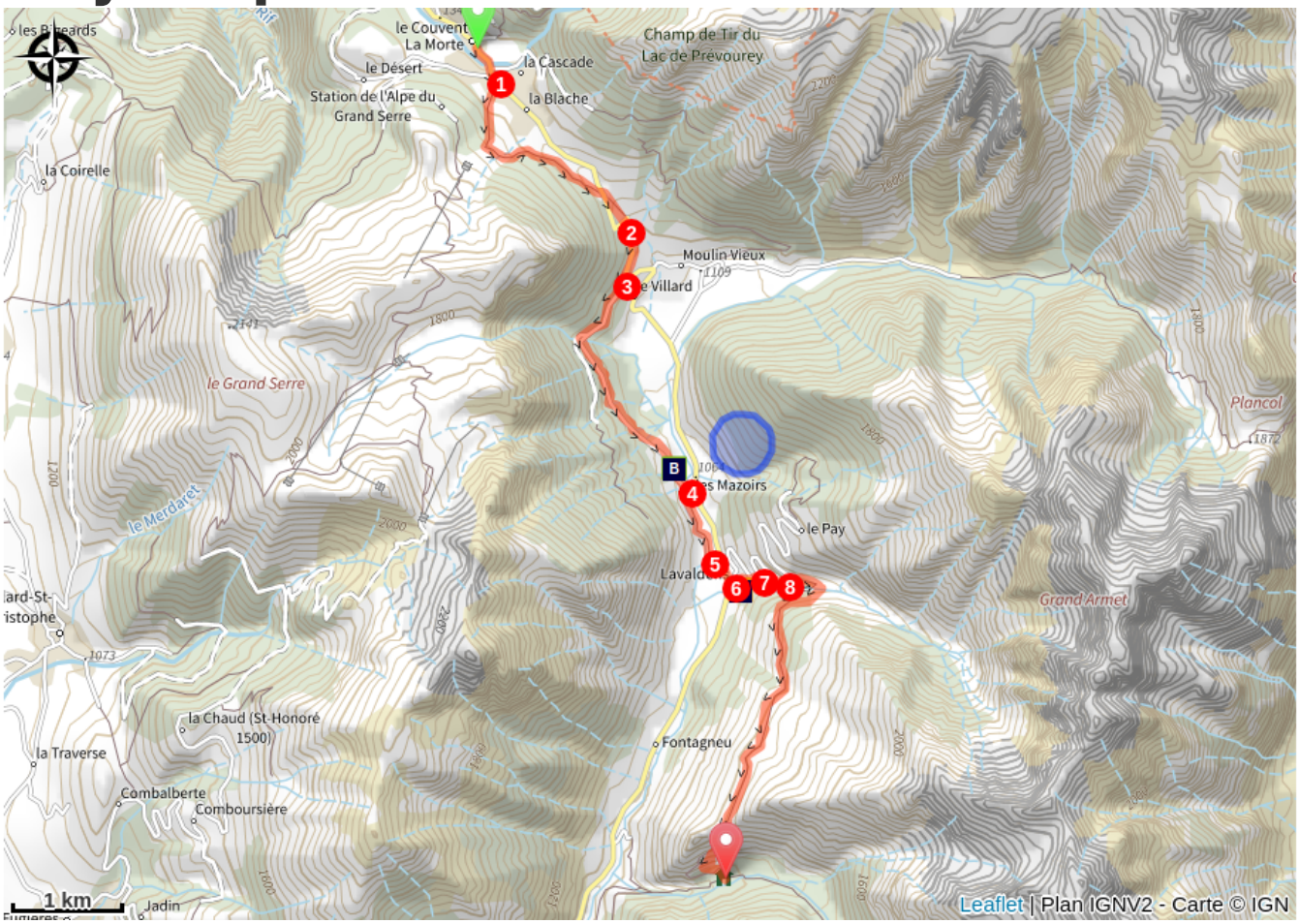


Min elevation 1049 m Max elevation 1477 m

From the centre of the resort, follow the D114 road towards La Mure for 500m.

1. Turn right into a path. This was once a road and is lined with twisted beech trees. It crosses the new road and leads to Chabotte.
2. Follow the road down for 700 m as far as the "Les Louriers” bend.
3. Leave the road and follow "Lavaldens", which is again the old road, but now closed to traffic. It gently runs downwards as far as Les Mazoirs, through a forest of beech trees, then the fields and the pastures.
4. In Les Mazoirs, the route runs alongside the river after the bridge.
5. At the Le Claudy crossroads, turn left towards Lavaldens.
6. At the heart of the hamlet, take the tarmac road towards Le Pay, then turn right into the impasse de l'Espalier. At the end of the dead-end street (fountain), turn left along a path lined with low walls that leads up to Basse Gorge. Rejoin the road.
7. After the hairpin bend, take a path on the right that leads up to Haute Gorge.
8. Rejoin the road, and after the bend take a track on the right that leads to the bottom of the Espalier valley, which you cross on a footbridge. A track through a beech forest leads to the mountain pastures, which you cross almost level, heading south as far as the Choumeaux ridge (pass at 1446 m). From here, a steep descent through scree to the hamlet of Rif bruyant.

On your path...



A hydraulic adventure in Lavaldens (A)

Tulipa Sylvestris (B)

All useful information

⚠ Advices

Between Chabotte and Les Louriers, the road is busy, with fast traffic and no roadside.

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.

Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

Contact: Fédération Départementale des Chasseurs d'Isère Yannick Buzzarello
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Zone de tranquillité hivernale pour le Tétras-lyre. Merci de veiller à respecter le balisage.

Le Tétras-lyre s'abrite sous la neige pour passer l'hiver, souvent en bordure de forêt. Pour ne pas le déranger :
- A la montée, restez sur l'itinéraire principal ;
- A la descente en forêt et en bordure, passez au plus proche des traces de ski existantes ;
- Si vous croisez un animal, arrêtez-vous et laissez-lui le temps de partir ;
- Si vous avez un chien, gardez-le près de vous, ou mieux, laissez-le se reposer au chaud !
- Réalisez votre sortie entre 8h et 17h pour éviter la période où les animaux se nourrissent ;

Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

Contact: Parc National des Écrins
Julien Charron
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Nidification du Circaète-Jean-le-Blanc

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

Merci d’essayer d’éviter la zone ou de rester à un distance minimale 300m sol soit 1750m d'altitude pour cette zone.

Information desks

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Tel : 04 76 30 20 61
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Source

Parc national des Ecrins

https://www.ecrins-parcnational.fr

On your path...

A hydraulic adventure in Lavaldens (A)

At the end of the 19th century, industry began to overtake village windmills, which then disappeared one after the other. Paul Freynet, who lived in Lavaldens, decided to optimise his windmill by using hydraulic force in all its forms. The penstock drives several millstones, as well as a bolter and a sorter, and a saw for cutting wood lengthways, plus a circular saw for short logs. A major development was the introduction of a generator to produce electricity. Paul Freynet provided power to all the village long before the electricity network arrived in the valley, on the eve of the Great War.

Tulipa Sylvestris (B)

This magnificent plant has flowers that are often tilted at the side, which helps it stand out from its horticultural cousins. Its pointed petals are a fine gold colour. The leaves are very light green, straight and long. The species is protected throughout France, and cannot be found at the florist’s, but only in or around fields. The bulbs have suffered from the increasing use of tractors and the deeper ploughing that results. The flower has greatly fallen in numbers and only grows in land where farming practices are still gentle, without pesticides or deep ploughing.

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