

3-day Tour of the Emparis Plateau

Oisans



Randonneurs sur le plateau d'Emparis (© Parc national des Écrins - Carlos Ayesta)



During this 3-day circuit, you can see and admire in the distance the summits of Les Ecrins. A unique part of the mountain range, the Emparis plateau boasts one of the finest views you can enjoy in these mountains. La Meije, the Girose glacier, Le Râteau - names that are the stuff of dreams. But that's not all - such a great panorama is not enough. Mountain pastures, high-altitude villages and panoramas bring diversity to the journey.

Welcome to the land between Isère and Hautes-Alpes. Here, high up in the mountains, the aroma of wild lavender mingles with the freshness of the glaciers. On the way up to the Emparis plateau, each glimpse adds its share of beauty. Below, Lake Chambon; above the

Useful information

Practice : By walk

Duration : 3 days

Length : 25.8 km

Trek ascent : 1537 m

Difficulty : Medium

Type : Multi-day trekking



Themes : History and architecture,
Lake and glacier, Panorama

majestic summits of Les Ecrins. Tradition, nature and high mountains come together to offer hikers an excursion that will delight both contemplative visitors and fans of mountain heritage.

Trek

Departure : Mizoën

Arrival : Mizoën

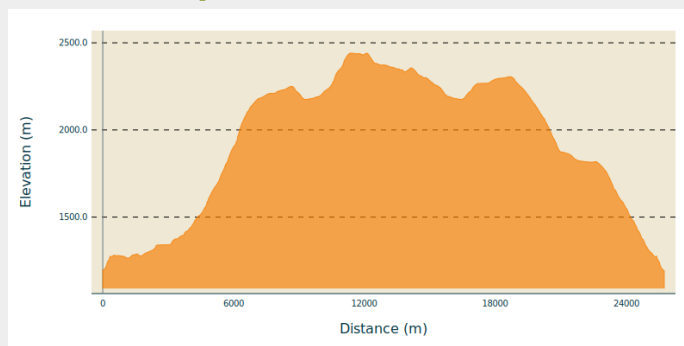
Markings :  PR  GR

Cities : 1. Mizoën

2. La Grave

3. Besse

Altimetric profile



Min elevation 1190 m Max elevation 2441 m

The first, fairly short stage invites hikers to stroll from villages to hamlets, to go up towards the schist paths around the mountains, and leads them to two areas where peace and quiet hold sway. First of all, Lake Lovitel with its discovery trail, then the hamlet of Les Clots, with, above, one of the most beautiful petrified waterfalls in Isère.

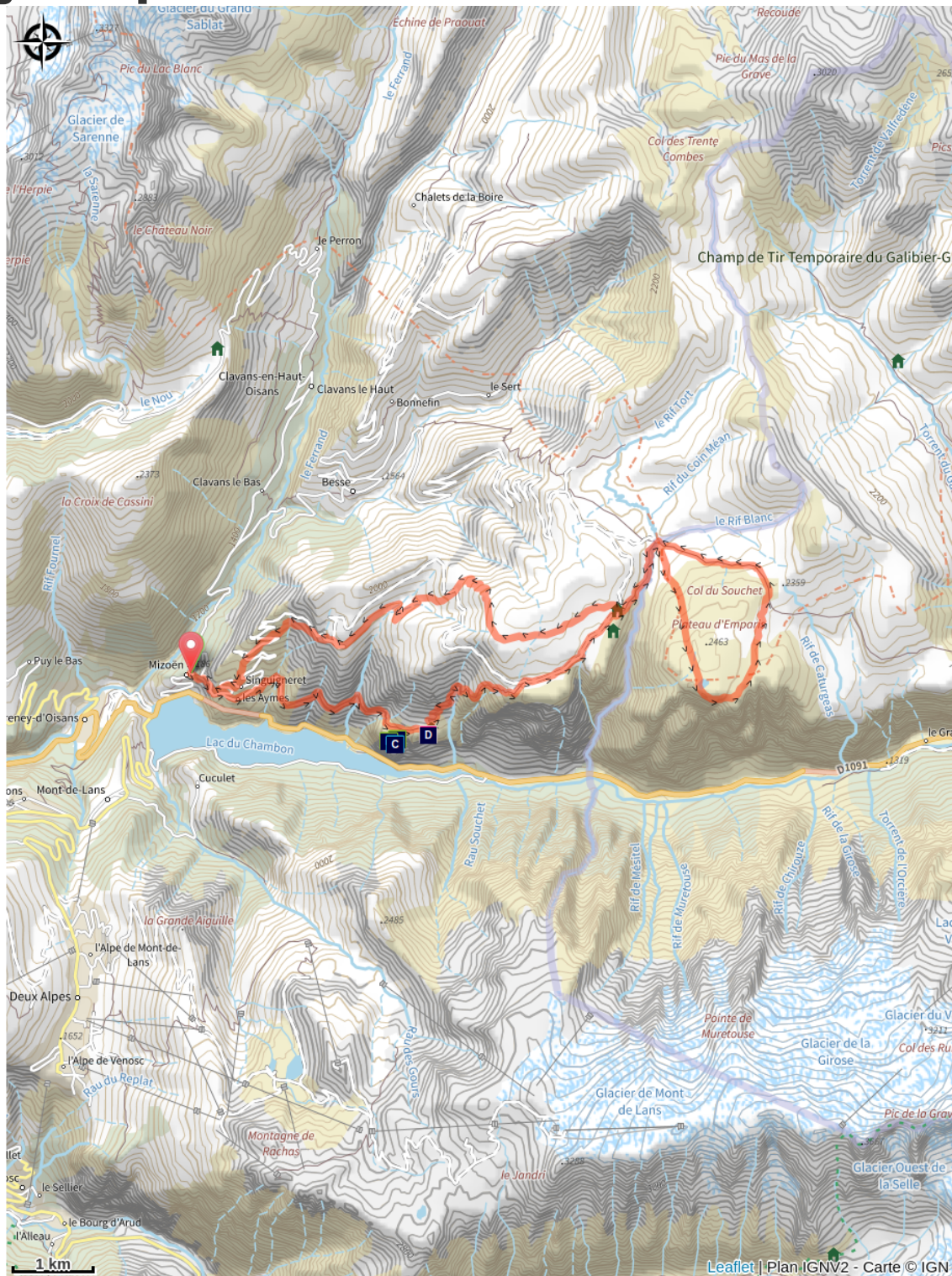
On the 2nd day, you follow a magnificent path along the Pisse torrent, leading you above the waterfall of the same name and the famous petrified fountain. You soon arrive at the Fay and Mouterres refuges along a pastoral path. The path joins up with the GR54 before taking hikers upwards to a unique view over the Emparis plateau and its two landmark lakes: Lake Lerié and Lake Noir. Here the Ecrins glaciers and La Meije are revealed, in one of the finest views over the high mountain summits in the range.



The 3rd stage, gently sloping downwards, goes through mountain pastures and leads through schist paths to Mizoën. We return to civilisation with a glimpse of the life of yesteryear in the ruins of Alpine chalets and farming terraces.



Stages :

- 1.** From Mizoën to the Clots refuge
4.7 km / 358 m D+ / 1 h 30
- 2.** From Les Clots refuge to Les Moutherres and Le Fay refuges via the Plateau d'Emparis
12.5 km / 1107 m D+ / 6 h
- 3.** From the Moutherres and Le Fay refuges to Mizoën
8.8 km / 66 m D+ / 2 h 30

On your path...



-  Common Midwife Toad (A)
-  Lovitel Lake (C)

-  Purple Loosestrife (B)
-  Petrifying Fountain (D)

All useful information

Advices

Mountain biking is forbidden on the GR 50 due to the fragility of the natural environment (decree to protect the biotope).

Camping, fires and water sports (including swimming) are prohibited on the Emparis plateau during the summer. Dogs must be kept on a lead. Bivouacs are permitted between 7pm and 9am.

How to come ?

Transports

By train, Grenoble SNCF station : www.voyages-sncf.com

By bus :

Bus lines in Région Sud : <https://zou.mareregionsud.fr/>

Bus lines in Auvergne-Rhône-Alpes : <https://carsisere.auvergnerhonealpes.fr/>

Bus lines in Isère : <https://www.itinisere.fr/>

Access

From Bourg d'Oisans, take the D1091 to Lac du Chambon. After the bridge, leave the departmental road and turn left onto the road to Mizoen.

From Briançon, take the D1091 to Lac du Chambon. After the bridge, leave the departmental road and turn right towards the road leading to Mizoen.

Advised parking

Car park below the Mizoen church

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.

Short-toed snake eagle

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

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

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 une distance minimale de 300m sol quand vous la survolez soit 1840m d'altitude !

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 2450m.

Information desks

Information center "Col du Lautaret" (summer only)

Col du Lautaret, 05220 Le Monêtier-les-bains

brianconnais@ecrins-parcnational.fr

Tel : 04 92 24 49 74

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



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...



Common Midwife Toad (A)

In Spring, a short note emitted at regular intervals resonates around the lake. It is the mating season for this small terrestrial grey toad, mottled with black and brown; it is the male toad's song to attract the females. A peculiarity of this anuran is that the male uses his back legs to surround the string of ova laid by the female to fertilize them with a jet of semen mixed with urine. In this way he watches over the eggs for several weeks. When they are on the point of hatching, he goes to the water and frees the young frogspawn.

Attribution : Marc Corail - PNE



Purple Loosestrife (B)

During the whole summer, the Purple Loosestrife, with its beautiful purple spikes, sprinkles the small Lovitel lake with colour. Considered to be a weed to be destroyed, it does however hold a position among the most useful plants (plants with medicinal properties). Its astringent properties, among others, deem it to be a good remedy against colic in infants when teething. In the kitchen, its young shoots and the flesh of its stalks used to be consumed as a vegetable. The leaves could also be infused like tea.

Attribution : Cyril Coursier - PNE



Lovitel Lake (C)

In addition to being one of the rare wetlands at altitude on the highest part of the Romanche, Lovitel Lake unusually partially dries out during the summer and turns in to a marsh. In this way it becomes ideal for the development of amphibians who benefit from the absence of fish, their predators. Furthermore, the ecological quality of the environment is remarkable... Several species of great natural value are present at this site, notably the Adder's Tongue Fern and the Small Meadow Rue, both protected regionally.

Attribution : Cyril Coursier - PNE



Petrifying Fountain (D)

The water that crosses the Emparis plateau which is composed of permeable sedimentary rock, fills up with Calcium bicarbonate. When, lower down, it comes in to contact with the impermeable crystalline rock layer of the Hercynien granitic base, the water follows a fault plane established between two layers and finishes in an aerial waterfall. The dissolved carbonates are transformed into a soft rock called Tuff by their contact with the air which has accumulated there for millennium. This resurgence, or petrifying fountain, is one of the most beautiful in France.

Attribution : Cyril Coursier - PNE