

De Mizoen au refuge des Clots

Oisans - Mizoën



En balcon au-dessus du lac du Chambon (© Parc national des Écrins - Pierre Masclaux)



Cette première étape donne de la hauteur au-dessus du lac du Chambon tout en traversant plusieurs villages et hameaux de montagne. De beaux belvédères sur ces sentiers en balcons vous emmèneront petit à petit vers des panoramas incroyables sur les Écrins.

Quitter la civilisation, la route, pour s'élever tranquillement vers des hauteurs plus paisibles. On rejoint alors les brebis et les hameaux montagnards au caractère bien trempé pour admirer au loin la haute-montagne. L'oasis perchée où siège le refuge des Clots vous accueille à bras ouverts et vous délivre sa fraîcheur.

Useful information

Practice : By walk

Duration : 1 h 30

Length : 3.3 km

Trek ascent : 245 m

Difficulty : Medium

Type : Stage

Themes : History and architecture, Lake and glacier

Trek

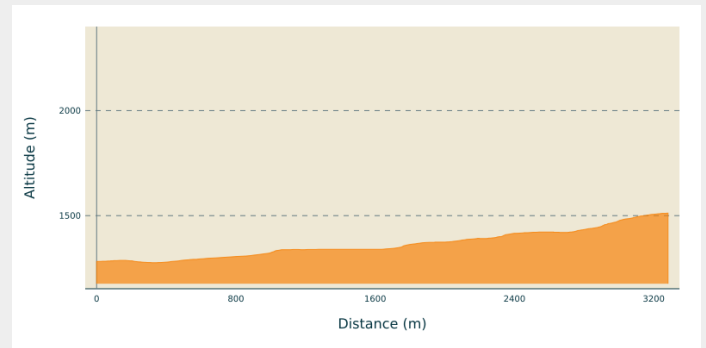
Departure : Parking des Clots, au bout de la piste après le hameau des Aymes

Arrival : Refuge des Clots

Markings :  GR

Cities : 1. Mizoën

Altimetric profile








Min elevation 1277 m Max elevation 1513 m

Depuis l'église, descendre dans le village et prendre la rue vers la bibliothèque qui se transforme en sentier. Continuer sur ce sentier en balcon, en aval de la route. Emprunter ensuite cette dernière sur quelques mètres et suivre sur votre droite un sentier qui débouchera sur le hameau des Aymes. Depuis le parking de ce hameau, continuer la piste qui devient peu à peu un sentier et tenez la gauche jusqu'au replat. Là, au 1er panneau du sentier de découverte, prendre à gauche (plus rapide) ou bien à droite vers le lac du Lovitel. Vous atteindrez ensuite le hameau des Clots (1 540 m).

On your path...



-  Lovitel Lake (A)
-  Common Midwife Toad (C)
-  Petrifying Fountain (E)
-  Purple Loosestrife (B)
-  Chambon Lake (D)

All useful information

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

Information desks

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...



Lovitel Lake (A)

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



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



Common Midwife Toad (C)

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



Chambon Lake (D)

Chambon Lake is, like the one at Serre-Ponçon, an artificial lake created by the establishment of the dam. In April 1935, after six years of work, the site was first launched, progressively swallowing up the ancient villages of Chambon, Dauphin and Parizet. It was at this time the highest dam in Europe. A chapel was built near the dam in memory of the thirty workmen who lost their lives during its construction.

Attribution : Daniel Roche - PNE



Petrifying Fountain (E)

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