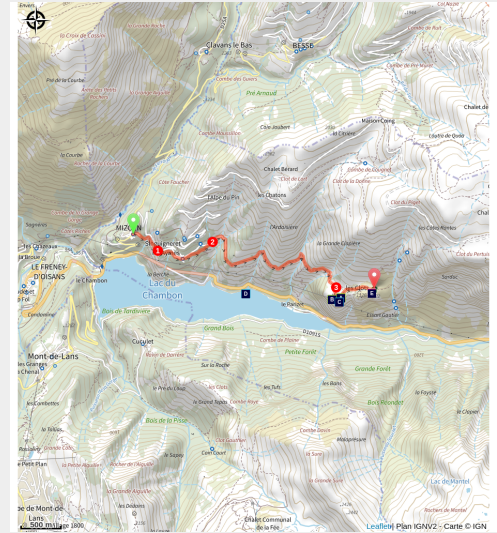


# From Mizoen to the Clots refuge

Oisans - Mizoën



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



*This first stage takes you up above Lake Chambon and goes through several villages and mountain hamlets. With fine panoramas on the mountainside paths, you can enjoy some incredible views over Les Ecrins.*

You take leave of civilisation and the road, to go up slowly towards more peaceable heights. You join the ewes and mountain villages with their tenacious character and admire the high mountains in the distance. The high oasis where the Clots refuge is located welcomes you with open arms and brings you all its freshness.

## Useful information

Practice : By walk

Duration : 1 h 30

Length : 4.7 km

Trek ascent : 370 m

Difficulty : Medium

Type : Stage

Themes : History and architecture, Lake and glacier

# Trek

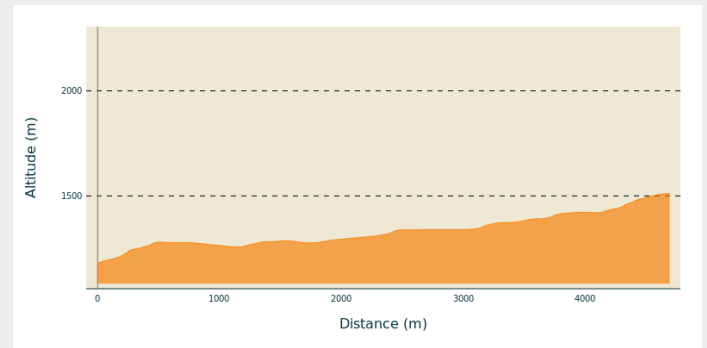
**Departure** : Mizoen church

**Arrival** : Les Clots refuge

**Markings** :  GR

**Cities** : 1. Mizoën

## Altimetric profile






Min elevation 1183 m Max elevation 1513 m



From the church, go down into the village and turn onto the street leading to the library and that continues as a path. Continue along this mountainside path, below the road.

1. Follow the road for a few metres and then a path on the right that leads to the village of Les Aymes.
2. From the village car park, continue the track that turns into a footpath and keep to the left as far as the sloping edge.
3. At the 1st sign for the “Sentier de Découverte” (nature trail), turn left (faster route) or right towards Lake Lovitel. You then arrive in the village of Les Clots (1,540 m).

# On your path...



-  Common Midwife Toad (A)
-  Lovitel Lake (C)
-  Petrifying Fountain (E)

-  Purple Loosestrife (B)
-  Chambon Lake (D)

# All useful information

## How to come ?

Advised parking

Car park under the church of Mizoen

# 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 !

## 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...

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## 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

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## 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

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## 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



## 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

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## 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