From the Mouterres and Le Fay refuges to Mizoën

Oisans

Les Grands Rousses (© Parc national des Écrins - Denis Fiat)

This final stage crosses the heights of the plateau before winding its way downwards between several hamlets and reaching the village of Mizoën. It features a panorama over the Romanche valley, the glaciers of Les Deux-Alpes and Les Grandes Rousses in the background, in wide-ranging scenery of Alpine pastures and schists.

Little by little, we return to civilisation. We leave the extraordinary panorama of the summits and return to encounter human beings. The people who have lived in the mountains and who live there still. People who have shaped the steep slopes with their terraces, their villages. Who have worked on the land to make a living in

Useful information

Practice : By walk

Duration : 2 h 30

Length : 8.8 km

Trek ascent : 66 m

Difficulty : Medium

Type : Stage

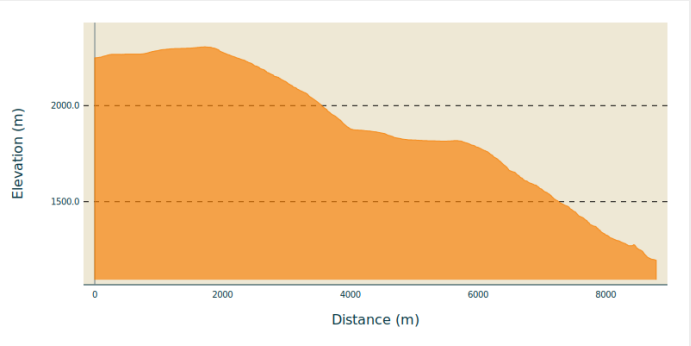
Themes : History and architecture, Pastoralism

tough conditions. Who created the path where we are walking today.

Trek

Departure : Les Mouterres and Le Fay refuges
Arrival : Mizoën
Markings : PR
Cities : 1. Mizoën
2. Besse

Altimetric profile



Min elevation 1194 m Max elevation 2306 m

From your refuge, walk to the intersection with the GR54C. Follow the clearly marked path first due west, then north, before a looping descent leading to the locality of "Loutre de Qoua".

1. Pass the footpaths on the right. Cross the track and continue along the footpath. The path is not clearly marked at first on the bare rock and is then much deeper.
2. At the first intersection go straight on. At the second intersection, turn left and cross the stream, then walk alongside it on the left bank for 200 m, before crossing back to the right bank. Avoid the numerous droveways and follow the banked path (some sections may be slippery when it rains (logs)). You pass under the ruins of the locality called "L'Alpe".
3. After 400 m, cross the track and go under the former Refuge des Chatons (today a shepherd’s house). Cross the track again. The path, after a few loops in the Alpine pasture, continues in an area of schists for 400 m.
4. Pass the oratory, then the Alpe du Pin house. Continue along the path for 600 m and you will again come to the track at La Pointe du Jour (or ‘Daybreak’, a locality so called because it is the first place to be reached by the sun’s rays). The path continues just below the spring.
5. When you see the first houses in the village of Singuigneret, at the oratory, turn left onto the tarmac road. In the village, turn right and, lower down, again cross the road to Mizoën on the right. When you arrive at the Saint-Claude oratory, after 300 m, you will join up with the path from the first stage.
6. Walk along the road to Mizoën for 20 m. The footpath veers to the left below the road before arriving in the village.

On your path...

Coin Gerbeou
Source du Cuchet
le Gay
Col Nazié
Chalet Barthélemy
la Grande Roche
D254
Clavans le Bas
BESSE
Combe de Ruit
Col Saint-Georges
Chalet Favre
Combe de Pré Muret
Combe des Guiers
la Grange Aiguille
Pré Arnaud
Chalet de Pré Muret
Maison Coing
Coin Joubert
Combe Moussillon
la Citrière
Loutre de Quoa
Surre Sarai
Clot du Berlioux
Chalet Bérard
Combe de Cougnet
Clot de Lort
Clot de la Donne
Côte Faucher
D25
les Chatons
Chalets Girardet
Plan de la Cavale
Clot du Piget
Chalets de Voyron
MIZOËN
l'Ardoisière
les Côtes Rantes
la Grande Clapière
Clot du Pertuis
Pertuis
le Cognet de Dode
la Berche
Lac du Chambon
les Clots
Sarduc
Côte des Playes
le Parizet
Essart Gautier
le Chardillon
de Tardivière
Grand Bois
Cuculet
Combe de Plaine
Petite Forêt
Ravin de Darrière
Sur la Roche
Grande Forêt
Hospice de
Côte de l'Oche
le Pré du Loup
les Clots
les Tufs
les Bans
la Foysse
Cognet de l'Oche
le Grand Tepas
Combe Roye
Bois Reondet
le Clapier
Bois de la Pisse
500 m
Leaflet | Plan IGNV2 - Carte © IGN

All useful information

⚠ Advices

Sous l'ancien refuge des Chatons, par mauvais temps il peut être prudent de suivre la piste jusqu’à L’Alpe du Pin (alt. 1 560 m) où on peut retrouver le sentier.

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.

Bearded vulture

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact:

Parc National des Ecrins - Yoann Bunz- 06 99 77 37 65 yoann.bunz@ecrins-parcnational.fr

Aire des trios - Pertuis
Le Gypaète barbu est une espèce très sensible au dérangement tout au long du cycle de reproduction. Dans les Alpes, la population est en installation suite aux réintroductions débutées en 1987. Le nombre de couples présent est encore faible.

Les Zones de Sensibilité Majeure (ZSM) Gypaète barbu sont désignées avec les acteurs locaux.

Vous visualisez les Zones cœur, toutes les activités sont à proscrire pendant la période sensible (du 1/11 au 31/08).

Attention aux réglementations (Parcs nationaux, Réserves naturelles…) qui s’imposent aux zones Gypaètes.

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

Information desks

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Source

Parc national des Ecrins

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