

From the Mouterres and Le Fay refuges to Mizoën

Oisans - Mizoën



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

Useful information

Practice : By walk

Duration : 2 h 30

Length : 8.7 km

Trek ascent : 61 m

Difficulty : Medium

Type : Stage

Themes : History and architecture, Pastoralism

Trek

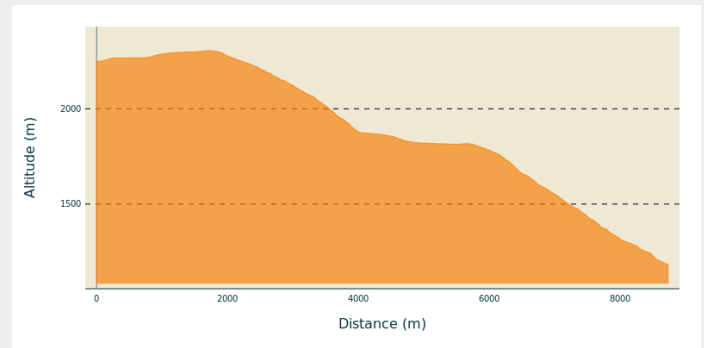
Departure : Les Moutherres and Le Fay refuges

Arrival : Mizoën

Markings : — PR

Cities : 1. Mizoën
2. Besse

Altimetric profile



Min elevation 1183 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 driveways 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...



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.

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

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Source



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