

Du Bourg d'Arud au refuge de la Muzelle

Oisans - Les Deux Alpes



Contemplation de cascade en allant au Lac de la Muzelle (© Parc national des Ecrins - Thibaut Blais)

Cette première journée est courte mais tient toutes ses promesses : accéder rapidement à des hauteurs sauvages et tranquilles, profiter des bords d'un lac, et admirer un glacier.

Départ ombragé et humide en forêt, avant de déboucher dans des alpages, puis d'apercevoir le lac de la Muzelle, encaissé et dominé par le glacier éponyme. Entouré de cols élevés, on se sent tout petit, comme dans un trou d'une beauté incroyable.

Useful information

Practice : By walk

Duration : 3 h 30

Length : 5.7 km

Trek ascent : 1211 m

Difficulty : Medium

Type : Stage

Themes : Hut, Lake and glacier, Pastoralism

Trek

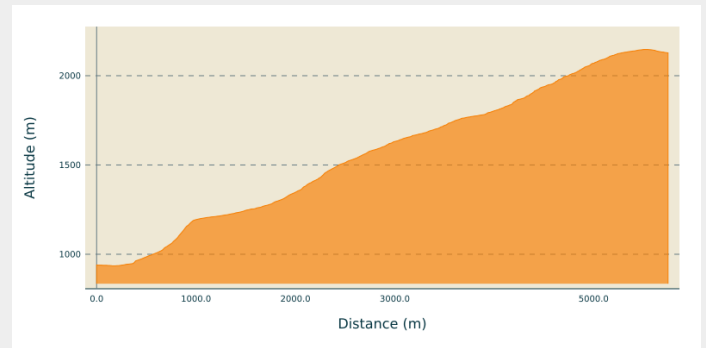
Departure : Bourg d'Arud

Arrival : Refuge de la Muzelle

Markings :  GR

Cities : 1. Les Deux Alpes

Altimetric profile

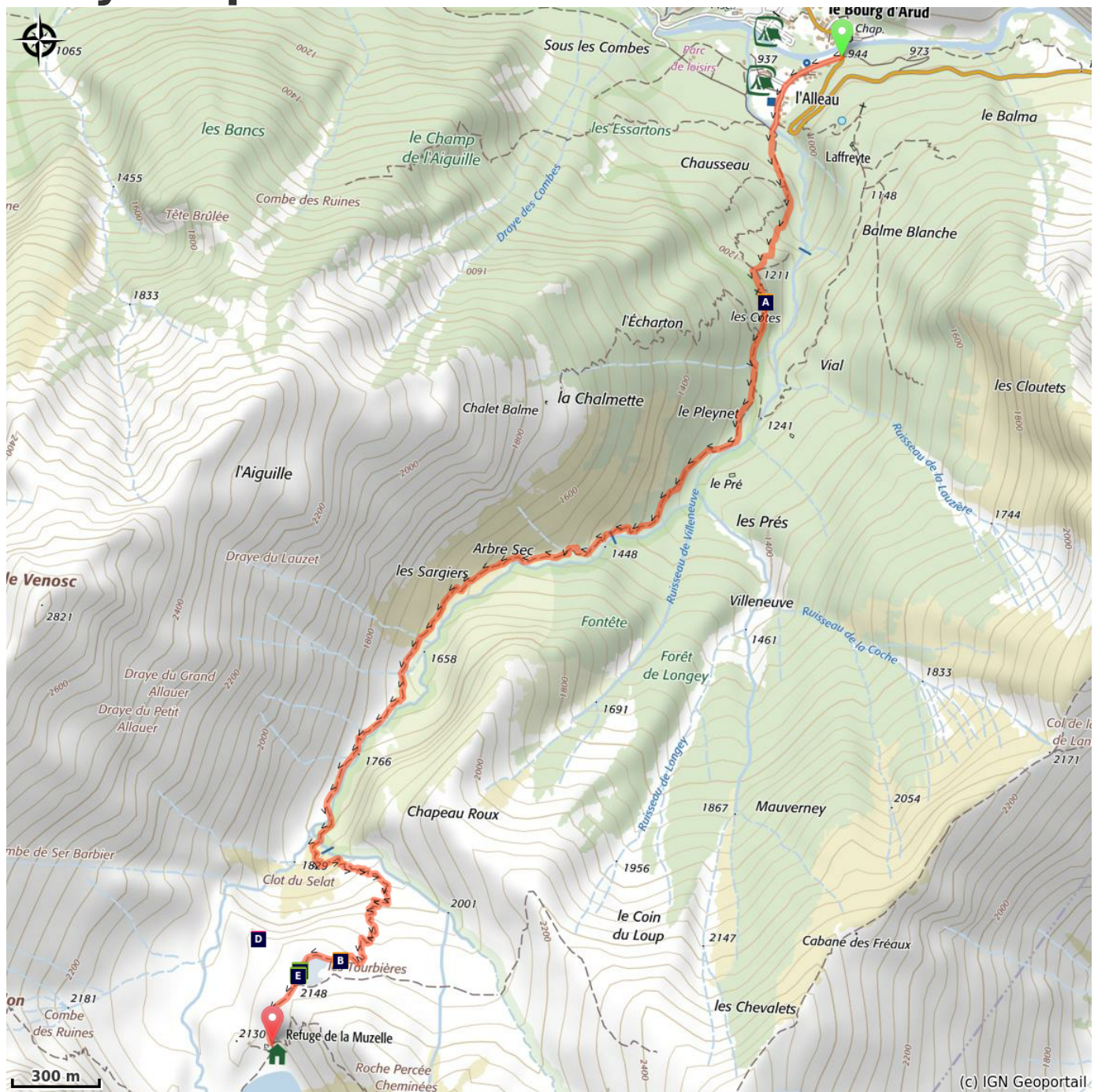





Min elevation 935 m Max elevation 2147 m



Après avoir remonté l'étroite ruelle vers le haut du hameau de l'Alleau, la montée commence par un ancien chemin large et dallé, qui va se poursuivre par un sentier en forêt. Celui-ci domine la rive gauche du torrent de la Pisse que l'on approche progressivement puis qu'on traverse après avoir quitté la forêt pour aborder des alpages. On monte sur un sentier technique en zigzag, sous l'impressionnant Clot du Selat, au noir profond. On arrive aux tourbières (dans lesquelles il reste des trous témoins des extractions d'antan), puis le chemin débouche en surplomb du lac de la Muzelle, avant de descendre sur quelques mètres vers le refuge du même nom, presque accolé à une cabane de berger.

Si vous arrivez assez tôt, il y a possibilité d'aller se balader au-dessus du refuge pour voir de plus près la Roche Percée et les cheminées de fées et de se rapprocher du glacier de la Muzelle.

On your path...



-  A bit of history concerning the valley of Muzelle (A)
-  Muzelle bog (C)
-  Fauna and Flora in the Bog (E)

-  The pastoral valley (B)
-  Ser Barbier Fault (D)

All useful information



Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



Advices

L'étape est courte mais il y a possibilité d'aller se balader au-dessus du refuge pour voir de plus près la Roche Percée et les Cheminées de Fées.

Etape courte mais dénivelé conséquent, prenez votre temps pour l'ascension, et ne partez pas trop tard.

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.

Peregrine falcon

Sensitivity period: February, March, April, May, June

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

Nidification du Faucon pèlerin.

Les pratiques qui peuvent avoir une interaction avec le Faucon pèlerin 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 !

En cas de survol merci de rester au-dessus de 1910m d'altitude à une distance de 300m sol.

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.

Attention le survol motorisé dans la zone cœur Parc National des Écrins est interdit en-dessous de 1000m sol et une réglementation spécifique s'applique au survol non-motorisé.

Voir la réglementation pour les survols non-motorisés : <https://www.ecrins-parcnational.fr/les-survol-non-motorises>

Voir la réglementation pour les survol motorisés: <https://www.ecrins-parcnational.fr/les-survol-non-motorises>

Information desks

Oisans Park house

Rue Gambetta, 38520 Le Bourg d'Oisans

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Tel : 04 76 80 00 51

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



Source



Parc national des Ecrins

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

On your path...



A bit of history concerning the valley of Muzelle (A)

At the end of the 19th century the forest was practically nonexistent, it had been reduced in favour of pastoral activity (on the higher planes) and for the culture of cereals, principally barley, above the inhabited areas. Towards 1945, the highest hamlets, like the one at Laffreyte above Bourg-d'Arud, were emptied of their inhabitant. Today the forest has gained ground covering the memory of a few ruins at the bottom of the track... Before the arrival of the motor car and the creation of roads, this itinerary around the lake and the Muzelle mountain pass was often used by the inhabitants of Venosc in order to cross the valley to the neighbouring valley of Valbonnais.

Attribution : Collection PNE



The pastoral valley (B)

The configuration of the site made it very favourable to pastoralism for several centuries. This area of pastures was rented during the 19th and 20th centuries to seasonal grazers from the South of France. The local flocks from Venosc and particularly the flock from the hamlet of Laffreyte also went there. At that time, the first animals up in the mountain each year were the cows then the sheep. Since the 1980s, a flock of sheep of round 1200 animals from the Hautes-Alpes summer graze from June onwards and spend the summer in this prairie.

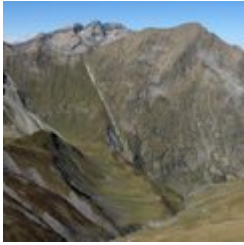
Attribution : PNE - Brun André



Muzelle bog (C)

The humid zone, which you cross just before Muzelle lake, is bursting with astonishing biodiversity. The remains of a big lake created during the retreat of the glacier, this marsh has become filled little by little with plants forming the biggest bog in Vénéon valley. For several generations, the shepherds have used the peat as a fuel. Today it is forbidden to extract it. The place is protected by fences as part of agri-environmental measures.

Attribution : PNE - Nicollet Jean-Pierre



Ser Barbier Fault (D)

The fault at Ser Barbier brings into contact the crystalline bas (the needle of Venosc) and a marly deposit (Vallon mountain pass). It was formed during the Jurassic period when the Téthys sea opened out, by breaking and crumbling the crystalline massif. The rubbing together of the two parts created a beautiful striated mirror clearly visible due to erosion.

Attribution : PNE - Albert Christophe



Fauna and Flora in the Bog (E)

The bog is a very special environment which, by definition produces peat. Its appearance is that of a carpet of spongy sphagnum, plants full of water similar to mosses that accumulate over time. Their scientific study has enabled us to trace the evolution of the climate as well as that of the vegetation. The bogs can be seen at a distance when the Cotton Grass is in flower. Etymologically its name in French describes the 'portelaine' (wool carrier): its fluffy tufts and its cottony appearance make it an easily identifiable plant... You can also see around here and animal that is very active in this area: the common frog. Resistant to the cold, it is a batrachian which is very well adapted to the alpine environment. The yellow abdomen and the large dark mark at the back of the eye incorporating the ear drum are two characteristics observable with this species...

Attribution : PNE - Coulon Mireille