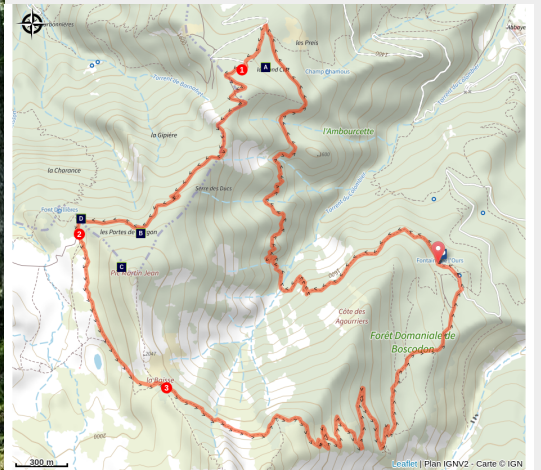


# The Sentier des Pyramides - The Pyramids Path

Embrunais - Crots



Sous bois en forêt de morgon (Mireille Coulon - PNE)



*This trail forms a loop, passing through some very varied environments with beautiful views over the Lac de Serre Ponçon and over the mountain cirques of Bragousse and Morgon.*

«Near the path, there is a magnificent colony of several hundred Lady's-slipper orchids. But it is not the only orchid to be found along this route: Yellow coralroot, Common spotted orchid, Fragrant orchid, Lesser butterfly-orchid, Dark red helleborine can all be found here to the delight of orchid lovers»

Bouche Michel, park ranger

## Useful information

Practice : By walk

Duration : 5 h 30

Length : 12.0 km

Trek ascent : 722 m

Difficulty : Hard

Type : Loop

Themes : Fauna, Flora, Pastoralism

# Trek

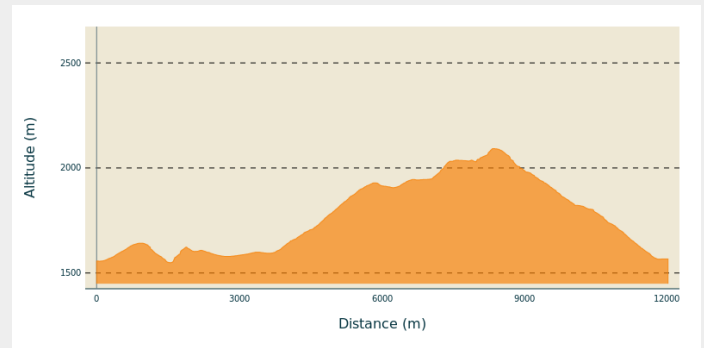
**Departure** : Fontaine de l'Ours car park

**Arrival** : Fontaine de l'Ours car park

**Markings** : — PR — GRP

**Cities** : 1. Crots  
2. Savines-le-Lac

## Altimetric profile



Min elevation 1550 m Max elevation 2093 m

From the car park, beyond the water fountain (now protected by a grille, but it is possible to access the water lower down) follow a route marked by two red and yellow dashes. From the two belvederes you can admire the view over Embrun and over the cirque of the mountain stream Le Colombier, with its dolomite towers. Then, take the path running downhill to cross the mountain stream Le Colombier, before rising uphill through the forest again. Join the uphill track and follow it to the first sharp bend. Take the path running along the edge of the valley floor to the car park in Grand Clos.

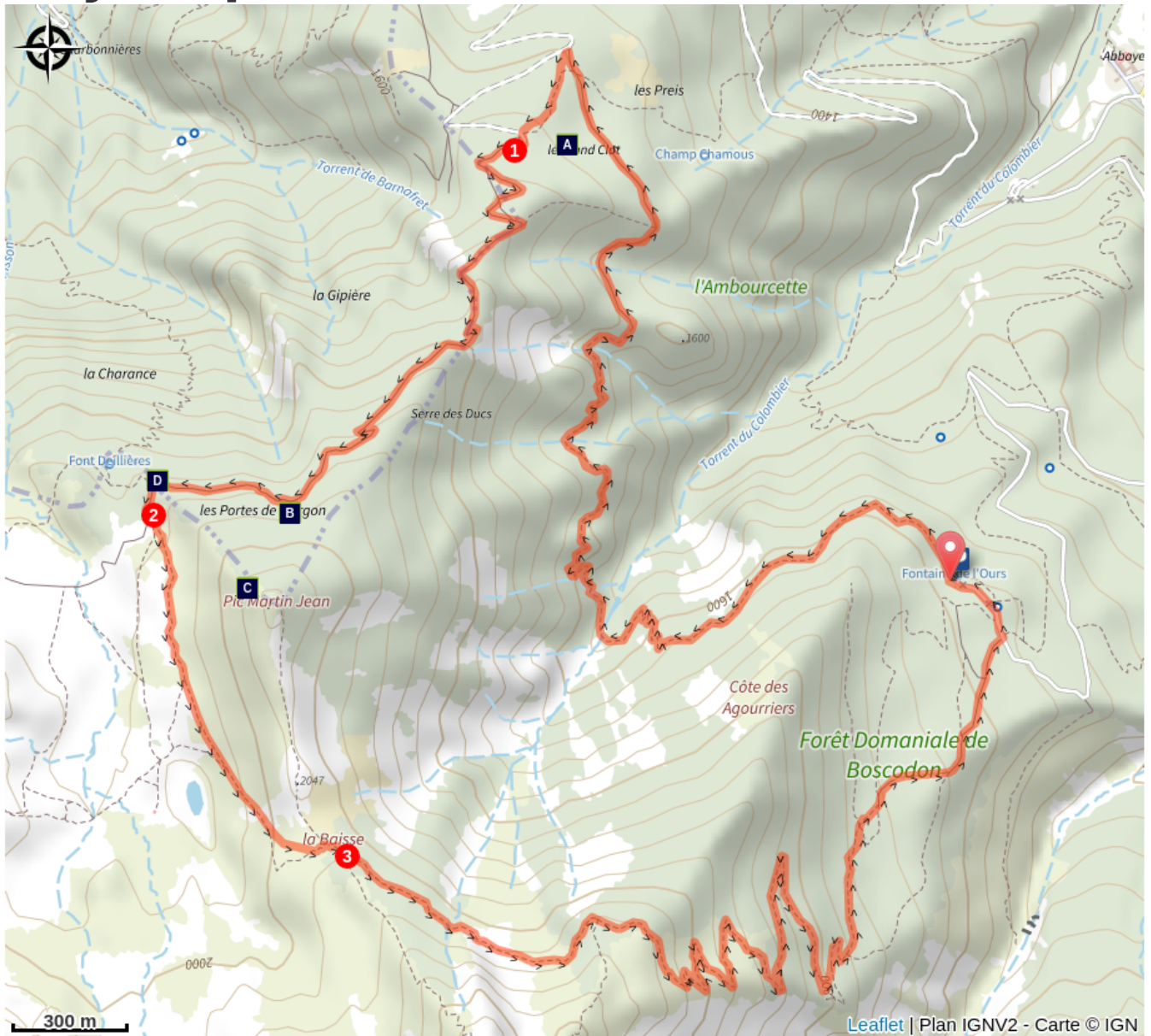
Then follow the Le Morgon route as far as the Portes de Morgon.




Take one of the two paths on the left which join above the lake, so as to climb diagonally up the slope to the Col de la Baisse. The route is then marked by yellow dots on a white background.




From the pass, it is possible to reach the Pic de Charance, making a there-and-back detour: allow 1 hour 30 minutes. (1h30)

Take the path running along the hillside below the Pic de Charance, partly through the forest and a beautiful colony of alpine columbine. Finally, go down the path, avoiding the steeper forest tracks until you reach the Fontaine de l'Ours car park.

# On your path...



-  The legend of the Bear Fountain (A)
-  Deer (C)
-  Chamois (E)

-  Boscodon national forest (B)
-  Black Grouse (D)
-  Forest flora (F)

# All useful information

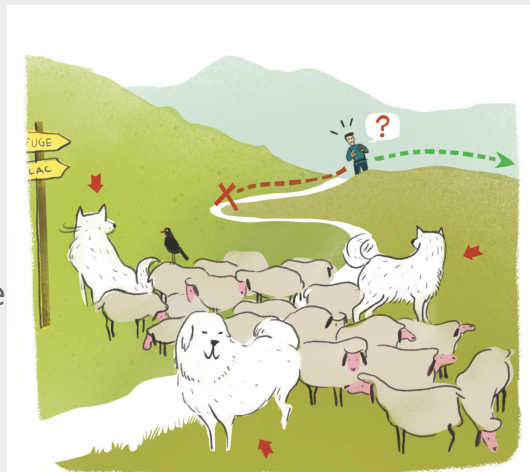
## **i** Herd protection dogs

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When I hike I adapt my behavior by going around the herd and pausing for the dog to identify me.

Find out more about the actions to adopt with the article "[Protection dogs: a context and actions to adopt](#)".

Tell us about your meeting by answering this [survey](#).



## **!** Advices

The circuit can be completed in either direction, but it makes more sense to start with the Sentier des Pyramides and then to finish with the descent down the Sentier de Charance.

By municipal order, dogs are not allowed in the Cirque de Morgon from 15 June to 15 July and from 15 August to 15 September.

## How to come ?

### Access

Between Crots and Savines, from the N94 head towards the Abbaye de Boscadon on the alluvial cone of the same name. Continue straight ahead after the abbey and then take the paved track on the left at the crossroads. Carry on uphill for 5 kilometres until you come to the Fontaine de l'Ours car park

### Advised parking

Fontaine de l'Ours car park



# 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.

## Golden eagle

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

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

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal 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 et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2300m.

## Information desks

**Maison du Parc de l'Embrunais**  
Place de l'Église, 05380 Châteauroux-les-Alpes  
embrunais@ecrins-parcnational.fr  
Tel : 04 92 43 23 31  
<http://www.ecrins-parcnational.fr/>



## Source



Parc national des Ecrins  
<https://www.ecrins-parcnational.fr>

# On your path...

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## The legend of the Bear Fountain (A)

The name "Bear Fountain" has its origins in a local legend. Legend has it that in 605, Arey, bishop of Gap, was returning from meeting the pope in Rome when one of the oxen in his team was put to flight by a bear. The prelate then ordered the wild animal to get under the yoke in place of the missing ox, and the animal obeyed. Once in Gap, Arey is said to have released the bear, which retreated into the mountains. Several centuries later, when the abbey of Boscodon was founded, the remains of a large bear were unearthed near a spring. And the public were quick to recognise it as the Saint Arey bear. In the summer of 2017, a larch bear sculpture was installed near the fountain as a reminder of this story.

Attribution : Michel Bouche

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## Boscodon national forest (B)

Covering almost 900 hectares in the ubac between 1150m and 2316m, it is criss-crossed by the Infernet, Bragousse and Colombier torrents, which form the Boscodon alluvial cone with its devastating floods.

The forest was managed by monks for 650 years: trees were towed to the Durance where they were assembled into rafts to float down to the Rhône. Over-exploited after the monks stopped managing, it has been painstakingly restored: its high quality and biodiversity have earned it Natura 2000 status and the "exceptional forest" label.

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## Deer (C)

Deer are abundant in the forest of Boscodon but since they are forest-dwellers by nature it is difficult to spot them, although a few clues may betray their presence. Maybe the heart-shaped imprints of their delicate hooves or tree trunks with their bark stripped away by the rubbing of a young buck's antlers to remove the last shreds of velvet. You might also see them in a clearing.

Attribution : Robert Chevalier - PNE

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## Black Grouse (D)

In Springtime, the male, whose black feathers and lyre shaped tail contrast with its white rump, make spectacular displays to attract the females. Between the larches and junipers, in the high grass is favourable environment for these birds to reproduce, but we have to take in to account the flocks of sheep and the progressive end of this kind of environment.

Attribution : Robert Chevalier - PNE

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## Chamois (E)

Early in the morning and late in the evening, the chamois come to graze around the Tête de la Vieille, du Pic de Charance or on the other side of the Pic Jean Martin on the edge of the cirque de Bragousse. This emblematic Alpine animal has a particularly well developed sense of smell and hearing which makes it difficult to approach it. So it is easier to observe it through binoculars... which also preserves its tranquility!

Attribution : Mireille Coulon - PNE

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## Forest flora (F)

In the forest, there are a few colonies of Lady's-slipper orchids (also known in French as "sabot de Venus" or Venus' slipper), a species that is as brilliant as it is rare. Please do not pick any of them, so as to protect them and allow others to enjoy them. There is also the very diminutive moss, *Buxbaumia viridis* or green shield-moss, on decomposing stumps.

Attribution : Mireille Coulon - PNE