

Le Lauzet circuit (trail route no. 8)

La Roche-de-Rame



Hameau du Lauzet (Thibaut Blais)



The Le Lauzet circuit is a loop taking you on a discovery of the multi-faceted features of a high alpine territory!

Pine, fir and larch trees, forest roads, meadows and a mountain stream all combine to make this a highly varied trail. On the way to the chalets of Le Lauzet, this circuit is brimming with a harmonious variety of landscapes!

Useful information

Practice : Trail

Duration : 6 h

Length : 23.1 km

Trek ascent : 1101 m

Difficulty : Easy

Type : Loop

Themes : Fauna, Flora

Trek

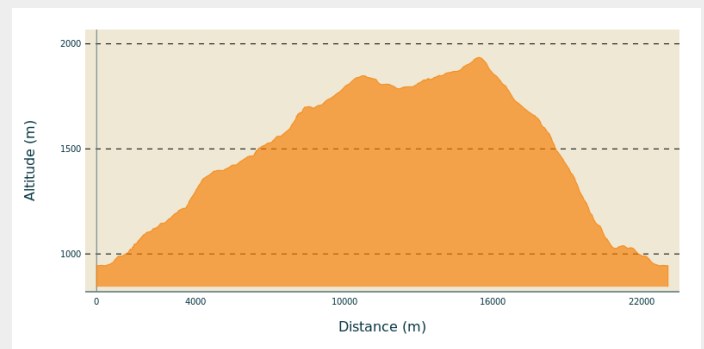
Departure : Camping du lac (lake campsite), La Roche-de-Rame

Arrival : Camping du lac (lake campsite), La Roche-de-Rame

Markings :  Trail

Cities : 1. La Roche-de-Rame

Altimetric profile

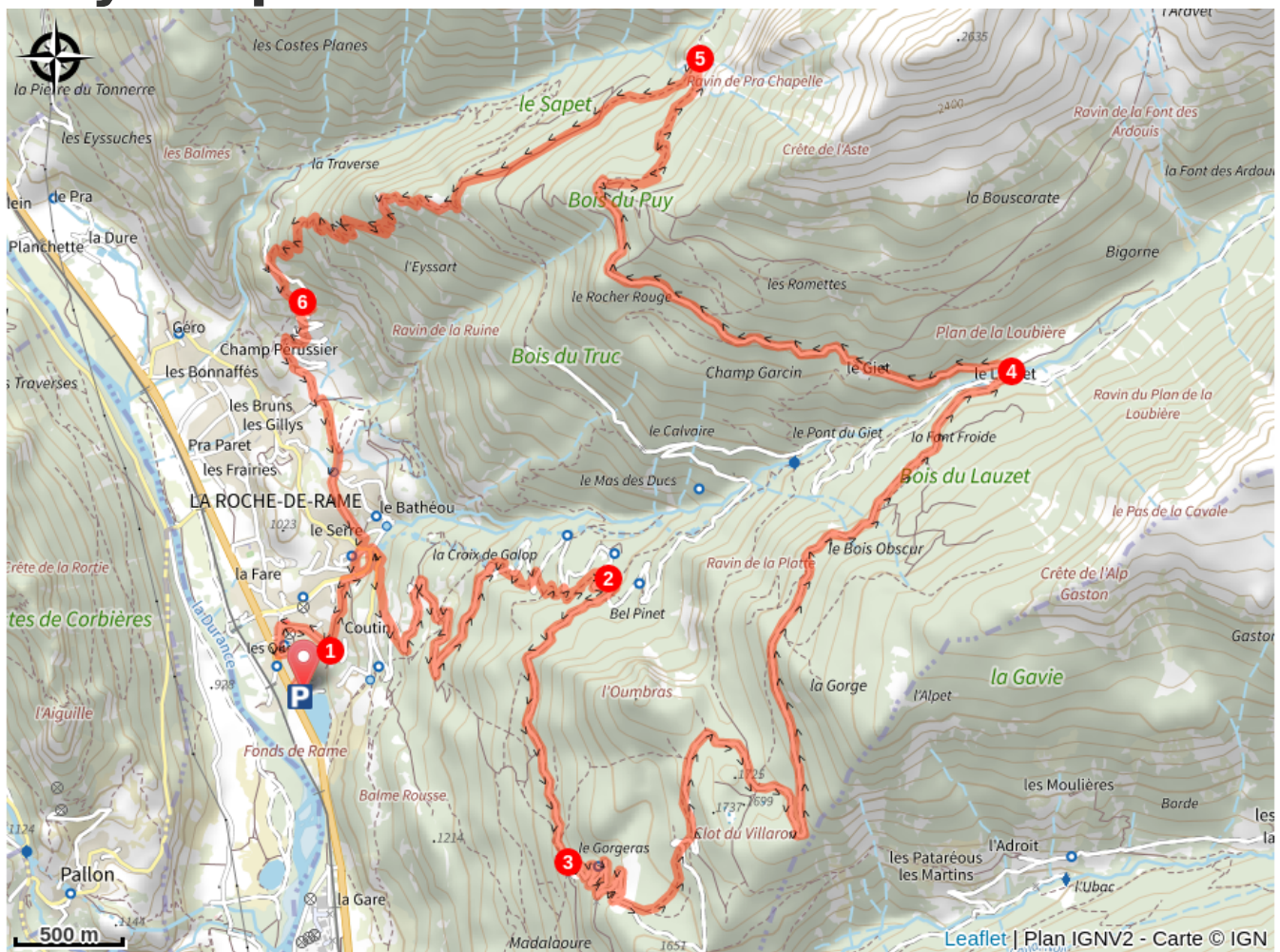









Min elevation 945 m Max elevation 1936 m

Facing away from the entrance to the lake campsite, turn right to go through the village of La Roche-de-Rame along the Rue Les Queyras. After going past the cemetery, continue to the right.

1. Turn left. At the end of this track, at the D38 continue by turning right. A little further up, cross the bridge on the right. After the Bouchouse hydroelectric power station, turn left and take the path leading off to the right. Carry on along this path until you reach the Bel Pinet sector.
2. At the Bel Pinet sector, take the path on the right to start the descent.
3. As you approach the pink marble quarries, take the path on the left. This is a technical section. Then after a succession of hairpins, continue straight on towards Le Lauzet.
4. At the chalets in Le Lauzet, turn left onto a forest road. At Le Giet, continue straight ahead on a path which is technical in places. This brings you to the vast open pasture area of Pré Chapelle.
5. Take the track on the left running along the edge of a wood, the Bois du Sapet. In Le Puy, continue by taking the track on the right.
6. Continue to the right. You pass a succession of hairpins and come to La Roche-de-Rame, through the Barthéou district.

On your path...



-  Bouchouse mountain stream (A)
-  Pine forest (C)
-  The Pink Marble of Combe Mounière (E)
-  The Norway spruce (G)
-  Bel Pinet (B)
-  The aspen wood (D)
-  The spotted nutcracker (F)

All useful information

Advices

Before setting off, it is very important to check the opening periods for this route on the website: <https://stationdetrail.com/fr/stations/le-pays-des-ecrins/parcours>

Share your photographs on social networks with #stationdetrailecrins

Check weather conditions before setting off.

Rescue services contact details: Secours Montagne (Mountain Rescue): +33 (0)4 92 22 22 22 or 112

Show consideration for the work of farmers, livestock keepers and owners

Close all gates behind you

Take your litter home

Do not take shortcuts across pastureland

The trail routes are also suitable for walking

How to come ?

Transports

Public transport >> www.pacamobilite.fr

Consider car-sharing >> www.blablacar.fr

For more information, ask at the Tourist Information Office nearest to the trail starting point.

Access

6.5 km from L'Argentière-La Bessée, take the N94.

Advised parking

Camping du lac (lake campsite) car park, La Roche-de-Rame

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 1700m d'altitude !

Information desks

Vallouise Park house

vallouise@ecrins-parcnational.fr
Tel : 04 92 23 58 08
<http://www.ecrins-parcnational.fr/>



Bureau d'Information Touristique de L'Argentière-La Bessée

23 Avenue de la République, 05120
L'Argentière-La Bessée
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Tel : +33(0)4 92 23 03 11
<https://www.paysdesecrins.com/>



Source



Pays des Ecrins

<https://www.paysdesecrins.com>

On your path...



Bouchouse mountain stream (A)

The Bouchouse mountain stream is fed by the Le Pansier and La Pisse mountain streams 1,900 metres above sea level. It crosses the municipality of La Roche-de-Rame, supplying it with water. This mountain stream then flows into the Durance below the municipality.

Attribution : Office de tourisme du Pays des Écrins



Bel Pinet (B)

Bel Pinet stands at 1,400 metres above sea level in the Bouchouse valley, in the municipality of La Roche-de-Rame. Bel Pinet, or Bel-Pinet, designates the slopes under the rocky cliffs of the Oumbras. It was once irrigated by the Bel Pinet Canal, which suggests that it used to be cultivated and would therefore have been less wooded. The term "Pinet" simply means a place planted with pines (Pinus in Latin). So Bel Pinet means a beautiful place planted with pines, or a beautiful pine wood.

Attribution : Office de tourisme du Pays des Écrins



Pine forest (C)

The path runs through a forest of Scots pine, recognisable by its orangey trunk, especially at the top. This tree is very drought-resistant (it is very limey soil here) and can also withstand low temperatures. It is therefore found in large numbers in the intra-alpine valleys.

Attribution : Parc national des Écrins



The aspen wood (D)

Here, a wood of aspen trees, with smooth greenish trunks and round, crenulated leaves, adopt magnificent autumn colours. The petiole («tail») of aspen leaves is flat and twisted and can therefore be caught by the slightest breath of air. This has the effect of making the foliage tremble, hence its French name bois de tremble!

Attribution : Daniel Roche - Parc national des Écrins



The Pink Marble of Combe Mounière (E)

In the nineteenth century, there were four quarries in La Roche-de-Rame. They exploited deposits of metamorphosed limestone which was pink in colour. One of these, the Combe Mounière quarry, produced stone which was used in particular in the construction of the new Cathedral of Saint-Arnoux in Gap, between 1866 and 1904. When exposed to the elements, the surface of the limestone takes on a grey patina.

Attribution : Office de tourisme du Pays des Écrins



The spotted nutcracker (F)

A harsh call sounds from the forest. A jay perhaps? No, a nutcracker, its cousin. With dark, white-spotted plumage, this bird's strong beak can break open hazelnuts (although not walnuts as suggested by its name in French, cassenoix (walnut breaker)) and in particular it can dissect Swiss pine cones in order to reach the pine nuts inside. It inhabits high forests. It buries Swiss pine nuts in the ground to store up food for the winter. When winter comes, it will find the pine nuts again even under a thick layer of snow. Those it forgets will germinate.

Attribution : Damien Combrisson - Parc national des Écrins



The Norway spruce (G)

Its slender conical silhouette can rise to a height of 40 to 50 metres. It is the tallest of the indigenous softwood trees. Its white wood has a scent of resin. It is widely used for wooden framework in construction, and also to make musical instruments because it is strong and easy to work. Its long, pointed cones hang downwards, unlike fir cones which are upright. It can live for between 300 and 400 years.

Attribution : Nicollet Bernard - Parc national des Écrins