

# Col d'Anon - Col des Lauzes (no. 7)



Parc national des Ecrins - L'Argentière-la-Bessée



Col d'Anon (Thibaut Blais)



*A primarily forest-based route offering a fine vantage point overlooking the valley of Freissinières.*

Dark spruce forest, light-filled larch forest with grazing sheep, clearings. Running primarily on the north-facing slopes of the Fournel valley, this route takes you to the heights above the Freissinières valley just long enough to be amazed by the panoramic view!

## Useful information

Practice : Mountain bike

Duration : 3 h

Length : 17.2 km

Trek ascent : 708 m

Difficulty : Medium

Type : Loop

Themes : Fauna, Flora, Pastoralism

# Trek

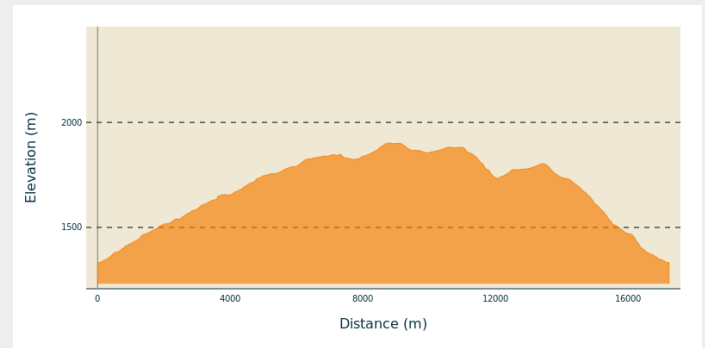
**Departure** : After a bridge, the Pont du Sapey, the route leads towards the Col d'Anon, L'Argentière-La Bessée

**Arrival** : After a bridge, the Pont du Sapey, the route leads towards the Col d'Anon, L'Argentière-La Bessée

**Markings** : 🚩 VTT

**Cities** : 1. L'Argentière-la-Bessée  
2. Freissinières

## Altimetric profile

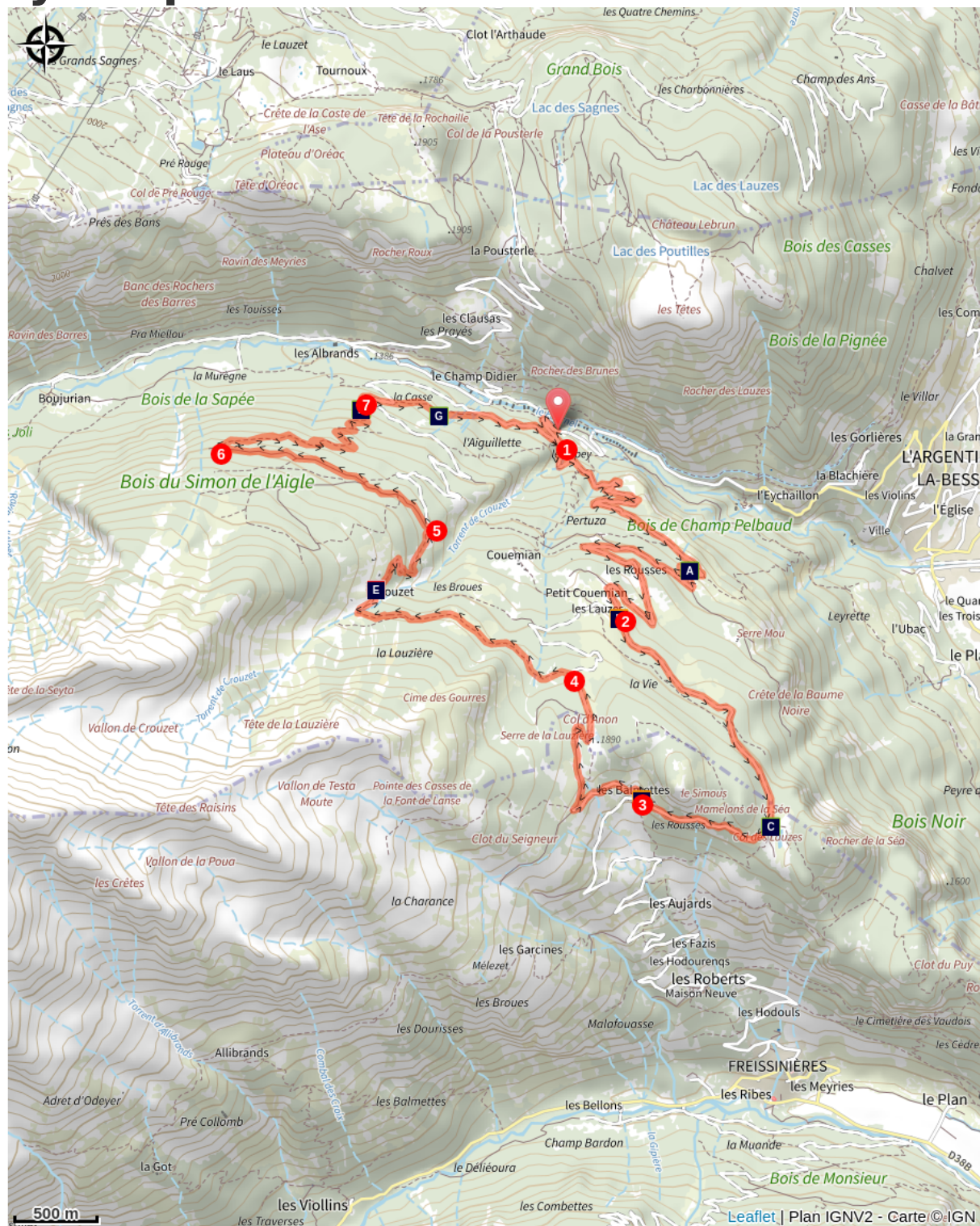









Min elevation 1333 m Max elevation 1903 m

The route starts from the outset along a forest track.

1. After the first bend, take the track on the left which leads towards the Col d'Anon, rising through woods and clearings
2. At 1,750 metres altitude, just before the sheepfold of Les Lauzes ("Bergerie des Lauzes"), head left onto the track leading off along the hillside and coming out at the Col des Lauzes. Here you see the Freissinières valley. Carry on along the track which offers fine views over the valley
3. At the pastoral cabin of Les Balmettes, turn off onto the track on the right leading towards the Col d'Anon
4. Below this, turn left onto the path running almost along the hillside to Crouzet. Here, go downhill towards the recently-renovated chalet and continue downhill on a steep path
5. Head left to take another path which rises uphill and becomes increasingly grassy
6. Turn right down a path running downhill, which then zigzags
7. Lower down, you come to a track which leads smoothly back to your starting point.

# On your path...



-  The blue globe thistle (A)
-  The four-spotted chaser (C)
-  The abandoned hamlet of Crouzet (E)
-  The *Chilostoma zonatum flavovirens* or granite helicon (G)
-  The Crouzet-les-Lauzes alpine pasture (B)
-  The Cabane des Balmettes (D)
-  Green shield-moss (F)

# All useful information

## **Advices**

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

Take your litter home

Do not take shortcuts across pastureland

## **How to come ?**

### Transports

Nearest SNCF train station: L'Argentière-les-Ecrins ([www.voyages-sncf.com](http://www.voyages-sncf.com))

L'Argentière-les-Ecrins / La Salce: taxi (Taxi Pellegrin +33 (0)6 98 88 17 78 / Taxi Billau +33 (0)6 08 03 45 90)

For more information, ask at the Tourist Information Office nearest to the trail starting point >> [www.paysdesecrins.com](http://www.paysdesecrins.com)

### Access

In L'Argentière-La-Bessée, follow signs for the Fournel valley ("Vallon du Fournel") and the silver mines ("Mines d'Argent"), from the Le Wagonnet roundabout. The route runs uphill above the village along the D432 towards the Pont du Sapey, at 1,320 metres.

### Advised parking

Car park after the Pont du Sapey towards the Col d'Anon, L'Argentière-La Bessée

# 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.

## **Black grouse - winter**

Sensitivity period: January, February, March, April, Decembre

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Contact: Parc National des Ecrins

Thierry Maillet : thierry.maillet@ecrins-parcnational.fr

Membre de l'Observatoire des Galliformes de montagne

Virginie Dos Santos : ogm.vds@gmail.com

Blandine Amblard : ogm.amblard@gmail.com

Zone de refuge hivernal pour le Tétrás lyre. Merci de veiller à respecter le balisage.

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Sensitivity period: January, February, March, April, Decembre

Contact: Parc national des Ecrins - 0492402010

## **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 un distance minimale de 300m sol quand vous la survolez soit 1850m d'altitude !

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Contact: Parc National des Écrins  
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## Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

### 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

contact@paysdesecrins.com  
Tel : +33(0)4 92 23 03 11  
<https://www.paysdesecrins.com/>



### Source



Pays des Ecrins  
<https://www.paysdesecrins.com>

# On your path...

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## The blue globe thistle (A)

The Fournel valley is well known for having the biggest colony of blue globe thistles in the Alps. This colony is growing in Les Deslioures, at the end of the road. But there are other colonies in the valley, like this one. Because this rare species is adapted to high-mountain hay meadows, agro-environmental measures have been introduced to delay grazing or hay cutting until the late summer so that it has time to set seed.

Attribution : Jan Novak

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## The Crouzet-les-Lauzes alpine pasture (B)

This trail passes close to the Cabane des Lauzes, the "base camp" used by the shepherd or shepherdess responsible for the Crouzet-les-Lauzes alpine pasture. The lower areas of this pastureland are difficult to oversee as they are covered by forest where it is easy to lose sight of animals among the larches. The higher areas, exploited in August, are very remote.

Attribution : Blandine Delenatte - Parc national des Écrins

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## The four-spotted chaser (C)

Dragonflies can be seen gliding around the lake. One of them is relatively easy to identify: the four-spotted chaser. It is called this because there is a spot on each of its four wings. The female lays her eggs on floating vegetation and the larvae are aquatic. The dragonfly feeds primarily on mosquitoes and midges which it catches in mid-air. The male and female also mate while in flight... A real acrobat!

Attribution : Damien Combrisson - Parc national des Écrins

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## The Cabane des Balmettes (D)

This cabin stands in an alpine meadow on the south-facing slopes within the municipality of Freissinières. Although most sheep are usually kept for meat, here some of them are milk ewes. And their milk makes an excellent Tomme cheese!

Attribution : Parc national des Écrins



## The abandoned hamlet of Crouzet (E)

Although only one house (recently renovated) remains standing, Crouzet used to be a sizeable hamlet. If you stop for a while and look around carefully, you will make out numerous ruins spread over a wide area, old retaining walls and the traces of old ditches. This place used to have fine meadows which the people of L'Argentière would come here to cut. These meadows have long since disappeared, like the houses, and are now used for grazing. So not only an architectural heritage but also a floral heritage has been lost.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



## Green shield-moss (F)

It is only after close inspection of rotting dead wood - pine or larch in the main - that you might hope to spot the very inconspicuous and rare shield-moss. It is a moss which has no leaves and only its sporophytes (tiny spore-containing sacs) give its presence away. It reaches a height of no more than 7 or 8 mm! It is rare because it can only live in ancient forest and it is severely threatened by timber exploitation, so it is an indicator of the good health of a forest. It is a heritage species, that is to say, protected at national level.

Attribution : Combrisson Damien - Parc national des Écrins



## The *Chilostoma zonatum flavovirens* or granite helicon (G)

No, it's a snail, not a musical instrument! This relatively rare mollusc which can reach 2 or more centimetres in diameter is seldom seen in the Pays des Écrins, but appears to enjoy living in the Fournel valley. It takes shelter among cool damp boulders which are, as its name suggests, non-calcareous... Something quite unusual for snails, whose shells are made up essentially of calcium carbonate!

Attribution : Combrisson Damien - Parc national des Écrins