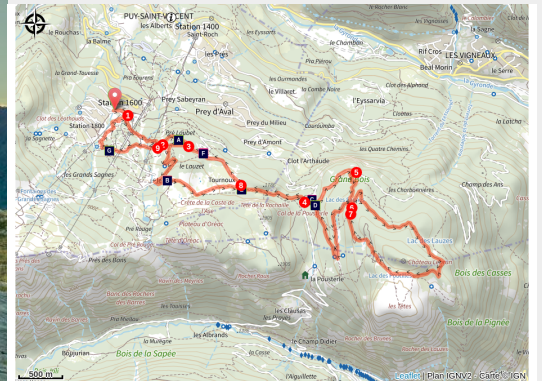


Les Grandes Têtes (no. 14)

Parc national des Ecrins - Puy-Saint-Vincent



Coucher du soleil les têtes (Rogier van Rijn)



A panoramic circuit taking you through forest and extensive clearings.

You first have to go through the ski resort of Puy Saint-Vincent to reach the pastoral surroundings of the Tournoux plateau and on to the Col de la Pusterle. From here, set out on the panoramic tour of the peak of Les Têtes. An absolute joy!

Useful information

Practice : Mountain bike

Duration : 2 h 15

Length : 15.0 km

Trek ascent : 537 m

Difficulty : Medium

Type : Loop

Themes : Fauna, Flora, Pass

Trek

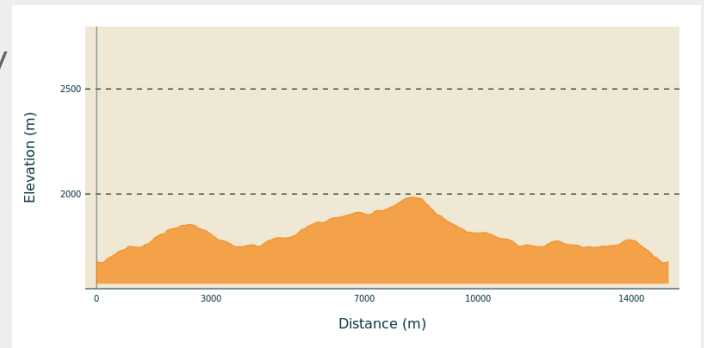
Departure : Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

Arrival : Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

Markings : 🚩 VTT

Cities : 1. Puy-Saint-Vincent
2. Les Vigneaux
3. L'Argentière-la-Bessée

Altimetric profile

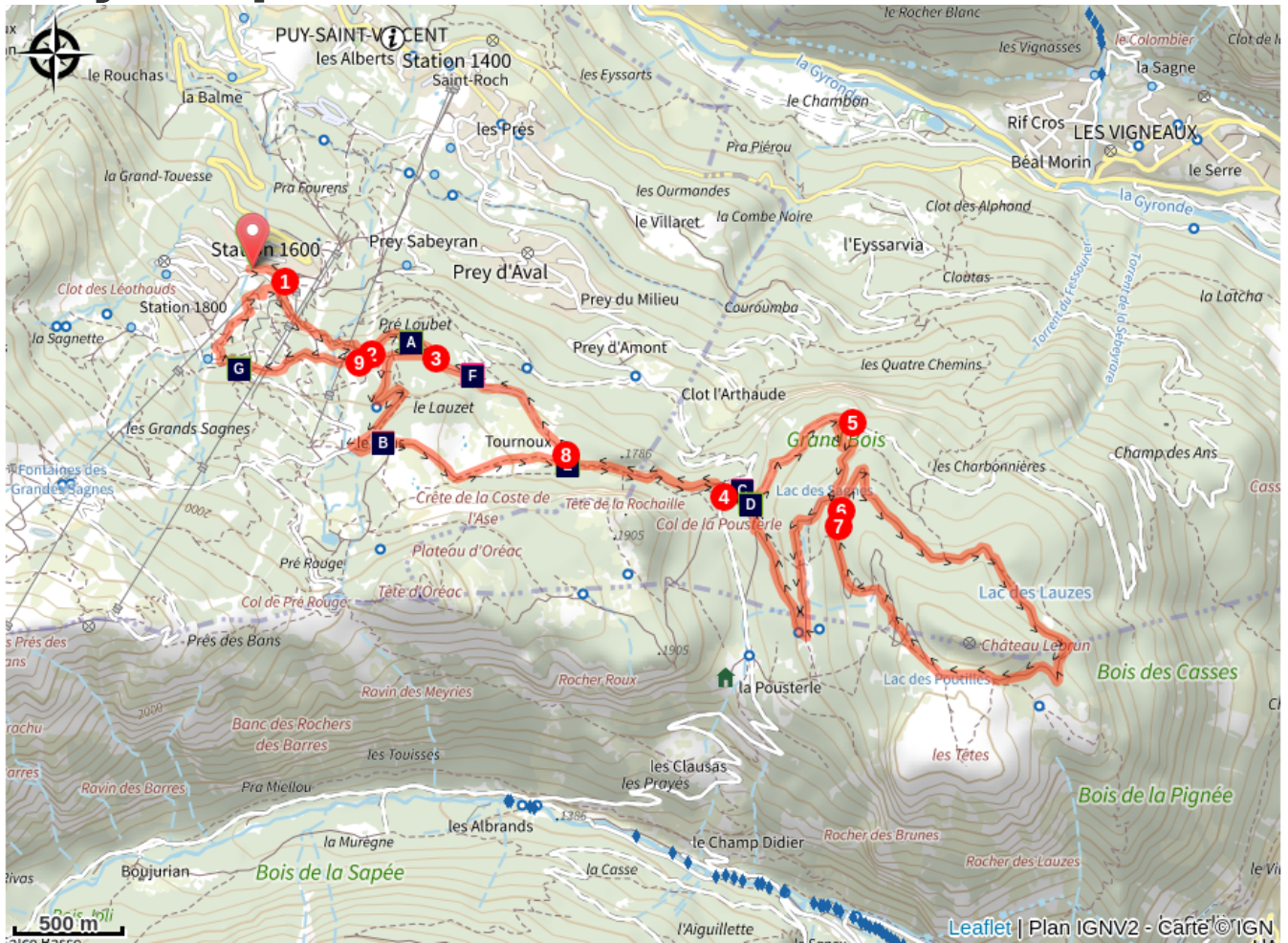






Min elevation 1674 m Max elevation 1986 m




The route starts at the entrance to the « RECOUMERE » car park in the Puy Saint-Vincent 1800 resort near the Résidence Le Parc Aux Étoiles. It starts on the road, then straight on at the hairpin along a track above the buildings.

1. Turn off this track onto another track leading left towards the Escapade chairlift ("Télesiège de l'Escapade") and the start of the summer toboggan run
2. At the Chalet de Pré Loubet, turn right onto another track and after 200 metres, turn left which brings you to a sharp bend
3. Take the narrow track on the left and then turn left again towards Le Laus. After this chalet, carry straight on, continue along the upper edge of the Tournoux plateau and on towards the Col de la Pousterle along a track which runs along the foot of a rock bar. It comes out on the plateau of the Col de la Pousterle
4. Turn left and, after a short distance, right. The track leads away along a balcony route
5. Turn right off the track towards the Lac des Sagnes
6. As you approach the Lac des Sagnes, head left onto a track overlooking the Lac des Charbonnières and the Lac des Lauzes, which can be difficult to make out, and which comes out on the L'Argentière-la-Bessée side
7. Drop back downhill to the Lac des Sagnes, and then turn left towards the Col de la Pousterle. This then brings you back to the plateau and Les Tournoux
8. At Les Tournoux, head right onto a track which leads past some chalets and brings you back to Le Pré Loubet, and then on to your starting point

On your path...



-  The clouded Apollo (A)
-  The Col de la Pusterle (C)
-  The common raven (E)
-  The martagon lily (G)

-  Le Laus (B)
-  The larch (D)
-  Tournoux (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

Public transports >> www.pacamobilite.fr

Consider car-sharing >> www.blablacar.fr

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

Access

14.7 km from L'Argentière-la-Bessée, take the D994E, D4 and D804.

Advised parking

Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

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 300m sol quand vous survolez la zone ! Soit 1650m d'altitude pour cette zone.

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 2140m d'altitude à une distance de 300m sol.

Au site dit de Grand Bois, le couple de faucons a retrouvé son aire de prédilection dans le secteur "flamme de pierre" ; à éviter donc.

http://www.ecrins-parcnational.fr/actualite/amis-grimpeurs-attention-aux-pelerins-voies?fbclid=IwAR2Z8hX_38vdpW3mS499aRnY08jarhfm-5-eNV8K29k3WB3q3Ik2US_Alec

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 Puy Saint Vincent 1400

Les Alberts, 05290 Puy Saint Vincent
1400 m

contact@paysdesecrins.com
Tel : +33(0)4 92 23 35 80
<https://www.paysdesecrins.com/>



Source



Pays des Ecrins

<https://www.paysdesecrins.com>

On your path...



The clouded Apollo (A)

White, almost translucent in places, with just a few black spots, this butterfly is a cousin of the better-known mountain Apollo. It lives in clearings in open woods where the plant on which the female lays her eggs grows, and on which its caterpillars feed: the corydalis. It is a mountain butterfly.

Attribution : Gourreau Jean-Marie - Parc national des Écrins



Le Laus (B)

A number of old alpine pasture chalets or hamlets, often renovated, are dotted across the Puy-Saint-Vincent resort. These are the Chalets du Laus. Le Laus is a place name designating a lake. In fact, just after the chalets, although not a lake, there is a flat, marshy area which is no doubt a small filled-in lake. So no point in bringing your pedalo!

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins



The Col de la Pusterle (C)

A pusterle (in the local high-alpine Occitan language) is a small gate, a postern. It comes from the Latin posterula which means back door. This place name is sometimes given to a pass, which could be described as a gateway between two valleys! The glaciers carved out this gateway through which an arm stretched between the glacier occupying the Fournel valley and the glacier flowing down the Vallouise valley.

Attribution : Bertrand Bodin - Parc national des Écrins



The larch (D)

The symbol of the Southern Alps, this softwood tree loses its leaves in winter, and is swathed with gold and lights up the mountains in autumn. The larch forests are maintained by the grazing of flocks. Without them, other trees like the fir or other pine trees could grow, creating a different kind of forest. A pioneer species, the larch establishes freely in light conditions. Its solid rot-proof wood has always been used in the construction of houses.

Attribution : Robert Chevalier - Parc national des Écrins



The common raven (E)

A hollow "caw" makes you lift up your head (careful not to trip!). A pair of common ravens is nesting near here (they pair for life), on a cliff face. Although bigger than its cousins the carrion crow and the rook, it can be identified by its rather lozenge-shaped tail. It almost became extinct due to persecution. Yet it's an omnivore and, more particularly, a scavenger which plays an important role by cleaning up disease-prone carcasses.

Attribution : Chevalier Robert - Parc national des Écrins



Tournoux (F)

The Tournoux plateau is a small paradise with its cool meadows, its occasional renovated chalets made from stone and larch wood and its view over the Tête d'Aval, an imposing limestone peak forming part of the Montbrison massif. Whether on a mountain bike, on foot or on cross-country skis in the winter, this spot is always an invitation to stop for a break!

Attribution : Jan Novak



The martagon lily (G)

In cooler spots, the path is edged by large plants such as the wood cranesbill, which has purple flowers, and the martagon lily. This superb plant has large hanging flowers with curved-back petals, which are pink speckled with purple and exposed orangey stamens. Its leaves are elongated and whorled. It grows in meadows and cool woods. Although common here, it is rare in many French regions. In fact, picking it is prohibited or regulated.

Attribution : Marie-Geneviève Nicolas - Parc national des Écrins