

Lac du Crachet

Crévoux



Lac du Crachet et ses montagnes (Amélie Vallier)



The waterfall opens onto the valley of Le Crachet, with its lively mountain stream, before flowing into the Lac du Crachet.

The route winds uphill, first running along a farm track and then a path. As you ascend, in the distance you will be able to see the entire valley of Crévoux as well as the Razis waterfall which is a unique sight. After the winding section, as you leave the forest take the time to admire the Le Crachet waterfall which is fed by the mountain stream you are going to follow. From here, you will come to the vast valley brimming with landscape features, leading to the Lac du Crachet.

Useful information

Practice : By walk

Duration : 4 h

Length : 7.2 km

Trek ascent : 581 m

Difficulty : Medium

Type : Return trip

Themes : Fauna, Flora, Lake and glacier

Trek

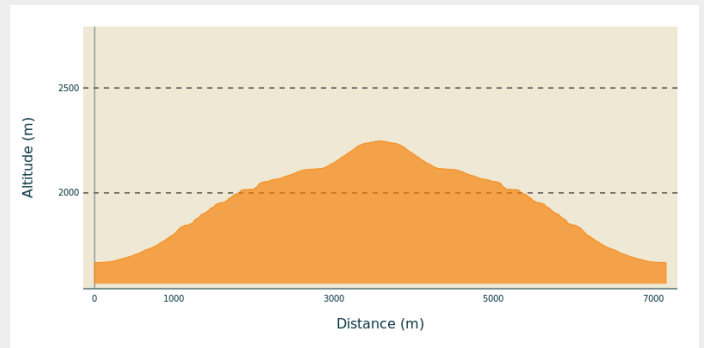
Departure : La Chalp, Crévoux

Arrival : La Chalp, Crévoux

Markings : — PR

Cities : 1. Crévoux

Altimetric profile













Min elevation 1669 m Max elevation 2248 m

From the car park, take the track on the right after the earth mound, and head towards the Lac du Crachet (1). Further up, in the forest, follow the mountain stream Le Crachet. Near the cabin, follow the path on the right which hugs the water course until you reach the lake (2).

On your path...



-  The clapiers, clearance cairns (A)
-  Apollo (C)
-  The common wall lizard (E)
-  Grazing area (G)
-  Alpine spotted orchid (I)

-  Plantain (B)
-  The black-veined white (D)
-  Adonis blue butterfly (F)
-  Marmot (H)
-  Lac du Crachet (J)

All useful information

Advices

Dependant upon snow melt, the Lac du Crachet is not fed with water all year round.

How to come ?

Transports

Public transport:

- Nearest SNCF train station: EMBRUN

Consider car-sharing

Access

From the roundabout in the Baratier retail centre, head towards the village of Baratier and follow signs for Crévoux. Carry on until you come to the hamlet of La Chalp.

Advised parking

Car park on the left, just as you are leaving the hamlet of La Chalp.

Accessibility

Non

Source



Serre-Ponçon

<https://www.serreponcon.com>

On your path...



The clapiers, clearance cairns (A)

«Clavier» is the term used in the southern Alps to describe a heap or cairn of stones. They are evidence of past farming activity. In fact, stone clearing was a way of cleaning the fields and making them usable. This made it easier to work the soil and gain more land for cultivation. At the time, everything was done by hand.

Attribution : Amélie Vallier



Plantain (B)

The Latin term *Plantago* means «plant that acts», an allusion to the medicinal properties attributed to it by the Romans. They claimed that when applied to wounds or insect bites the crushed leaves had a healing effect. Although not very tasty, this plant is edible cooked, or even raw. It grows in grasslands and meadows. It has a characteristic flowering stem emerging from a cluster of thick leaves with broad veins running up from the base.

Attribution : Mireille Coulon - PNE



Apollo (C)

A large black and white butterfly, its wings punctuated by red, the Apollo is symbolic of our mountains. It can commonly be seen from May to September in the grasslands and among the scree. It remains common in the Alps, but is much rarer elsewhere. It appears to move to a higher altitude and/or bring its flight period forward in order to compensate for the current climate warming. It moves higher to avoid high temperatures and could therefore lose suitable environments favourable to its development. It is a protected species and catching it is prohibited.

Attribution : Damien Combrisson - PNE



The black-veined white (D)

The black-veined white is the biggest of the Pieridae in France, a family of butterflies which are usually pale in colour. It is distinctive for its black veins against a white background, on both sides of the wings. The female looks slightly yellowish. This species used to be common everywhere. In spite of its decline, it is present in large number in the mountains and can be spotted from June to August.

Attribution : Amélie Vallier



The common wall lizard (E)

In Les Écrins, this little grey or brown southern lizard can be confused with the viviparous lizard. It can be distinguished from it by a black spot at the leg joint. It is found at altitudes of up to 2,500 metres, in various natural environments that are well exposed to the sun, but also in man-made areas. The common wall lizard currently appears to be expanding northward. The railway lines have supported further colonisation thanks to development works which constitute favourable habitats!

Attribution : Amélie Vallier



Adonis blue butterfly (F)

The wings in the male of this little butterfly has dark grey upper sides, rather bluish at the base, while the female is brown. It is seen most commonly at high altitude in July and August, in meadows and grassy areas. The Arctic blue is a species native to northern regions (Scandinavia, Greenland, Siberia, North America). In more temperate regions, it only lives in the mountains.

Attribution : Jean-Marie Gourreau - PNE



Grazing area (G)

Pastoralism is a widespread livestock husbandry technique. The aim is to drive the flocks to «natural» areas where they can feed. This method helps to keep the land clear, which favours a particular biodiversity. Good management of an alpine pasture should allow the resource to be «exploited», but without compromising its regeneration. The advantages are many, not only for the environment but also for the well-being of the animals and farmers.

Attribution : Joël Faure - PNE



Marmot (H)

A rodent of medium size, the marmot is the iconic symbol of high-altitude grasslands. It has a solid, almost cylindrical body, short ears, and stubby legs with strong claws. At the slightest sign of danger, it utters a high-pitched whistle. A true hibernator, it is only active above ground from April to October. Marmots live in family groups. Their many social interactions - grooming, playing and also fighting and biting - guarantee group cohesion and respect for the hierarchy.

Attribution : Marc Corail - PNE



Alpine spotted orchid (I)

This orchid is a herbaceous perennial plant. It is also hermaphrodite, that is to say, each plant is male and female. Grouped in threes to sixes, its flowers are very spread out and generally spotted with purplish marks on the upper side. Appearing in June to July, it flowers in the forms of a simple dense spike holding 10 to 25 purplish-red flowers. Its pollination is entomogamous, that is to say, it is pollinated by insects. It prefers damp places in full sunlight. It can be seen at altitudes of up to 2,500 metres.

Attribution : Amélie Vallier



Lac du Crachet (J)

The Lac du Crachet is a glacial lake, like most of the mountain lakes. It is an oligotrophic mountain lake, that is to say, it is a stretch of clear, deep, nutrient-poor water containing very little organic matter and with a high level of dissolved oxygen. It dries out completely during periods of intense drought. The Torrent du Crachet mountain stream flows from it into the little valley which shares its name, before flowing into the Crévoux mountain stream.

Attribution : Amélie Vallier