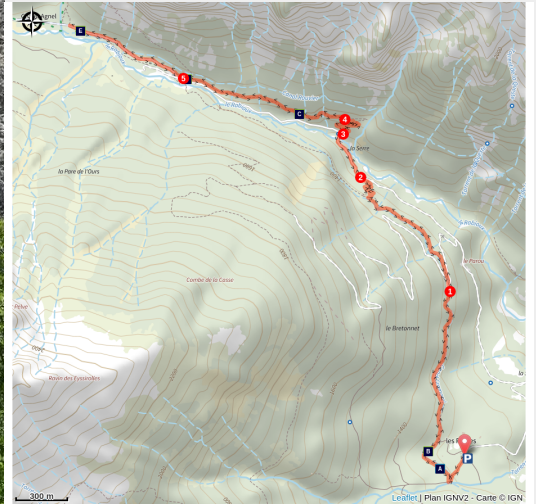


Cascade de la Pisse in Châteauroux-Les-Alpes

Parc national des Ecrins - Châteauroux-les-Alpes



Cascade de la Pisse depuis le cœur du Parc national des Ecrins (Amélie Vallier)



Edged by the canal, close to the famous Rabioux mountain stream and the approaches to the Parc National des Écrins, this loop offers both tranquillity and freshness.

Watery environments past and present as the central theme of a pleasant forest walk. Explore the forest, catching glimpses of the turbulent Le Rabioux mountain stream. From the shade of the trees, admire the three valleys on the opposite slope. Crossing the Les Muandes footbridge, make your way to the 40-metre high waterfall, the Cascade de la Pisse. On the return path, at the foot of the combes pasturelands come into view. The way passes across a number of streams before reaching the first slope again.

Useful information

Practice : By walk

Duration : 3 h 30

Length : 10.5 km

Trek ascent : 311 m

Difficulty : Easy

Type : Return trip

Themes : Fauna, Flora, Lake and glacier

Accessibility : Family

Trek

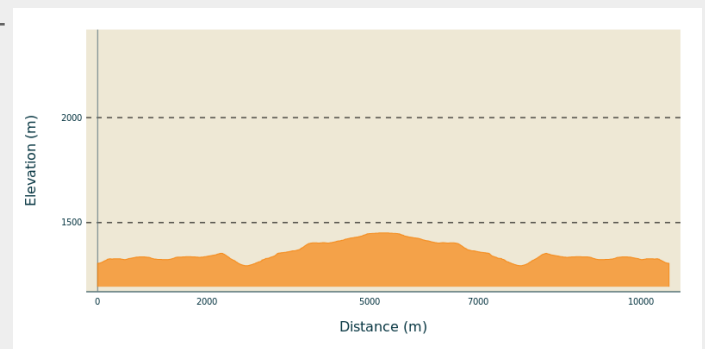
Departure : Les pinées, Châteauroux-les-alpes

Arrival : Les pinées, Châteauroux-les-alpes

Markings : — PR

Cities : 1. Châteauroux-les-Alpes

Altimetric profile

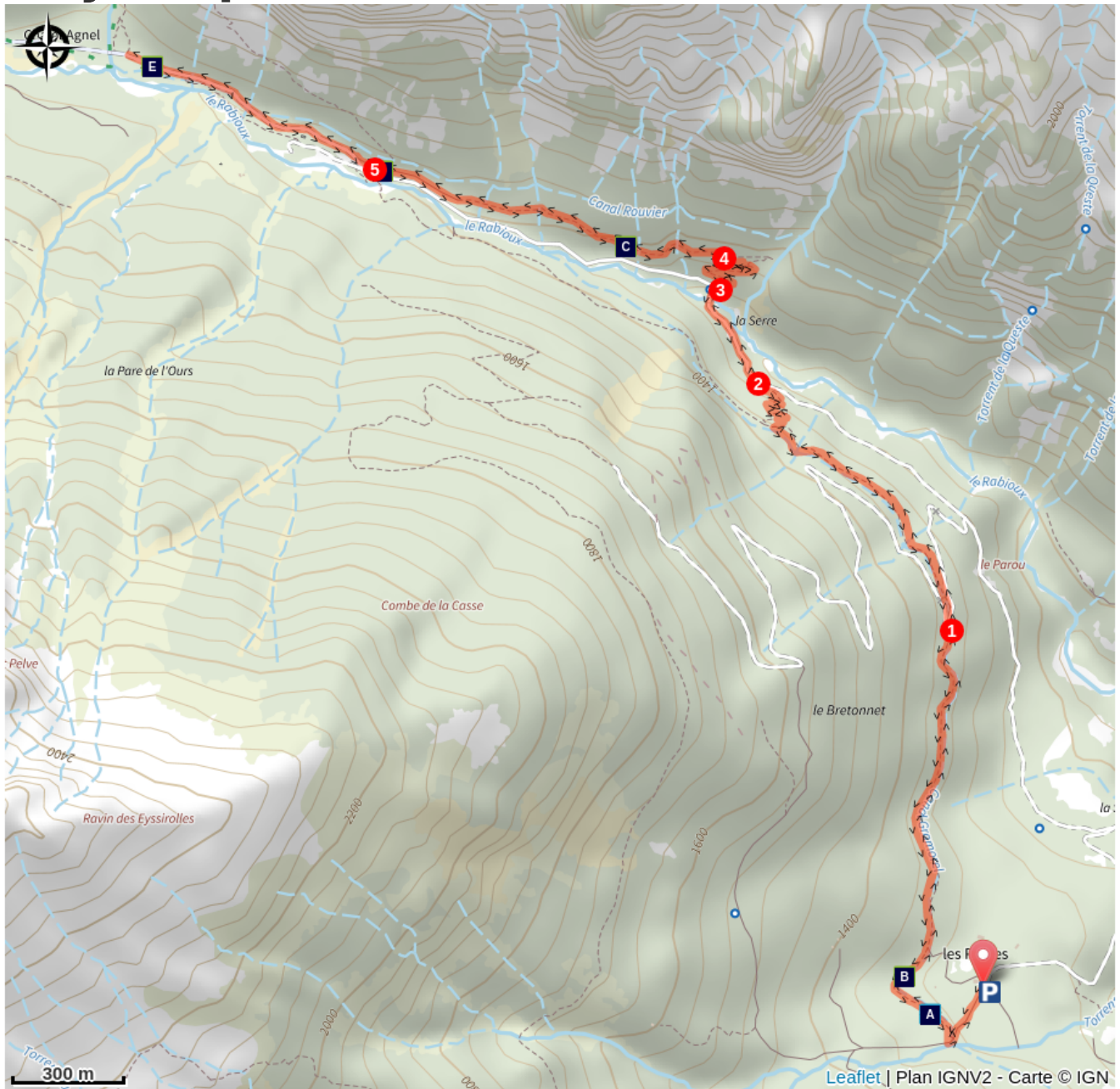





Min elevation 1296 m Max elevation 1452 m



From the car park, head along the track towards the waterfall (Cascade de la Pisse). Then turn right onto the path. Follow the Canal Gramorel.

1. At the next intersection, go slightly downhill to the right and take the narrow path opposite, towards the Cascade de la Pisse. At the next intersection, go straight ahead. When you reach the « Torrent du Rabioux » continue to head towards the Cascade de la Pisse. Cross the Les Muandes footbridge and rejoin the track. Then go left to the Les Muandes car park. Head down the path on the right to reach the waterfall. At the waterfall, return along the same track back to the intersection at the footbridge.
2. Here, turn left onto the forest track. A few metres further up, turn right at « Le vieux Chemin » towards Les Pinées via Pont de la Serre. Carry straight on towards Les Pinées. You go past chalets and streams.
3. At the next « La Serre » intersection turn right downhill towards Les Pinées. On the road, you pass the Jean Blanc spring and the bridge. After the bend, turn right onto the path leading uphill towards Les Pinées. Then rejoin the outward path: turn left towards Les Pinées

On your path...



-  Gramorel Canal (A)
-  Larch (C)
-  Crested tit (E)

-  Common cuckoo (B)
-  English lavender (D)

All useful information

Advices

The Cascade de la Pisse can be reached by staying on the track after the Le Rabioux footbridge.

How to come ?

Transports

Public transport: www.pacamobilite.fr

Consider car-sharing: www.blablacar.fr

Access

From Embrun, in Châteauroux go past the Park Centre ("Maison du Parc National des Écrins"), and follow signs to Les Pinées.

Advised parking

Car park in Les Pinées

Accessibility

Family

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/>



Tourist office Embrun

Place Général Dosse - BP 49, 05202 Embrun

embrun@serreponcon-tourisme.com

Tel : 0492437272

<https://www.serreponcon-tourisme.com/>



Source



Serre-Ponçon

<https://www.serreponcon.com>

On your path...



Gramorel Canal (A)

Present all the way along the trail, the purpose of this canal is to irrigate the valleys. It is essential for farmers for the maintenance of their fields. This system enables 64 hectares of land to be irrigated. It was dug in the eighteenth century and is 5.5 kilometres long. In 1827, following significant damage caused by landslides, regulations were introduced to ensure that the canals were maintained as a collective effort.

Attribution : Etienne Charles



Common cuckoo (B)

This is a medium-sized migratory bird, identifiable by its «cuckoo» call heard between April and July in woods and open spaces.

The females seek out the nests of small passerine birds and when she finds a nest with eggs in it, she eats one of them and lays another in its place. In the parasitised nest, the cuckoo chick hatches first and ejects the other eggs from the nest so that it is raised, alone, by its adoptive parents

Attribution : Mireille Coulon - PNE



Larch (C)

A high-altitude pioneer tree, its young needles are fine enough to allow light to filter through. It is the only conifer to drop its needles in winter. Another distinctive feature: in the spring, its cones are a characteristic dark purple. The larch is one of the few European tree species that is imputrescible, that is to say, it does not rot. This is why, despite the fact that it twists as it dries out, it is widely use in frameworks, drinking troughs and other water holding vessels in the mountain villages. Incapable of germinating in its own undergrowth, it needs natural openings such as avalanche corridors for the young shoots to develop.

Attribution : Mireille Coulon - PNE



✿ English lavender (D)

English lavender is a sub-shrub standing 30 to 60 centimetres tall. The violet flowers form single loose spike at the end of the stem. Despite its common name, it is a native of the mountain regions in the western Mediterranean basin. Narrow-leaved lavender, also called «true» lavender, can thrive in the mountains up to an altitude of 2,000 metres. Ever since ancient times, it has been known for its antiseptic and disinfectant properties. It is a bee-forage plant and highly valued by bee keepers.

Attribution : Amélie Vallier



🐦 Crested tit (E)

It is a small passerine in the tit family Paridae. It has brown plumage on its back, lighter on the underside. What makes it easy to identify is the triangular crest adorning its head. It is a year-round resident that lives in conifer forests. In summer, it eats insects but becomes a seed-eater in winter. Outside the breeding season, crested tits, in the company of other tits, wrens and various other passerines, congregate into boisterous flocks which the French call rondes (patrols).

Attribution : Albert Christophe - PNE