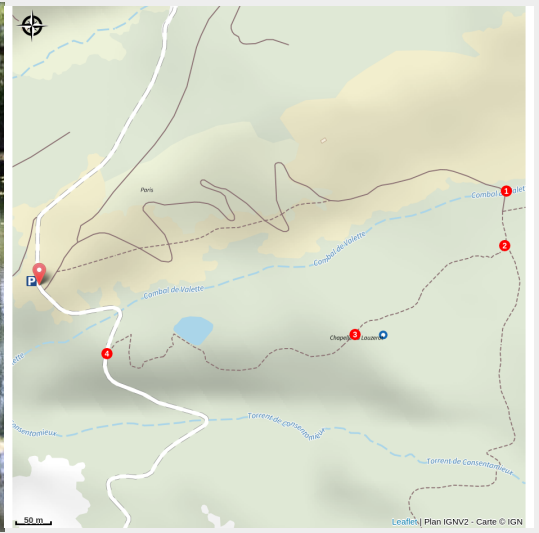


Lac du Lauzerot

Embrunais - Crots



Au bord du lac (Kina Photo)



A trail suitable for all, in the shadow of the larches as far as the Lac du Lauzerot.

Discover this short walking loop with the whole family! Make your way gently uphill to the Cabane de Fumoras and the larch forest. Continue up a gentle incline to the chapel of Le Lauzerot which stands in an enchanting meadow - a flower-filled wonderland. After a few metres of suspense, you will come to the shores of the lake which has special amenities for your enjoyment.

Useful information

Practice : By walk

Duration : 1 h 15

Length : 2.4 km

Trek ascent : 143 m

Difficulty : Very easy

Type : Loop

Themes : Flora, Lake and glacier

Accessibility : Family

Trek

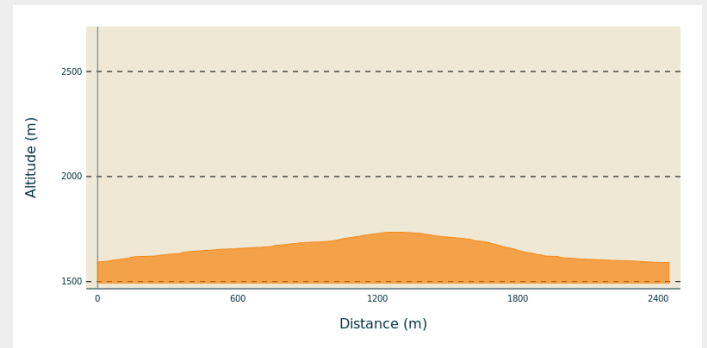
Departure : Crots

Arrival : Crots

Markings : — PR

Cities : 1. Crots

Altimetric profile

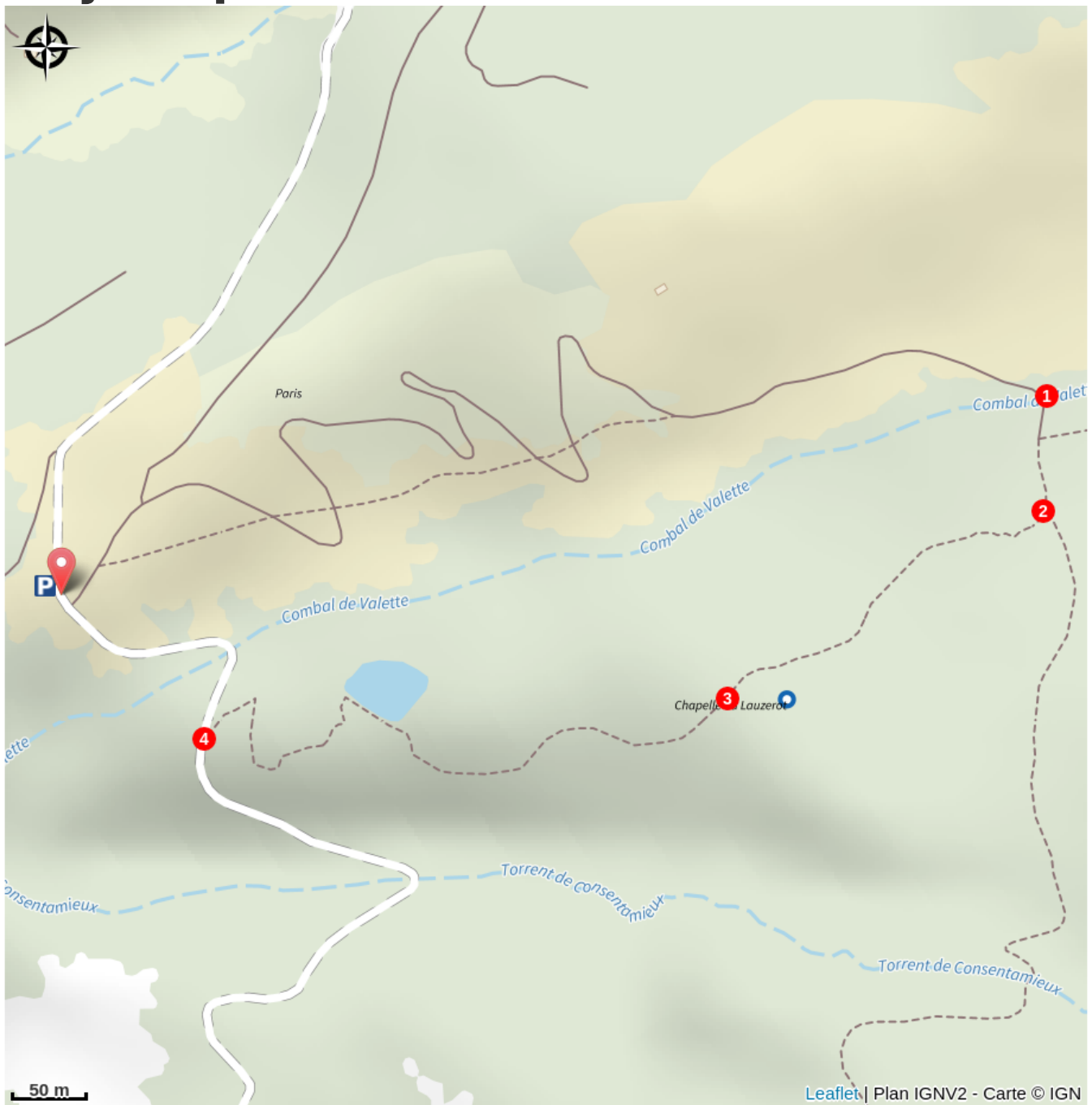


Min elevation 1591 m Max elevation 1736 m

From the stopping area, take the track which rises to the left before the spring «Combai de Valette».

1. After passing the cabin, head along the right-hand track. Go through the mesh fencing, via the opening provided.
2. From here, immediately join the path leading downhill to the right.
3. Go through the fencing again to the right of the chapel of Le Lauzerot, and then follow the path on the left. Skirt around the lake and then take the path on the left.
4. On the forest track, turn right. This brings you back to the parking area.

On your path...



 Meadow sages (A)

 Wild spinach (C)

 Lac du Lauzerot (E)

 Black woodpecker (B)

 Chapel of Notre Dame du Lauzerot (D)

 Bellflower (F)

All useful information

Advices

The hamlet of La Draye is an essential stopping point to admire an exceptional larch tree which is more than 600 years old.

How to come ?

Transports

Public transport: www.pacamobilite.fr
Consider car-sharing: www.blablacar.fr

Access

From Crots, follow the D90 which runs through the hamlet of La Montagne. Take the forest road « la grande cabane » (the large mountain). Park on the bend, in the spaces on the right.

Advised parking

A droite avant le panneau de la forêt communale de Crots, où bien selon la piste, avant la route forestière.

Accessibility

Family

Information desks

Tourist office Crots

Place des Ballerins, 05200 Crots

Tel : 0492431305

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

On your path...



Meadow sages (A)

Also called wild sage, this is the biggest plant in the mint family. They have a highly specialised pollination mechanism. When an insect inserts its proboscis into the flower to reach the nectar store, it triggers the other end of the structure to tip forward and touch the insect's back, transferring pollen and thus ensuring the plant's reproduction. It also possesses numerous medicinal properties, in particular against bronchitis, angina and flu, among other ailments.

Attribution : Thierry Maillat - PNE



Black woodpecker (B)

The male has a red "cap" at the top of his head, which is reduced to a red nape in the female. A tireless drummer, this bird hollows out holes in the trees in which to raise his young, but also to dislodge grubs and insects hidden in the wood. The beak grows continually to compensate for the wear it is subjected to. The bone structure of the head is reinforced. The skull and beak are separated by shock absorbing cartilage.

Attribution : Mireille Coulon - PNE



Wild spinach (C)

This spinach, also known as Good-King-Henry in reference to King Henry IV to whom we owe its use as a culinary vegetable. The upper side of the leaf is covered in a light floury powder, like micro-beads to the touch. They are edible when young and can be eaten in salads or cooked, like the spinach we are more used to eating.

Attribution : Amélie Vallier



Chapel of Notre Dame du Lauzerot (D)

The chapel was built in 1873 by the parish priest, Father Doutre, in veneration of Our Lady of Laus. It was the first chapel of ease, a remote chapel built for isolated parishioners. It is hexagonal in shape, as is the original. For a number of years, a pilgrimage festival was held here. At the beginning of the century, the building was in a delapidated state and was even vandalised in 1972, when the first lake disappeared to make way for a replacement. It was not until 1993 that a benevolent local craftsman renovated it completely.

Attribution : Amélie Vallier



Lac du Lauzerot (E)

The lake lies at 1,625 metres above sea level. It was created in 1979 by the Office National des Forêts, the French national forestry agency. This lake replaced a former lake which used to exist further uphill and which was lost 7 years ago with the installation of the water source catchment which supplies drinking water for the municipality of Les Crots. The lake lies in pleasant surroundings, where anglers and hikers pass one another with a friendly greeting.

Attribution : Mireille Coulon - PNE



Bellflower (F)

This bellflower is highly characteristic, in particular because of its bell-shaped flowers. The bellflower has hermaphrodite flowers, that is to say, both male and female. This rustic plant loves the sun and dry ground. Some species of seedling can withstand arid soils at high altitude.

Attribution : Amélie Vallier