

## Lake

Embrunais - Embrun



Plage du Plan d'eau (OTSP Serre-Ponçon)



*A varied excursion, perfect for the whole family to enjoy the landscape as well as the activities on offer at the lake.*

Close to the town centre, enjoy this outing on the dyke with the whole family. This centre for recreation and discovery is located by a leisure base where numerous activities are on offer. This ride takes you to grassy lake shores and picnic areas on the water's edge. It runs along the Durance and to the Lac de Serre-Ponçon, with a mountainous backdrop.

### Useful information

Practice : By walk

Duration : 1 h

Length : 2.6 km

Trek ascent : 8 m

Difficulty : Very easy

Type : Loop

Themes : Fauna, Lake and glacier

Accessibility : Family, Stroller

# Trek

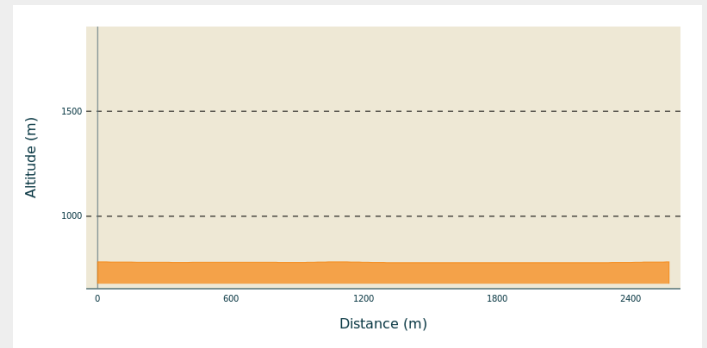
**Departure** : Lake, Embrun

**Arrival** : Lake, Embrun

**Markings** : — PR

**Cities** : 1. Embrun

## Altimetric profile







Min elevation 780 m Max elevation 784 m





From the car park, turn right. After the lakeside beaches, cross the footbridge over the Saint Marthe mountain stream.

1. After a few metres, turn left onto the footpath running along the lake shore.
2. When you come to a place signposted « les jardins du lac », take the road leading downhill and then carry on along the water's edge. Cross the bridge and continue along the dyke (information panels). At the canoe/kayak centre.
3. At the end of the straight stretch, go across the wooden decking to return to the car park you started out from.

# On your path...



-  Grey wagtail (A)
-  Great Cormorant (C)
-  Grass Carp (E)
-  The fry (G)

-  Reservoir (B)
-  Yellow-legged Gull (D)
-  Mallard (F)
-  Common Perch (H)

# All useful information

## **Advices**

It can also be started from the town centre, at the Tour Brune car park. This is a shared route, so remember you are sharing the pathways with other users.

Bikes are prohibited on the path on the right-hand shore of the lake.

## **How to come ?**

### Transports

Public transport: [www.pacamobilite.fr](http://www.pacamobilite.fr)

Consider car-sharing: [www.blablacar.fr](http://www.blablacar.fr)

### Access

At the roundabout on the N94 main road, go left following signs for the town centre of Embrun ("Centre-ville") and the lake ("Plan d'eau"). Park in the car park on the right-hand side of the Avenue des Acacias.

### Advised parking

Car park, Avenue des Acacias, Lake Embrun

## **Accessibility**

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Family  Stroller

## Information desks

### **Maison du Parc de l'Embrunais**

Place de l'Église, 05380 Châteauroux-les-Alpes

[embrunais@ecrins-parcnational.fr](mailto: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](mailto:embrun@serreponcon-tourisme.com)

Tel : 0492437272

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



## Source



Serre-Ponçon

<https://www.serreponcon.com>

# On your path...

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## Grey wagtail (A)

### Size:

L : 16.5 - 18 cm

Around: 25 cm

Attribution : etienne.charles

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## Reservoir (B)

The reservoir was filled in 1962. It is fed by the Durance river. The reservoir owes its unique nature to the surrounding landscape, with views of the Morgon, Mont Guillaume and the resort of Les Orres. The area offers a host of services to enhance your visit. The route along the dam has been reforested and improved for everyone's peace of mind.

Attribution : Naturographe - OTSP

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## Great Cormorant (C)

**Size:** 90 cm

Attribution : etienne.charles

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## Yellow-legged Gull (D)

It has travelled up the Durance and settled on the lake, where it finds propitious conditions for its survival (open water). This gull, a cousin of the seagulls, is omnivorous. The colony can be seen around the lake all year round. They are generally grey or white, with black markings on the wings. They have a long, thick beak and yellow webbed feet. The young are grey in colour and take two to four years to acquire adult plumage.

Attribution : Pascal Saulay - PNE

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## Grass Carp (E)

This fish takes its French name (Amour Blanc) from the river it originates in, the “Amur” River, which forms the border between China and Siberia. Its powerful body resembles that of the carp, but its low-set eyes are very different. The well-thought-out and reversible introduction of this species by the town of Embrun and the fishermen is a gentle, ecological and controlled way of solving the problem of plant proliferation in the Embrun water body.

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## Mallard (F)

Not known to be shy, this dabbling duck prefers to feed on the surface or at shallow depths by moving forward with alternating circular strokes of its legs: it dips its head into the water and tilts forward. It nests on the banks of the Durance and is omnivorous, feeding on invertebrates, small fish and grasses... The male is easily recognisable during the breeding season by its bright green head. After this period, they moult and adopt a grey-brown colour close to that of the females and young.

Attribution : Pascal Saulay - PNE

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## The fry (G)

This is one of the most common 'white' fish. It has a spindle-shaped body, compressed laterally and covered with large silvery scales. Its lower fins and eyes are tinted red. Opportunistic, it eats both plants and tiny prey such as larvae and mosquitoes. It forms large shoals and most of the lake's anglers take their first steps on the water by catching them.

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## Common Perch (H)

The Perch has a grey-green body with dark stripes. Its scales are rough. It has two dorsal fins, one of which has spiny rays. Its lower and caudal fins are orange. It can grow to around forty centimetres. It is a gregarious and opportunistic carnivore. It feeds on invertebrates and crayfish, but also hunts fish in organised packs. It is a chance for many novice anglers to get their first taste of carnivorous fishing.

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Attribution : etienne.charles