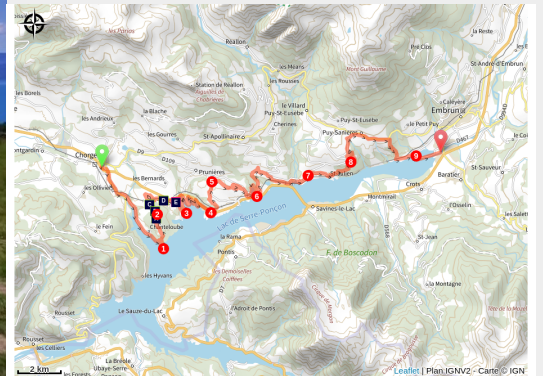


# From Charges to the Embrun lake

Embrunais - Charges



Retour au point de départ (Parc national Ecrins - E-Pedal)



*Apart from the lake shores and the final descent, this stage is relatively easy to negotiate with one major ascent: "La Côte de l'Orme".*

Striking contrast between the tranquillity of the isolated "Alpine hinterland", and the highly popular lakeside, with its beaches, inlets, bathing, paddle, lazing on the beach....The route hugs the shores of before gaining height. The goal is in sight! The Descente des Tourniquets and return to the beach at Embrun are the final flourish of the trip.

## Useful information

Practice : Mountain bike

Duration : 4 h 30

Length : 39.0 km

Trek ascent : 1104 m

Difficulty : Hard

Type : Stage

# Trek

**Departure** : Charges

**Arrival** : Plan d'eau d'Embrun

**Cities** : 1. Charges

2. Prunières

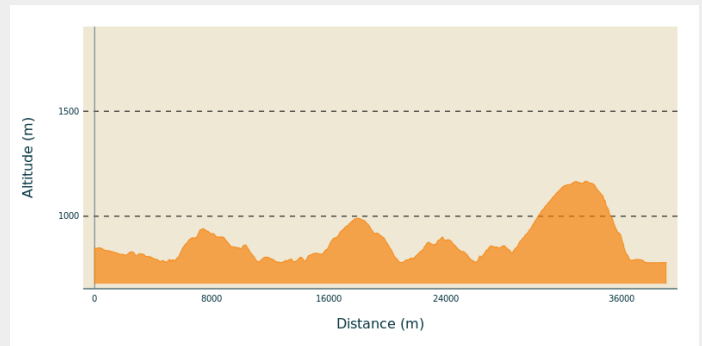
3. Savines-le-Lac

4. Saint-Apollinaire

5. Puy-Sanières

6. Embrun

## Altimetric profile



Min elevation 780 m Max elevation 1168 m

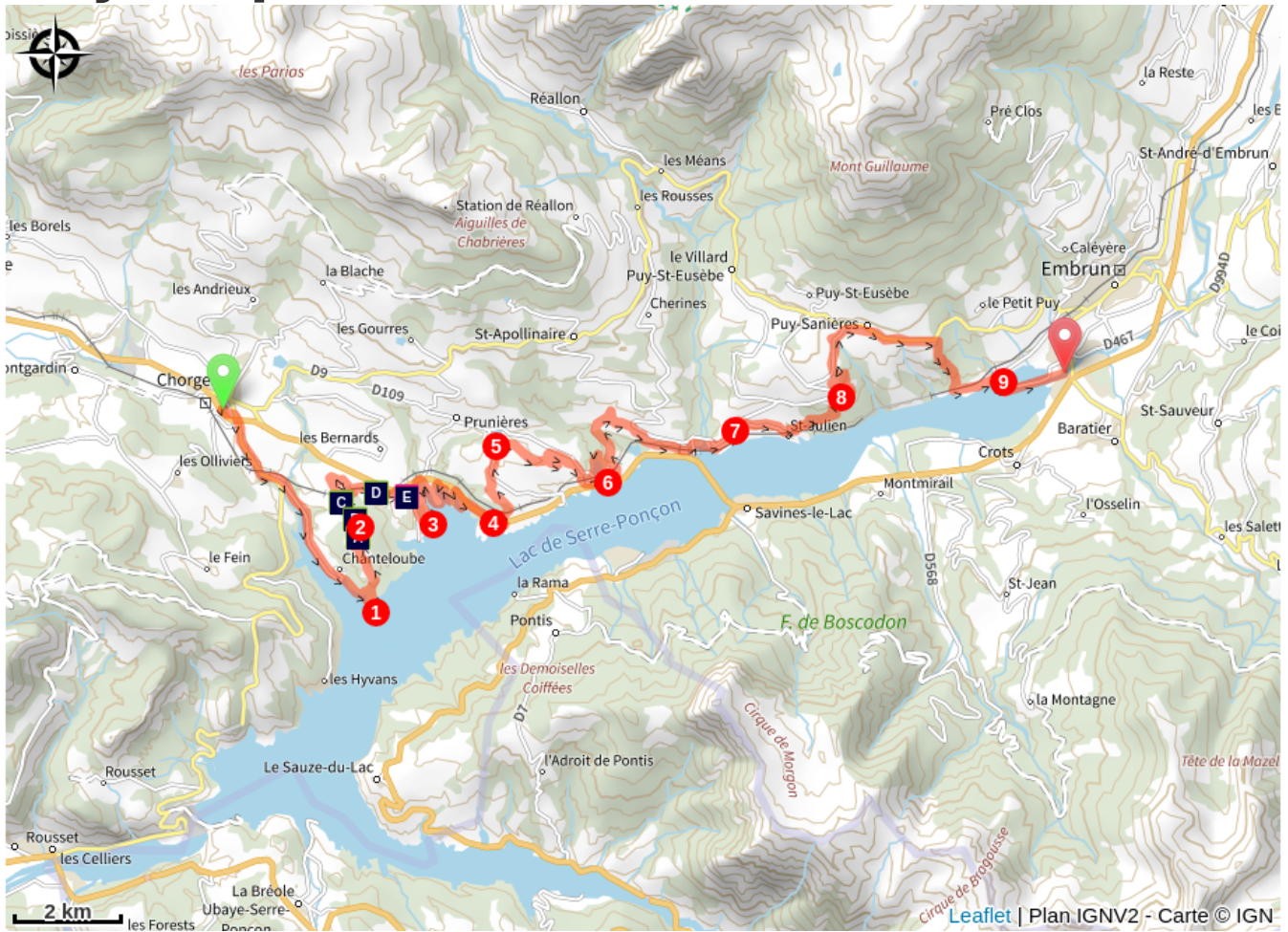
At Prévallier, turn right and then right again towards the Baie Saint-Michel and then towards the Baie de Chanteloube.(D3).




Leave the D3 and go left up the road towards Malmiellon. At the Chapelle de Chanteloube, head down the road on the right. After the bridge, take the road on the right.



1. At the car park in Chanteloube, take the small paved road, go up the "Dune" and head towards the Baie Saint Michel.
2. At Les Devandines, take the path leading downhill to the left. At Champ de Gorny, leave the track to take a trail opposite heading towards the Baie de Saint-Michel. At the Mareisson intersection, turn left and then cross the path opposite heading towards "Le Serre du Lac-Baie Saint-Michel" Then join the path on the right which runs alongside the railway line.
3. At the Baie de Saint-Michel car park, go up the road and after the treetop adventure park join the trail at the end of the car park heading towards Mauduech (some pushing). Then stay on the small road until you come to the N94.
4. At the road to the Camping du Roustou, take the service road opposite. Do not go downhill towards the lake, but climb uphill on the path on the left. Be alert, a trail winds off in hairpins to the left (viewing point) and runs under the road. Follow the mountain stream uphill and take the path on the right.
5. At the Pra Perrier crossroads, turn right onto the uphill path. Stay on the level track and then head downhill through the pines.
6. Before the SNCF railway bridge, turn left uphill. Follow the downhill trail on the right which takes you to a vineyard hut. Turn right and this takes you to the hamlet of Les Villards. In Roubeyères, go down the road and follow signs to Puy-Sanières. (RD641).
7. In La Rochette, after the climbing site car park, go down the road on the right and, before the bridge, head left downhill. When you come to a path, turn right up the Côte de l'Orme hill. Stay on the main winding track. (Medium battery level 59%).
8. At the belvedere of Le Pibou, take the first DFCI track on the right. Carry straight on until you come to the hamlet of Les Bouteils: turn right. Leave Puy-Sanières

- heading right downhill along the RD309. On the left-hand bend, take the "Descente des Tourniquets". After the bridge, take the path on the left.
9. At the lakeside gardens, after the bar, turn right towards the water sports centre ("Base nautique") and back to the lake via the dam track ("Chemin de la Digue").

# On your path...



-  Common magpie (A)
-  The field cricket (C)
-  Panorama of the Baie Saint-Michel (E)

-  Common juniper (B)
-  Messicole plants (D)

# All useful information

## **Advices**

There are numerous activities on offer at Chanteloube and in particular the Baie Saint-Michel: bathing paddle, adventure park etc. Take care on = the short sections of main road and on the Descente des Tourniquets. Before Mauduech it is possible to picnic in the shade of the pine trees. E-bikes can be charged up at the bar-restaurant of the Le Roustou campsite.  
Consumption index\*: 60%

# 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 un distance minimale de 300m sol quand vous la survolez soit 1310m d'altitude !

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Merci d'essayer d'éviter la zone ou de rester à un distance minimale de 300m sol quand vous la survolez soit 1400m d'altitude !

# On your path...

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## Common magpie (A)

This bird can be identified by its black and white plumage with blue-green tints on the wings and tail. Its tail is remarkably long. It can be found all year round in varied open environments. Its omnivorous diet consists of invertebrates, seeds and berries, small rodents, eggs and nestlings and even human rubbish. Except during the nesting period when it is solitary, the magpie is gregarious species which gathers into rather raucous groups in the winter.

Attribution : Pascal Saulay - PNE

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## Common juniper (B)

This bush is a resinous evergreen conifer. It is characterised by its greenish to blue (glaucous) needles with a white line on their upper side, and fruits resembling blue-black berries. It usually tends to grow in warm environments receiving plenty of sunlight. It grows in grassy or scrub covered areas up to 2,000 metres above sea level.

Attribution : Jean-Pierre Nicollet - PNE

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## The field cricket (C)

Just 18 to 26 mm long, this little insect has a black head which looks a little like a helmet. The female can be told apart from the male by the presence of a third long appendage at the rear of the body. The cricket's song is heard from April onwards. The male sings his chirping song from the entrance to his burrow. The fertile females lay their eggs in the ground, which remain there for two weeks before the larvae emerge.

Attribution : Mireille Coulon - PNE

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## Messicole plants (D)

A feature of messicole plants is that they live among crops, even though not sown there deliberately. They are biologically adapted to open areas, and in particular areas that are regularly worked, such as fields. In fact, they use various strategies such as adapting their life cycle and producing large amounts of seeds in order to make up for the disturbance that occurs in their germination area. Many of them are common, such as the poppy, the cornflower and the corn buttercup...

Attribution : Amélie Vallier

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## Panorama of the Baie Saint-Michel (E)

This area, which has been provided with picnic amenities, offers the most picturesque panorama over the Lac de Serre-Ponçon. In fact, the lake is 2 kilometres wide at this point, and in front of you are the Chapelle Saint Michel and the Pic Morgon, an iconic view of the lake. On your left, to the east, you can see Savines-le-Lac and its bridge. On the right, you can see the secret île de la Tortue.

Attribution : Amélie Vallier