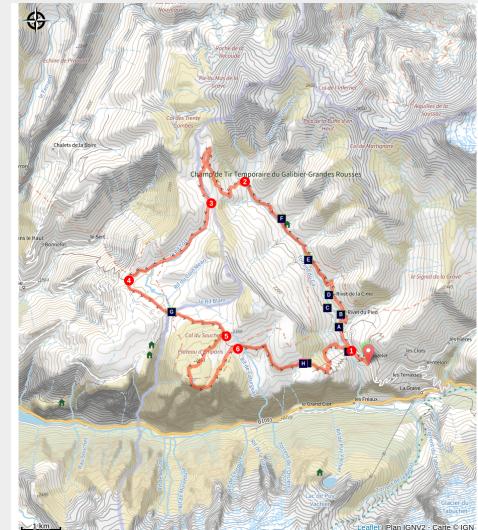


12 - Tour du Plateau d'Emparis

Briançonnais - La Grave



Traversée d'Alpage (M. Buffet)



Boucle très sportive et technique

Une boucle qui permet de découvrir les singularités du plateau d'Emparis avec de longues portions roulantes au milieu de vastes étendues herbeuses cachant des lacs d'altitude. Vue sur la Meije et ses glaciers. La descente sur le Chazelet est technique.

Useful information

Practice : Mountain bike

Duration : 5 h

Length : 27.3 km

Trek ascent : 1057 m

Difficulty : Hard

Type : Loop

Themes : Flora, Lake and glacier

Trek

Departure : Le Chazelet

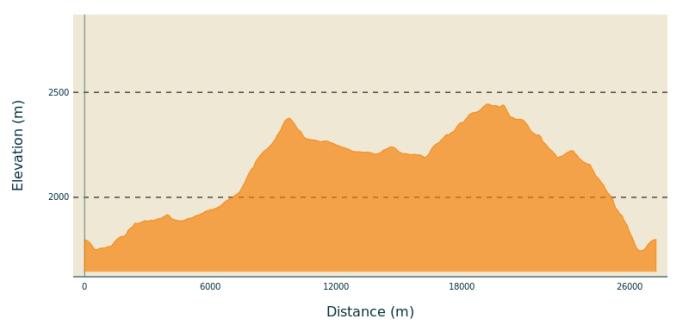
Arrival : Le Chazelet

Cities : 1. La Grave

2. Besse

3. Mizoën

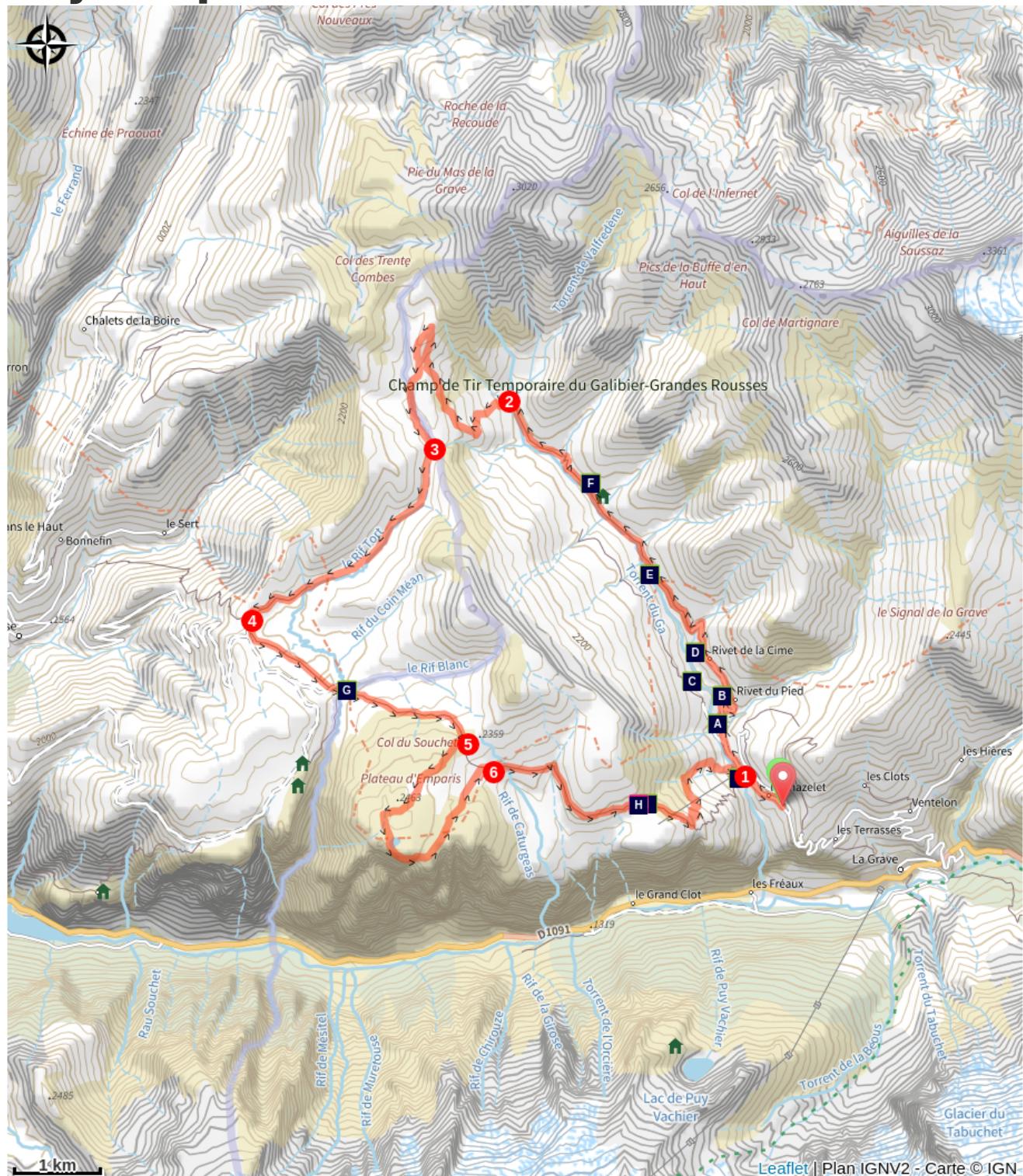
Altimetric profile



Min elevation 1747 m Max elevation 2445 m

1. Au départ du Chazelet, prendre la direction du vallon de la Buffe, traverser les villages des Rivets et suivre la piste rive gauche jusqu'au fond du vallon
2. A la baraque de la Buffe, prendre à gauche, un sentier raide, qui nécessite, poussage et alternance de roulage pendant presque 1 heure.
3. Une fois arrivé sur le plateau descendre le joli sentier qui s'offre à vous, traverser les prairies, puis rejoindre le col St-Georges.
4. Suivre la piste pendant une centaine de mètres, puis couper à gauche, sur le GR qui descend. Monter en direction du col du Souchet, par le sentier.
5. Au col du Souchet, prendre à droite, un sentier qui monte et fait le tour du lac Noir, et revient vers le lac Lérié
6. Descente rapide par le très joli GR vers le sommet du téléski du plateau d'Emparis.
7. Après avoir croisé le téléski, prendre à gauche une descente plus technique menant au Clot Raffin, puis rejoindre le Village du Chazelet par une dernière courte montée.

On your path...



- ✿ Campanula thyrsoide (A)
- ✿ Viviparous lizard (C)
- ✿ Small Apollo (E)
- ✿ The wetlands of the Rif Tort (G)
- ✿ Small Apollo (I)

- ✿ Altitude hayfields (B)
- ✿ Common quail (D)
- ✿ A “plague” of voles (F)
- ✿ The Emparis Plateau (H)
- ✿ White-throated dipper (J)

All useful information

Advices

Période praticable : Juin à novembre. Prudence : piétons sur les sentiers

How to come ?

Access

A 6,6 kms de La Grave, depuis la D33, se garer à l'entrée du village du Chazelet

Advised parking

Parking à l'entrée du Chazelet ou sous le téléski du Signal

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.

Golden eagle

Sensitivity period: January, February, March, April, May, June, July, August

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification de l'Aigle royal

Les pratiques qui peuvent avoir une interaction avec l'Aigle royal en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone et de privilégier un survol de la zone à une distance de survol de 300m sol soit à une altitude minimale de 2450m.

Source

Briançonnais

On your path...



✿ Campanula thyrsoide (A)

This flower is an emblem of the area of La Grave and is recognisable among all others thanks to its yellow flowers that form a compact flower head also known as "thyrse". It is edible in a cheese-topped bake and is one of the rare biennial alpine plants. The seeds are scattered in the autumn and in the first year grow into big long leaves that form a rosette. Blossoming only occurs in the second year, when after ensuring reproduction, the plant dies.

Attribution : Bernard Nicollet - PNE



✿ Altitude hayfields (B)

Natural hayfields are of great biological variety and are home to associations of plants that blossom freely. From this botanical variety come a multitude of insects and more particularly butterflies that find an ideal environment for their development. Maintaining the balance of these zones is essential, even more so at this altitude and in such a valley.

Attribution : Mireille Coulon - PNE



✿ Viviparous lizard (C)

The viviparous or common lizard is present in the north of the park where it lives in cool, damp zones (moors, alpine and subalpine meadows, or at the edge of streams). It has this name as the females, in certain populations, keep the eggs in their abdomen until they hatch. Affected by any development that leads to the destruction of wet zones, it is a protected species all over France and considered vulnerable on a regional level.

Attribution : Damien Combrisson - PNE

✿ Common quail (D)

Generally present in fields of cereal crops, the common quail also occupies the mountain meadows up to 2000 m or more. In the long grass, it pecks at insects and later on at the seeds as they reach maturity. A very discreet bird, it nests in the ground in a little dip, where it can lay twice to replace eggs in the case of destruction. Its song, that can be heard night and day, often gives it away: "pay your debts" is the male's song to keep its rivals at bay.



▢ Small Apollo (E)

Very common in this valley, the small Apollo is a rare and protected butterfly. Its antennae are finely black-and-white striped. A tiny red spot decorates the edge of each forewing. With a wingspan of 60 to 80 cm, it reigns supreme among the orangey-yellow swathes of yellow mountain saxifrage, which provides protection and food for its caterpillars.

Attribution : Christophe Albert - PNE



▢ A “plague” of voles (F)

The European water vole, also called the rat taupier (mole-like rat) in French, is one of the biggest species of voles. Its breeding cycle is such that the species can undergo phases of infestation. Although the causes are not fully understood, this cyclic problem started a few years ago in the valley of La Buffe, at an altitude of 2,000 metres. Although the first signs of the presence of voles in a meadow are undoubtedly the "molehills" they create, when they constitute a plague, they can completely overturn the earth, which could be mistaken for ploughed land.

Attribution : Damien Combrisson



✿ The wetlands of the Rif Tort (G)

Temperatures on the Emparis plateau are characteristic of a cool steppe climate. It is a very windy plateau with an average annual temperature only just above zero degrees. Winter lasts for eight months, during which it freezes almost every day. The particularly severe temperature constraints in the Rif Tort catchment area have favoured the maintenance of a relic flora adapted to these extreme conditions since the last ice age. «Arctic-Alpine» plant formations are found here. This is a relic flora inherited from advancing glaciers in the Quaternary period, comparable to the flora found on the coasts of the Far North. These formations are particularly rare in Europe and are of very high heritage value. You might see numerous protected species here: bicoloured sedge, sweet grass (a boreal relic species, sole colony in Isère) and the sago pondweed. Livestock grazing in the marsh is necessary because it limits the development of herbaceous plants which could squeeze out the Arctic-Alpine species. A delicate balance needs to be found between the trampling likely to destroy the plant species growing in the low marshes and the passage of the flocks to encourage rejuvenation of the area, and thus maintain this habitat.

Attribution : © Parc national des Écrins - Jean-Pierre Nicollet



✳ The Emparis Plateau (H)

The mule path follows the edge of the Southern border of the plateau which is completely dedicated to pastoralism and tourism. It offers an exceptional view of the Meije whose marked relief contrasts with this gentle landscape. It welcomes 7 refuges and pastoral cabins as well as remarkable fauna, like the Mountain Hare and the Mountain Apollo butterfly. The challenge for this site is to preserve its pastoral character.

Attribution : Bernard Nicollet - PNE



✳ Small Apollo (I)

The Small Apollo is a rare and protected butterfly. It has finely striped black and white antennae, and a tiny red ocellus (eye) on each of its forewings. With a wingspan of 60 to 80 mm, it is the lord and master of the orangey-yellow beds of mountain saxifrages where it takes care of its eggs and feeds its caterpillars.

Attribution : Bernard Nicollet - PNE



White-throated dipper (J)

Perched on a large, partly immersed pebble, the dipper sways to and fro with its tail aloft, and then dives down head first into the swirling water. This surprising passerine is unusual in moving underwater against the current in search of food. Thanks to a thin membrane protecting its eyes from the water, it can spot its prey (worms, small shellfish, water insect larva), before lifting its head out of the water and letting the current carry it gently along. It then takes up a new surveillance position and starts the process all over again.

Attribution : Robert Chevalier - PNE