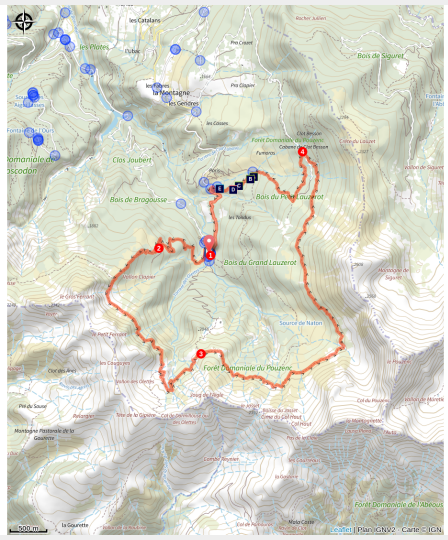
Ring road

Parc national des Ecrins

Trail Crots (Kina Photo)



This sporty route winds its way along a magnificent balcony path at the bottom of the wild Boscodon valley, under the eye of Pouzenc from its eyrie of 2898m.

Due to major forestry work in the Grande Cabane area, this route will be inaccessible from 25 July 2023.

After an ascent to the ring road criss-crossing the bottom of the Boscodon valley, alternating between unspoilt woodland and mountain pastures. With some vertiginous sections, pass under the impressive Pouzenc and Montagnette peaks before reaching the chapel and Lauzerot lake.

Useful information

Practice : Trail

Duration : 2 h 30

Length : 16.1 km

Trek ascent : 822 m

Difficulty : Medium

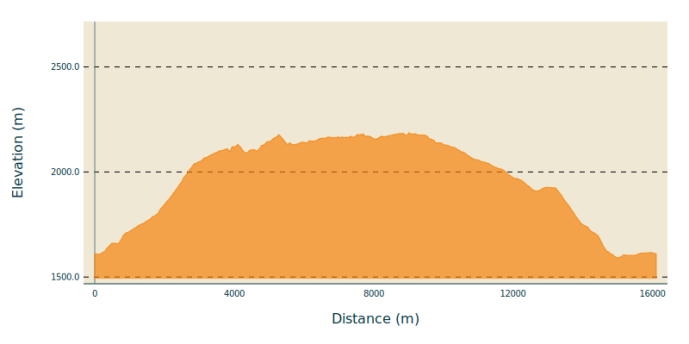
Type : Loop

Themes : Lake and glacier, Panorama, Pastoralism

Trek

Departure : La grande cabane, Crots
Arrival : La grande cabane, Crots
Markings : Trail
Cities : 1. Crots

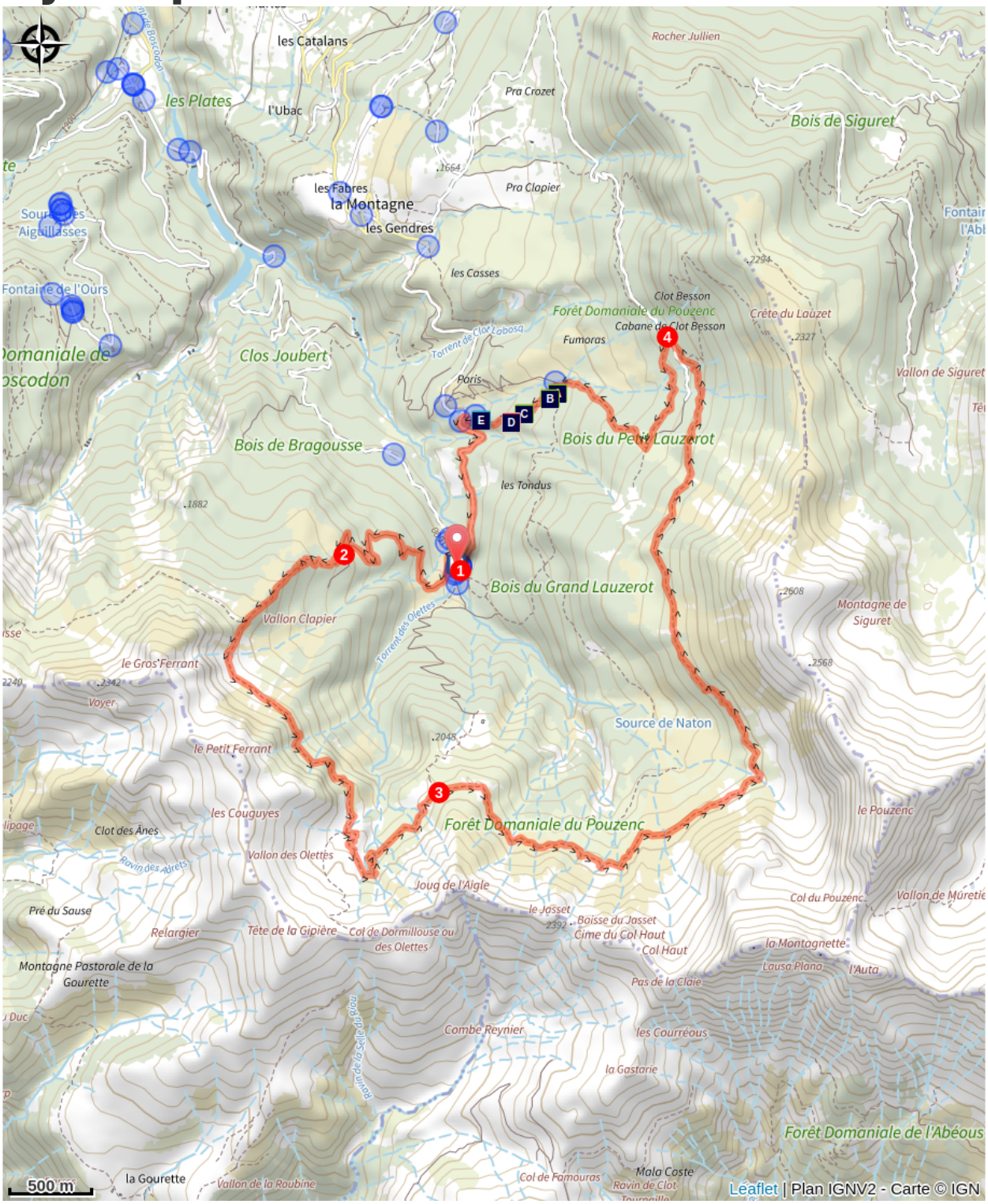
Altimetric profile



Min elevation 1592 m Max elevation 2186 m

1. From the bridge at the grande cabane, head uphill through the barrier where you will immediately encounter a crossroads. Turn right to pass under the grande cabane. Stay on the slope uphill.
2. Veer right as you climb the path. After a steep climb under the larch trees, turn left at the crossroads onto the balcony path. Some passages are vertiginous and require extra care. When you reach a shepherd’s hut (La Pérouyère hut), pass it and continue along the balcony path.
3. At the junction, continue on the path for several kilometres until you return to a track. Continue to the right as far as Clos Besson.
4. Before the barrier take a left fork on a path towards the forest. Cross a footbridge and then 2 streams. When you reach a clearing, take a right fork downhill as you come to a track. Continue left, past the chapel and then Lauzerot Lake. On the track, turn right until you reach the starting point.

On your path...



Black woodpecker (A)
Red squirrel (C)

Wild spinach (B)
Chapel of Notre Dame du Lauzerot (D)

Lac du Lauzerot (E)

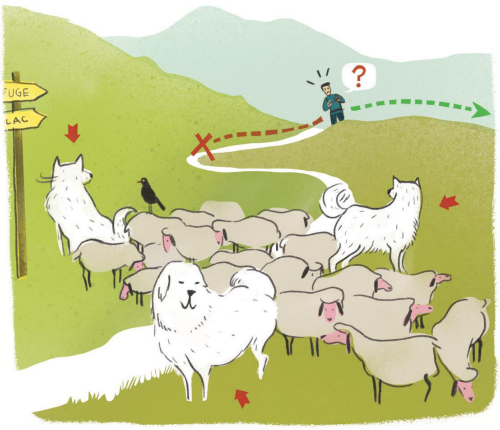
All useful information

Herd protection dogs

In mountain pastures, protection dogs are there to protect the herds from predators (wolves, etc.).

When I hike I adapt my behavior by going around the herd and pausing for the dog to identify me.

Find out more about the actions to adopt with the article "Protection dogs: a context and actions to adopt".
Tell us about your meeting by answering this survey.



Advices

- Itinéraire déconseillé par temps pluvieux,risque d'orage ou neige présente sur le parcours.
- Consulter les conditions météo, le temps change vite en montagne.
- Prends de quoi boire et manger.
- S’engager sur des itinéraires adaptés à son niveau.

Respecter le travail des agriculteurs, exploitants et propriétaires.
Ne pas courir à proximité d'un troupeau.
Ne pas traverser un troupeau mais le contourner.
Refermer toutes les clôtures.
Ne pas couper l’itinéraire à travers les prairies.

Gear

Wear clothing suited to the terrain and weather conditions (windbreaker, gloves, hat...).

How to come ?

Access

From Chorges and Embrun, take the N94 towards Crots. At the village continue on the D90. At "la Montagne", at the end of the road, stay on the track for 3 km until you reach the bridge at the grande cabane.

Advised parking

The grande cabane

Information desks

Tourist office Chorges
Grand rue, 05230 Chorges

chorges@serreponcon-tourisme.com
Tel : 0492506425
https://www.serreponcon.com

Tourist office Embrun
Place Général Dosse - BP 49, 05202 Embrun

embrun@serreponcon-tourisme.com
Tel : 0492437272
https://www.serreponcon-tourisme.com/

Tourist office Savines-le-Lac
9 Avenue de la Combe d'Or, 05160 Savines-le-Lac

savineslelac@serreponcon-tourisme.com
Tel : 0492443100
https://www.serreponcon-tourisme.com/

Source

Serre-Ponçon

https://www.serreponcon.com

On your path...

Black woodpecker (A)

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 (B)

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

Red squirrel (C)

This small mammal has a furry belly and a white throat. Its ears are pointed with long hairs at the tips. It can be reddish, but there are also grey or even black examples. It is an excellent climber, capable of leaping from tree to tree. It builds its nest high up in the trees, at the fork of a branch and sometimes in a cavity. Its food mainly consists of seeds. Uniquely, it stores them burying them one or two centimetres deep.

Attribution : Mireille Coulon - PNE

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