

Lauzerot loop

Parc national des Ecrins - Crots



Clos Jaunier (Lucien Mariotte)



Come and explore Lauzerot lake and chapel in the heart of the Boscodon valley.

"When I did this hike, I felt like I was setting off on an adventure, walking with my eyes fixed on the snow-capped peaks of the valley" Lucien Mariotte

Useful information

Practice : Snowshoe

Duration : 5 h 30

Length : 9.3 km

Trek ascent : 538 m

Difficulty : Medium

Type : Loop

Themes : Lake and glacier,
Panorama

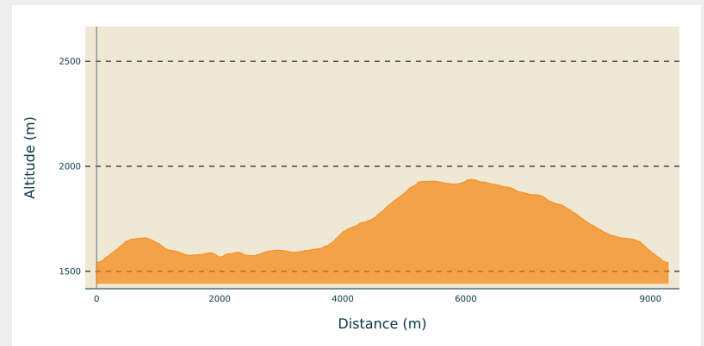
Trek

Departure : La Draye Nordic site, Crots

Arrival : La Draye Nordic site, Crots

Cities : 1. Crots

Altimetric profile



Min elevation 1542 m Max elevation 1938 m

1. From the start of the cross-country ski trail turn right uphill. After 50 m, you will reach a flat spot, then continue straight ahead. From there, turn left and then right up a steep slope. Go past 2 wooden chicanes to reach a cross-country ski trail further up. Follow it up to the right to reach the Draye plateau.
2. The cross-country ski trail veers to the left - continue right downhill until you reach the first few houses. Cross between the houses and take the road on the left. Go through the barrier and stay on the balcony path until you reach the "Lac du Lauzerot" sign.
3. Leave the track to take a path that leads down to the lake. At the edge of the lake, pass the pontoon and cross the barrier to continue on the path uphill until you reach the Lauzerot chapel. From here, continue left uphill along the fence. Cross it via a passageway to reach a track.
4. Before the meadow, take a right fork into the forest. After a long climb, the path leads to a track.
5. Take it on the left, then 100 m further on leave it to join a balcony path on the left. Stay on this path until you reach "Clos Besson". From here, take the track downhill, then fork left onto the path. Find your way back to the track and negotiate the hairpin bends.
6. 150 m further on, turn left onto the path through the forest until you reach the cross-country ski track further on. From there, the return journey takes the same route.

On your path...



 Bellflower (A)

 Chapel of Notre Dame du Lauzerot

(C)

 Wild spinach (E)

 Lac du Lauzerot (B)

 Red squirrel (D)

 Black woodpecker (F)

All useful information

Advices

- Consulter le Bulletin de Risque Avalanche et les conditions météo
- Prendre des vêtements adaptés aux conditions (gants, bonnet, Veste chaude et étanche, pantalon chaud...)
- Prendre à boire et à manger
- S'engage sur des itinéraires adaptés à son niveau

Rester sur les itinéraires balisés (et tenez les chiens en laisse) pour éviter de déranger la faune sauvage, particulièrement fragilisée en hiver par les conditions difficiles (lutte contre le froid, difficulté à se déplacer dans la neige, rareté de la nourriture...)

Gear

Use appropriate equipment

How to come ?

Access

Follow the N94 from Embrun then take the D90 from Crots. Once you reach La Montagne, take a small road on the left to reach the La Draye car park.

Advised parking

La Draye Nordic Site

Information desks

Tourist office Charges

Grand rue, 05230 Charges

charges@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...



Bellflower (A)

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



Lac du Lauzerot (B)

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



Chapel of Notre Dame du Lauzerot (C)

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



Red squirrel (D)

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



🌿 Wild spinach (E)

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



🐦 Black woodpecker (F)

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