The banks of the lake

Chanteloube (Kina Photo)

This easy route winds its way through Mediterranean flora along the paths that border the Lac de Serre-Ponçon.
“The sections along the lakeshore really give you the impression of running beside the sea, with the smell of the pine trees, the sound of the waves and the bright sunshine, but with the added bonus of mountain views".

Useful information

Practice : Trail

Duration : 2 h

Length : 17.3 km

Trek ascent : 445 m

Difficulty : Medium

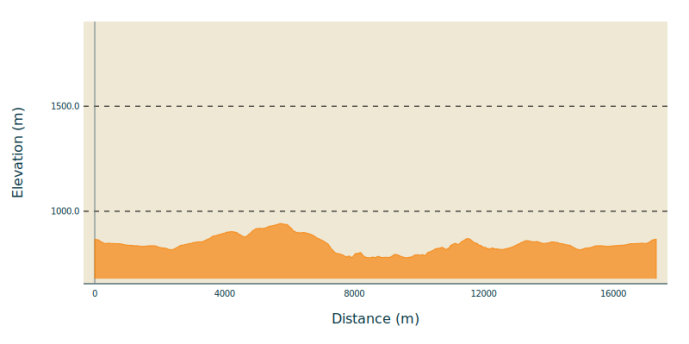
Type : Loop

Themes : Lake and glacier, Panorama

Trek

Departure : Tourist Office, Chorges
Arrival : Tourist Office, Chorges
Markings : Trail
Cities : 1. Chorges

Altimetric profile



Min elevation 779 m Max elevation 942 m

1. From the forecourt of the Tourist Office, head opposite onto Route du Fein. Pass under the bridge over the main road, then turn left until you cross the D3. Cross it and continue to the right along the pavement.
2. Leave the main road and turn left onto the secondary road. Stay on this route over the railway line and pass the hamlet of Pré Long. At the intersection, take the track on the left. At the next crossroads, continue uphill to the right to reach "Champ de Gorny".
3. Take a left fork onto the path, passing 2 chicanes, then take a direct right uphill to join a track. Continue left up the hill. At the crow's-foot intersection, leave the main track and continue right on the flat. Pass under the power lines twice, then leave the main path and turn left onto a downhill path.
4. Continue left along the track until you reach some fields. At the signpost, continue straight ahead through marl until you reach Les Trémouilles. Bear left onto the lakeside path past Pra de l'Ase.
5. At the crossroads, continue left on the flat and stay on it until you reach the "serre de l'aigle" post. From here, continue straight ahead on the path until you reach the hamlet of Chanteloube. Cross it downhill, then turn right in front of the chapel to join an uphill track. Stay on this path until you reach the hamlet of Pré Long.
6. From there, the return journey takes the same route.

On your path...

- The field cricket (A)
- Common magpie (C)
- Western green lizard (E)
- Burnet moth (G)
- Eurasian jay (I)
- Common juniper (B)
- Grey heron (D)
- Downy oak (F)
- The Common Blue (H)

All useful information

Advices

· Consulter les conditions météo
· Prendre des vêtements adaptés aux conditions (Lunette de soleil, casquette ou chapeau, coupe-vent ...)
· Prendre à boire et à manger
· S'engage sur des itinéraires adaptés à son niveau

Gear

Use appropriate equipment

How to come ?

Transports

Public transport: www.pacamobilite.fr

Access

From Gap or Embrun, take the N94 towards Chorges, and from there go to the Tourist Office in the town centre.

Advised parking

Grand Logis car park

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...

The field cricket (A)

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

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

Common magpie (C)

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

Grey heron (D)

This is a tall bird (85 to 102 cm). Its white head is adorned with two large black eyebrows. Its back and wings are ash grey, hence its name. Its legs and beak are yellowish in colour. It uses its long, powerful beak to catch large prey (fish, amphibians etc.). In flight, its neck is folded back forming an «S». This species is wholly protected by regulations.

Attribution : Pascal Saulay - PNE

Western green lizard (E)

This lizard can be spotted from April through to late September. The species is in hibernation for the rest of the year. It hunts in areas with dense vegetation and feeds primarily on insects and invertebrates. It exhibits sexual dimorphism, that is to say, during the breeding season only, the males have bright blue colouring on the throat and sides of the head. Mating takes place around May. The males engage in fights, in which they occasionally lose their tails.

Attribution : Mireille Coulon - PNE

Downy oak (F)

The oak has a dark grey bark which is deeply fissured. Its lobed leaves, downy on their undersides, remain dried out on the tree until the spring. The fruits, called acorns, ripen in the autumn. The oak can grow at up to 1,500 metres above sea level, on well exposed slopes. Also called the white oak, the downy oak is well known for hosting truffles among its roots. This fungus develops 30 to 40 cm underground, and the difficulty in finding it makes it a culinary delicacy.

Attribution : Christian Baïsset - PNE

Burnet moth (G)

This is a medium-sized moth (25 - 35 mm wingspan), often brightly coloured: the inner wing has a maximum of six spots. This burnet moth is found on the edges of calcareous meadows, steppe-like slopes, dry bushes and clearings in dry forests. This remarkable species is a sign of the quality of the habitats but it is not at risk so does not appear on the list of threatened species.

Attribution : Pascal Saulay - PNE

The Common Blue (H)

In this small butterfly, the male's upper wings are dark grey, somewhat bluer at the base of the wings, while the female is brown. It is most common at higher altitudes, in July and August, in grasslands and meadows. The Arctic Blue is a species of northern regions (Scandinavia, Greenland, Siberia, North America) which, in more temperate parts, lives only in the mountains.

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Attribution : Jean-Marie Gourreau - PNE

Eurasian jay (I)

The Eurasian jay has a colourful plumage. Its black tail and blue wing streak helps to identify this relatively shy bird. It regularly utters raucous caws, but also frequently imitates the calls of several other species. In late winter, jays assemble in groups and sing as a choir, uttering whistles and chirps in a cheerful chatter. They all display their finest feathers and adopt comical attitudes, in preparation for forming into pairs.

Attribution : Mireille Coulon - PNE