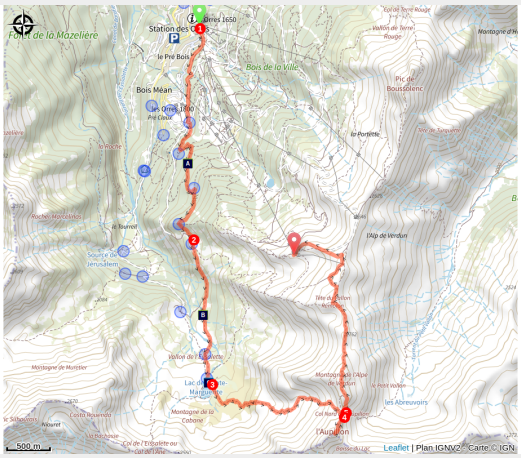
l'Aupillon

Lac Sainte Marguerite (Willy Camus)



This long and highly technical route, for experienced trail runners only, takes in mountain pastures and ridges.

This long, highly technical route, for experienced trail runners only, takes you from mountain pastures to the ridge line. Start by discovering Sainte-Marguerite lake (2227m), where you can hear and see many marmots. The route then takes you to the Alpe du Verdun mountain, a high-mountain world of unspoilt flora. It ends with a superb traverse along the ridge below the Pic de l'Aupillon (2916m), the highest point in Les Orres.

Useful information

Practice : Trail

Duration : 2 h 15

Length : 11.3 km

Trek ascent : 1368 m

Difficulty : Hard

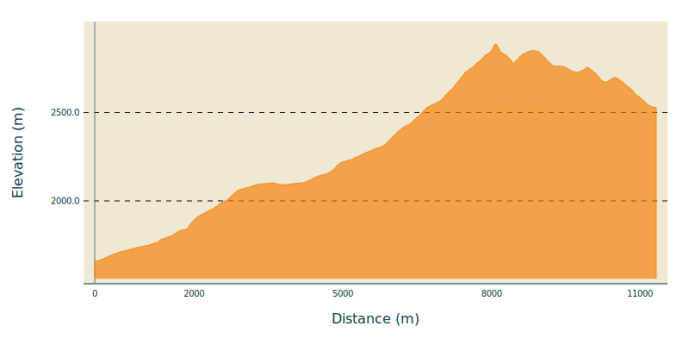
Type : Crossing

Themes : Lake and glacier, Panorama, Pastoralism, Top

Trek

Departure : Les Orres 1650, Les Orres
Arrival : Les Orres 1650, Les Orres
Markings : Trail
Cities : 1. Les Orres

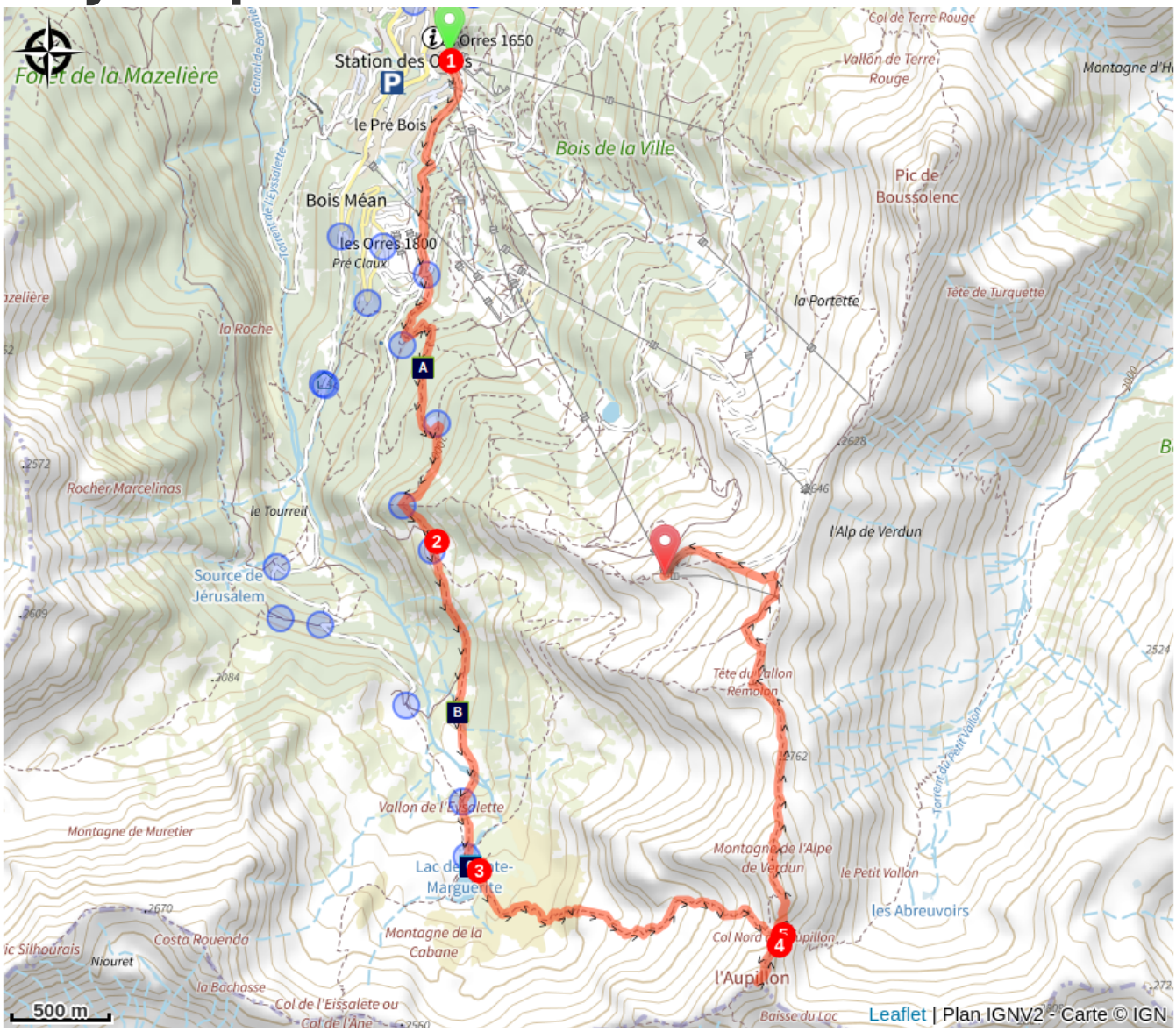
Altimetric profile



Min elevation 1660 m Max elevation 2886 m

1. From the Les Orres 1650 snow line, ascend and follow the track that veers to the left shortly after pylon no. 2 of the Prélongis chairlift. Follow it as far as Les Orres 1800 and take a shady single track that will take you to the Lac de Sainte-Marguerite path, passing the ruins of the Eyssalette hut.
2. You will gradually emerge into the mountain pastures crossed by streams to reach Sainte-Marguerite Lake.
3. Now things start to get serious! Turn left onto a rocky path that twists and turns for almost 2 kilometres and leads to the Col de l'Aupillon.
4. Climb right to the Pic de l'Aupillon at 2916m and admire the view of the Alpes de Haute-Provence. Return to the path and take a single track along the ridge to reach the top of the Vallon de Rémolon.
5. Reach the top of the Pousterle chairlift via the hiking trails (11). The descent is by chairlift or on foot (several possible routes: consult the map at the top of the chairlift).

On your path...



The Larch (A)

Pasqueflower in fruit (B)

Lake Sainte Marguerite (C)

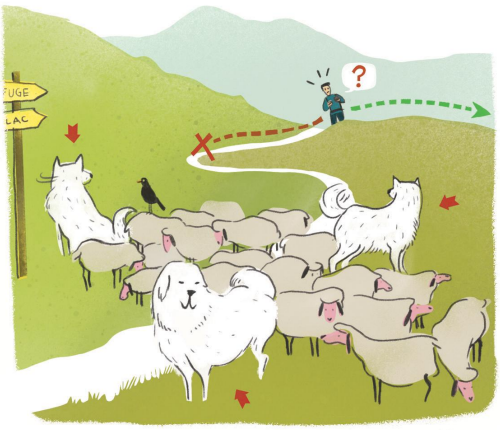
All useful information

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

- Consulter les conditions météo
- Prendre à boire et à manger
- S'engage sur des itinéraires adaptés à son niveau

Gear

- Use appropriate equipment
- Take clothing suited to the terrain and weather conditions (sunglasses, cap/hat, windbreaker...).

How to come ?

Transports

Public transport: www.pacamobilite.fr

Access

From Embrun, take the D40 towards Les Orres 1650.

Advised parking

L'Estomac car park, Les Orres 1650

Information desks

Office de Tourisme des Orres
1 place des étoiles, 05200 Les Orres

ot.acceuil@lesorres.com
Tel : 0492440161
https://www.lesorres.com/

Source

Serre-Ponçon

https://www.serreponcon.com

On your path...

The Larch (A)

The larch, which can be seen throughout the walk, is a very special tree. Although a member of the Pinaceae family, like Cedar, Fir, Pine and Spruce, it is the only conifer whose needles change colour and fall off in autumn. A mountain tree par excellence, it grows at altitudes of between 1200 and 2400m, where it is generally accompanied only by the Swiss Pine. Its light green, airy foliage lets the sun's rays through and its undergrowth is often rich in geraniums or orchids. It has a straight, smooth trunk that splits into plates as it gets higher. Its bark tends towards grey and reddish brown and its branches lean downwards like those of the Epicea. Its needles are grouped in clusters of 20 or 40 on short branches and measure about 3cm

.

Pasqueflower in fruit (B)

The Alpine Pasqueflower is common in the department. This anemone is found in lawns and undergrowth. Its fruits are achenes, meaning that they do not open. It is a dry fruit that is not intended to be eaten by animals. This means they colonise environments on the wind, which carries them from one place to another.

Attribution : Amélie Vallier

Lake Sainte Marguerite (C)

Lake Sainte Marguerite lake lies in the high Eysalette valley, surrounded by peaks that almost form an amphitheatre, with the Pic Silhourais and the Alpe de Verdun mountain rising above them. This exceptional setting is complemented by the rich fauna of the lake, which promises a great catch for anglers, particularly the Brown trout, which can also be found in the Eysalettes torrent, which rises in the lake.

Attribution : florimont.tilliere