

Around the lake

Embrunais - Embrun



Sur le chemin entre la Durance et le plan d'eau (kinaphoto)



This route between the Lake Serre-Ponçon and Embrun Lake is the ideal introduction to the pleasures of running in a natural setting.

Useful information

Practice : Trail

Duration : 20 min

Length : 2.6 km

Trek ascent : 6 m

Difficulty : Very easy

Type : Loop

Themes : Lake and glacier

Trek

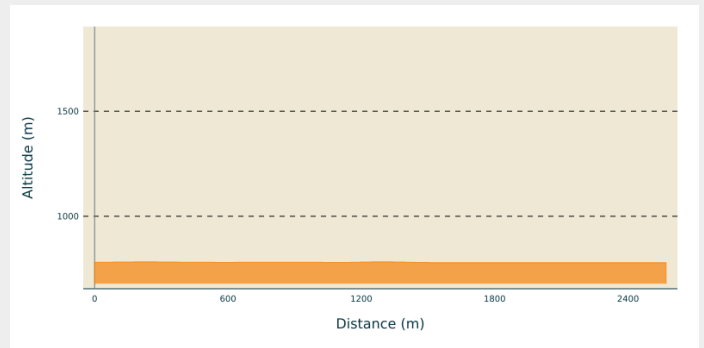
Departure : Lake Embrun

Arrival : Lake Embrun

Markings :  Trail

Cities : 1. Embrun

Altimetric profile





Min elevation 780 m Max elevation 784 m

From the car park, turn right. After the beaches, cross the Sainte Marthe stream on the footbridge.

1. A few metres further on, turn left onto the footpath that runs alongside the "au fil de l'eau" lake.
2. After reaching "les jardins du lac", take the road down to the left, then follow the itinerary. Cross the bridge and continue along the dam (information panels). At the canoeing/kayaking base.
3. At the end of the straight section, return to the car park at the start via the wooden platform.

On your path...



-  Grey wagtail (A)
-  Great Cormorant (C)
-  Grass Carp (E)
-  The fry (G)
-  Reservoir (B)
-  Yellow-legged Gull (D)
-  Mallard (F)
-  Common Perch (H)

All useful information

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

Advised parking

Avenue des Acacias Car Park, Embrun Lake

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

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Source



Serre-Ponçon

<https://www.serreponcon.com>

On your path...



Grey wagtail (A)

Size:

L : 16.5 - 18 cm

Around: 25 cm

Attribution : etienne.charles



Reservoir (B)

The reservoir was filled in 1962. It is fed by the Durance river. The reservoir owes its unique nature to the surrounding landscape, with views of the Morgon, Mont Guillaume and the resort of Les Orres. The area offers a host of services to enhance your visit. The route along the dam has been reforested and improved for everyone's peace of mind.

Attribution : Naturographe - OTSP



Great Cormorant (C)

Size: 90 cm

Attribution : etienne.charles



Yellow-legged Gull (D)

It has travelled up the Durance and settled on the lake, where it finds propitious conditions for its survival (open water). This gull, a cousin of the seagulls, is omnivorous. The colony can be seen around the lake all year round. They are generally grey or white, with black markings on the wings. They have a long, thick beak and yellow webbed feet. The young are grey in colour and take two to four years to acquire adult plumage.

Attribution : Pascal Saulay - PNE

Grass Carp (E)

This fish takes its French name (Amour Blanc) from the river it originates in, the “Amur” River, which forms the border between China and Siberia. Its powerful body resembles that of the carp, but its low-set eyes are very different. The well-thought-out and reversible introduction of this species by the town of Embrun and the fishermen is a gentle, ecological and controlled way of solving the problem of plant proliferation in the Embrun water body.



Mallard (F)

Not known to be shy, this dabbling duck prefers to feed on the surface or at shallow depths by moving forward with alternating circular strokes of its legs: it dips its head into the water and tilts forward. It nests on the banks of the Durance and is omnivorous, feeding on invertebrates, small fish and grasses... The male is easily recognisable during the breeding season by its bright green head. After this period, they moult and adopt a grey-brown colour close to that of the females and young.

Attribution : Pascal Saulay - PNE

The fry (G)

This is one of the most common 'white' fish. It has a spindle-shaped body, compressed laterally and covered with large silvery scales. Its lower fins and eyes are tinted red. Opportunistic, it eats both plants and tiny prey such as larvae and mosquitoes. It forms large shoals and most of the lake's anglers take their first steps on the water by catching them.



Common Perch (H)

The Perch has a grey-green body with dark stripes. Its scales are rough. It has two dorsal fins, one of which has spiny rays. Its lower and caudal fins are orange. It can grow to around forty centimetres. It is a gregarious and opportunistic carnivore. It feeds on invertebrates and crayfish, but also hunts fish in organised packs. It is a chance for many novice anglers to get their first taste of carnivorous fishing.

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Attribution : etienne.charles