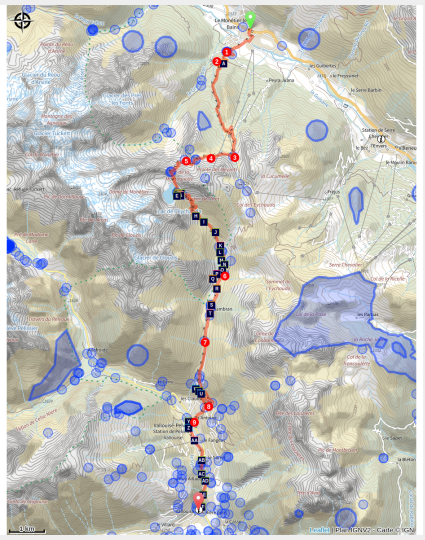
Du Monêtier-les-Bains à Vallouise par le col des Grangettes

Briançonnais

Lac de L'Eychauda (Bodin Bertrand PNE)



Avec le délicat passage du col des Grangettes et le bleu turquoise scintillant du Lac de l'Eychauda, une étape qui passe par une variante aussi alpine qu'esthétique !

En passant par la variante du col des Grangettes le randonneur ne choisit pas la facilité : plus 430 m de dénivelé positif, avec la présence de mains courantes. Il fait aussi le choix de quitter un environnement impacté par les remontées mécaniques pour retrouver des paysages plus sauvages et préservés.

Useful information

Practice : By walk

Duration : 8 h

Length : 24.0 km

Trek ascent : 1347 m

Difficulty : Hard

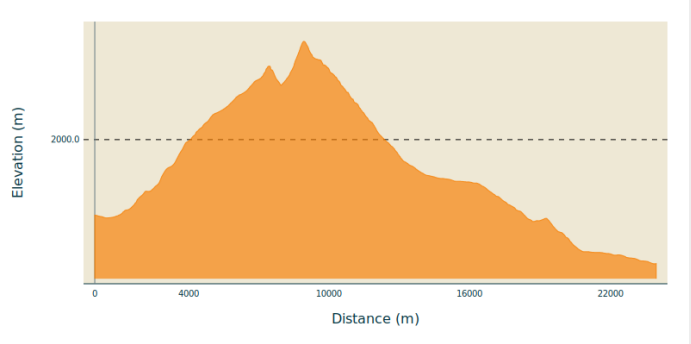
Type : Stage

Themes : Lake and glacier, Pass, Pastoralism

Trek

Departure : Le Monêtier-les-Bains
Arrival : Vallouise
Markings : GR
Cities : 1. Le Monêtier-les-Bains
2. Vallouise-Pelvoux

Altimetric profile



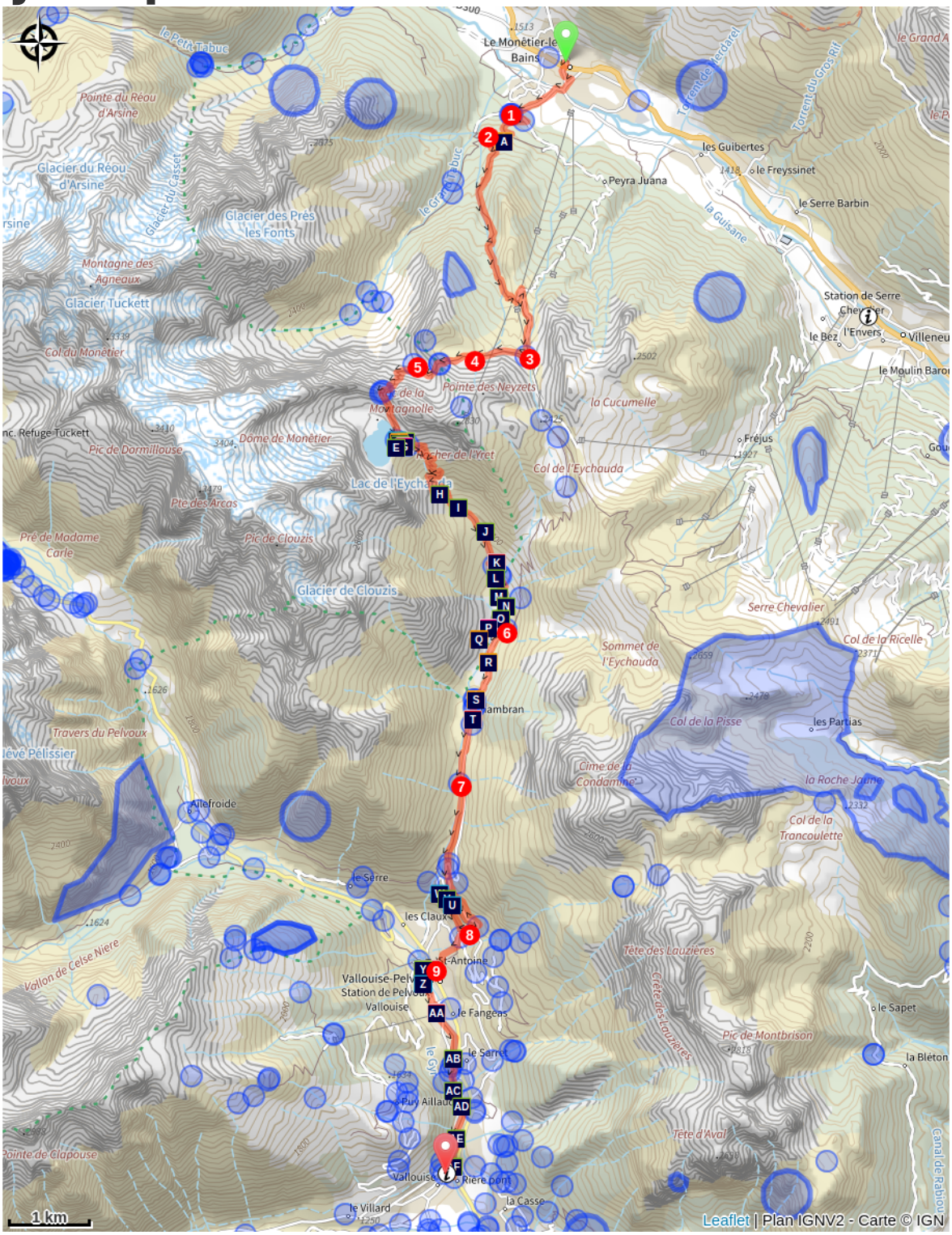
Min elevation 1162 m Max elevation 2662 m

En face des Grands Bains, longer la résidence Arts et Vie (SO) par une route qui mène à un parking.

1. Prendre à gauche, la direction du Peyra Juana. 200 mètres plus loin, prendre le sentier de droite qui mène à la Chapelle Saint-Antoine du Charvet (1 608 m). La contourner et s'élever sur le sentier de droite.
2. A la prochaine intersection, rester sur le GR à gauche. Le sentier longe le torrent de La Selle sous les crêtes des Lauzières. Puis il sort de la forêt près du restaurant d'altitude et du départ de trois télésièges.
3. A l'altitude 2326 m (1 km sous le col de l'Eychauda), repérer une large piste caillouteuse qui part sur la droite. La bifurcation est matérialisée par un panneau signalétique indiquant « col de l'Eychauda - 1km » et Via Ferrata. Absence de panneau mentionnant « pas de l'Ane » et « col des Grangettes ». Ne pas continuer vers le lac de l'Eychauda et suivre cette large piste.
4. Après 800 m environ, prendre une sente étroite qui part à gauche. A niveau dans un premier temps, la pente rapidement se raidit. Après quelques lacets on atteint le Pas de l'Ane (2494 m) – entrée du Parc national des Ecrins. Après une courte descente raide sur une sente étroite, on rejoint le vallon de la Montagnolle. Suivre le vallon (sens descendant) jusqu'à une la bifurcation indiquant « col des Grangettes – 45 mn » .
5. Suivre « Col des Grangettes ». Le sentier, bien marqué, serpente dans les éboulis. A mi parcours sous le col, le sentier se raidit. On rejoint les premiers câbles qui permettent de sécuriser la marche. L'itinéraire alterne des sections câblées et des sections sans câbles. Le sentier est alors très raide, dans un terrain sableux et caillouteux présentant peu d'adhérence. Risque de chutes de pierres. On atteint le col des Grangettes (2684 m). Après une courte descente raide et technique, le sentier traverse un vaste pierrier. On arrive au lac de l'Eychauda. Au panneau « Lac de l'Eychauda », prendre le sentier plein est (passage sur des dalles moutonnées). Le sentier en lacets descend rapidement Le Coste du Laou. A 1783 m, le sentier passe sous un petit chalet d'alpage. Le sentier coupe régulièrement les lacets de la piste d'accès au chalet. A partir de la passerelle sur le ravin de Sastrière (limite du Parc des Ecrins), le sentier devient piste et chemine quasi à niveau dans le fond du vallon.
6. Emprunter la route carrossable jusqu'aux chalets de Chambran (1 715 m). Continuer sur la route qui longe le torrent.

7. Prendre le sentier à droite (1689 m) qui coupe la route pour la retrouver plus bas. La suivre sur 300 mètres puis retrouver le sentier après la maison dans le virage (1531 m). Au ravin de la Baumasse (1417 m), traverser la route et rejoindre un sentier sous la route. Ce sentier la suit puis fait une épingle à gauche pour continuer à descendre en direction de Vallouise.
8. A l’intersection, prendre à droite en direction du Riou. Le sentier traverse la route puis la rejoint un peu plus bas. La suivre sur quelques mètres pour retrouver le sentier à gauche dans le virage. Ce sentier se termine dans une rue qu’il faut descendre pour retrouver la départementale.
9. Traverser la route et passer le pont sur le torrent. Juste après le pont, prendre à gauche le chemin qui suit le torrent. Passer les terrains de sport et la piscine et poursuivre le long du torrent jusqu’à un pont qu’il faut traverser pour continuer en rive gauche et ainsi rejoindre Vallouise. Passer le pont pour atteindre le centre du village.

On your path...



- Charvet Chapel (AA)
- Le Lac de l'Eychauda, Laurent Guétal (AC)
- Red Billed Chough (AE)
- Glacial terrain (AG)
- Small Tortoiseshell Butterfly (AI)
- Eychauda Pastoral Cabin (AK)
- Eychauda Lake (AB)
- Dwarf Willow (AD)
- Yellow Billed Chough (AF)
- Black Redstart (AH)
- Marmot (AJ)
- East Alpine Violet Fescue (AL)

Northern Wheatear (AM)
Spring meadow saffron (AO)
Evolution of pastoralism (AQ)
Chambran Hamlet (AS)
ASA of Béal Neuf (AU)
Water in the mountains (AW)
The grey alder (AY)
The ski resort of Pelvoux-Vallouise (BA)
The aspen (BC)
Forest on the water's edge (BE)
Yellow Hammer (AN)
The front of the nappes (AP)
The realm of sheep (AR)
Chambran chalets (AT)
The aspen (AV)
The minor heritage of Pelvoux (AX)
The Gyr (AZ)
Silver spike grass (BB)
The white-throated dipper (BD)
The trout (BF)

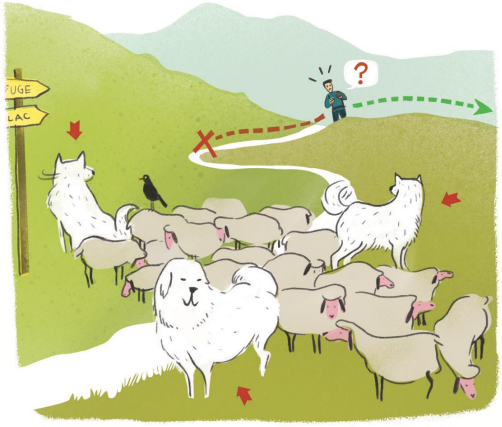
All useful information

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.



Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

Advices

Attention : à la bifurcation en venant de Mônetier, aucune signalétique qui indique le pas de l'Ane et les Grangettes. Juste un panneau bleu qui indique via ferrata.

Passages difficiles, mains courantes et risques de chutes de pierres, pour le col des Grangettes. Il faut avoir le pied montagnard.

Éviter de partir trop tôt en saison, le passage du Col des Grangettes n’est pas praticable s’il reste de la neige.

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

Contact: Parc National des Ecrins
BERGEON Jean-Pierre
jean-pierre.bergeon@ecrins-parcnational.fr QUELLIER Hélène
helene.quellier@ecrins-parcnational.fr
Membre de l'Observatoire des Galliformes de Montagne
Virginie DOS SANTOS
ogm.vds@gmail.com
Blandine AMBLARD
ogm.amblard@gmail.com

Zone de tranquillité hivernale pour le Tétras-lyre. Merci de veiller à respecter le balisage.

Le Tétras-lyre s'abrite sous la neige pour passer l'hiver, souvent en bordure de forêt. Pour ne pas le déranger :
- A la montée, restez sur l'itinéraire principal ;
- A la descente en forêt et en bordure, passez au plus proche des traces de ski existantes ;
- Si vous croisez un animal, arrêtez-vous et laissez-lui le temps de partir ;
- Si vous avez un chien, gardez-le près de vous, ou mieux, laissez-le se reposer au chaud !
- Réalisez votre sortie entre 8h et 17h pour éviter la période où les animaux se nourrissent ;

Information desks

Maison du Parc du Briançonnais
Place Médecin-Général Blanchard, 05100 Briançon

brianconnais@ecrins-parcnational.fr
Tel : 04 92 21 08 49
http://www.ecrins-parcnational.fr/

Vallouise Park house

vallouise@ecrins-parcnational.fr
Tel : 04 92 23 58 08
http://www.ecrins-parcnational.fr/

Office de Tourisme serre Chevalier Vallée Briançon
Centre commercial Prélong, 05240 La Salle les Alpes

contact@serre-chevalier.com
Tel : 04 92 24 98 98
https://www.serre-chevalier.com

Source

Parc national des Ecrins

https://www.ecrins-parcnational.fr

On your path...

Charvet Chapel (AA)

Near the arrival of the old Charvet button lift, dating from 1948 (still present, but disused since the end of the 2003/2004 season), is the Charvet chapel, which was built in 1755. Easy to access both in summer and winter from Le Monêtier, it provides hikers with a wonderful panorama over the southern Guisane valley.
It is quite unusual for a chapel in the region to be dedicated to Saint Anthony of Padua rather than to Saint Anthony the Great. Was there a shift in patronage over time? The fact the saints had the same name led to the particular qualities of each one being mixed up.

Attribution : © Florence Chalandon

Eychauda Lake (AB)

Principally supplied with water by the Séguret-Foran glacial torrent, Eychauda lake is glacial: cold with water full of ground rock particles, lacking oxygen in winter, it is not conducive of life even if a few trout, originally from trout farms set up in the 1950s and 1960s survive there... Nestling in the deep basin in the shade of the high mountain walls, de, it stays frozen for a long time. Icebergs sometimes remain until August. Its principal torrent does not stay on the surface but gets lost in a system of holes and scree.

Attribution : Marie-Geneviève Nicolas - PNE

Le Lac de l'Eychauda, Laurent Guétal (AC)

In the second half of the nineteenth century, Laurent Guétal was one of the most prominent painters of Dauphiné landscapes. In 1886 he painted a picture entitled *Le Lac de l'Eychauda*, from a study he had completed in situ a few years earlier at 2,514 metres above sea level. Painted in three weeks for the Salon, the work was favourably received and earned the artist two medals. While the bottom of the painting is presented as a succession of horizontal bands, at the top the sky is set against the dark mass of the mountain. The attention paid to detail helps to reinforce the scale of this site, magnified by light.

Attribution : © Musée de Grenoble

Dwarf Willow (AD)

Around the lake the grass is short: it is an alpine lawn. In the hollows, the snow remains for a long time at this altitude and the plants have little time to flower and reproduce. Only certain plants that are perfectly adapted can survive the « snow patches », scientific term to describe this particular environment. In this way the Dwarf Willow, cousin to the Weeping Willows, is a woody plant covering the ground hardly lifting up except by its small leaves and catkins.

Attribution : Marie-Geneviève Nicolas - PNE

Red Billed Chough (AE)

Recognizable far away by its raucous cry, the Red Billed Chough (and red feet!) sometimes gets mixed up in flocks of Alpine Choughs. But they are more timid. They dominate the high mountains less than the Alpine Choughs and sometimes inhabit sea cliffs.

Attribution : Damien Combrisson - PNE

Yellow Billed Chough (AF)

If you picnic beside a lake, you will certainly be visited by these black birds with yellow beaks and red feet: The Choughs. Wrongly called choucas (which live at a lower altitude), sociable birds that live in groups, they are great acrobats and very opportunistic. Their diet is varied, from vegetable peelings to cheese rinds!

Attribution : Mireille Coulon - PNE

Glacial terrain (AG)

With a long flat bottomed valley, its cross cliff retaining the lake, the recent moraines behind these and at the bottom, the Séguret-Foran lake, the terrain is typically one modelled by the glacier. Large quaternary glaciations, small age for ice and for the current glacier have left, as they moved away, the characteristic marks of their passage.

Attribution : Marie-Geneviève Nicolas - PNE

Black Redstart (AH)

Even if it is well known in an urban environment, the Black Redstart is originally a mountain bird which has been able to adapt to other environments, as long as there are walls for it to build its nest! It is very present in the Chambran valley, arriving early in Spring, leaving late in Autumn. This Black Redstart is often semi migratory and is happy to join the vallies or the South of France in winter.

Attribution : Mireille Coulon - PNE

Small Tortoiseshell Butterfly (AI)

You will see plenty of nettles around the pastoral cabin! It is a plant living on soils full of nitrogen, which comes from the urine and the excrement of the moutons spending the night here. The small tortoiseshell caterpillars love to eat their leaves; the name in French refers to the caterpillar not the butterfly! The butterfly, also called the small tortoiseshell, can be from March onwards because it is rare for adult butterflies to hibernate.

Attribution : Jean-Pierre Nicollet - PNE

Marmot (AJ)

If you do not leave too late, you are likely to be able to see the marmots. They like the grass where they can dig their burrows. Stay discreet, do not try to approach them, you will disturb them. Don’t expect to see them in the hottest part of the day: it is much too hot to go out and there are too many people around!

Attribution : Mireille Coulon - PNE

Eychauda Pastoral Cabin (AK)

This cabin shelters the shepherd from June to September. In order to not be carried away by the avalanches, it has been built under the shelter of the big boulder and it has a pitched roof that extends along the slope of the mountain. Another cabin situated above the Chambon valley makes it possible for the flock to exploit the supply of grass over the weeks.

Attribution : Marie-Geneviève Nicolas - PNE

East Alpine Violet Fescue (AL)

Right up to the cabin, you can distinguish in the surrounding prairies big tufts of tough grass, the East Alpine Violet Fescue. This poaceae (a grass) is in competition with all the other plants and takes up a lot of space. Formerly, mowing limited its development and encouraging other meadow plants for foraging. At the moment, this plant must be grazed early in the season when the leaves have not yet hardened after this the animals refuse them.

Attribution : Manuel Meester

Northern Wheatear (AM)

Perched on a rock, a bird is alarmed it cries ouit ouit or tchac tchac. You can recognize it straight away thanks to its white rump and its tail with a black backward T: a Northern Wheatear. It is a migratory bird that needs open spaces with big rocks under which the female can build its nest.

Attribution : Damien Combrisson - PNE

Yellow Hammer (AN)

In the bottom of the valley, at the beginning of the summer, you will certainly hear, coming from the summit of a bush or a tree, the song composed of several notes in the same tone followed by a final higher or lower note... With binoculars, you can distinguish a bird with yellow and white feathering, the well named Yellow Hammer. It is a male, the female is more discreet as much in song as in its feathers! Listen well: Beethoven must have been inspired by this song when composing the first notes of his 5th symphony!

Attribution : Damien Combrisson - PNE

Spring meadow saffron (AO)

May in Chambran valley: the snow has only just melted, when it appears, almost hiding all the grass yellowed by the winter, a pink carpet of Spring Meadow Saffron. The Spring Meadow Saffron, is a plant close to the Colchicaceae (but flowers in Spring as its name indicates!) it can be distinguished from the crocus, with whom it grows, by its pink open flower ; the crocus flower is mauve or white and closed.. The first belongs to the lily family and the second to the iris family.

Attribution : Marie-Geneviève Nicolas - PNE

The front of the nappes (AP)

The two slopes of the Chambran valley are very different: the right bank, minerals are very present. There are granites and gneiss making up the crystalline base of the Ecrins massif. On the left bank, the prairies are sandstone and chalky. These are part of the glacial thrust sheet: they are ancient sediments deposited mostly to the East, in the Alpine ocean, then carried here by compression at the time of the formation of the Alps.

Attribution : Marie-Geneviève Nicolas

Evolution of pastoralism (AQ)

In the valley, the ruins of numerous piles of stones resulting from the removal of stones in the hay meadows are witness to another age. Most of these old prairies are now grazed by sheep. Pastoralism has evolved: no more local flocks so less hay, the valley is now occupied by a large flock from the Haute-Provence Alps.

Attribution : Mireille Coulon - PNE

The realm of sheep (AR)

Together with its entire catchment area, the Chambran valley constitutes an enormous alpine pasture. Sheep belonging to several different owners are gathered here for the summer grazing season. Many of them come from the department of Alpes-de-Haute-Provence. The landscape (sheep paths, old hay meadows), vegetation, built structures (old dairy, pastoral cabins)... everything has been marked by centuries of animal husbandry.

Attribution : Office de tourisme Pays des Écrins

Chambran Hamlet (AS)

At an altitude of 1700 meters, this hamlet is inhabited in summer, at the beginning of the summer pasture. The old dairy has been spruced up to become a snack bar. It’s pretty little chapel dedicated to Saint Jean is very simple and bare.

Attribution : Marie-Geneviève Nicolas - PNE

Chambran chalets (AT)

Remnants of a way of life that has disappeared, the Chambran chalets were once a high-altitude village where flocks stayed during the summer months. Today this is a welcome stop along the GR54 and the starting point for hikes towards Lake Eychauda.

Attribution : Marie-Genevève Nicolas - PNE

ASA of Béal Neuf (AU)

The ASA (authorised water user association) of Béal Neuf is the owner of the canal. The association manages, maintains and develops the Béal Neuf canal which carries water to the entire network of irrigation canals.

Attribution : Office de tourisme Pays des Écrins

The aspen (AV)

The path runs through a small aspen wood. This tree with a smooth, greenish trunk and rounded, crenelated leaves takes on magnificent autumn colours. The stem, or petiole, of aspen leaves is flat and twisted, so it can be caught by the slightest breeze making the foliage «quake» hence its common name, the quaking aspen. It grows in places where the soil is quite damp.

Attribution : Mireille Coulon - Parc national des Écrins

Water in the mountains (AW)

Since the Middle Ages, canals have been dug to carry water to the crops. The water is diverted by the canals: through the action of gravity, the water flows down the mountain sides. Use of the water is regulated and for any draw-off, the volume is measured.

Attribution : Office de tourisme Pays des Écrins

The minor heritage of Pelvoux (AX)

Every hamlet has its own chapel. In the territory of Pelvoux, Les Claux has the chapel of Sainte-Barbe with a restored sun dial dating from 1792. The seventeenth-century chapel of Saint-Pancrace is in Le Poët. In Le Sarret, you can admire the chapel of Saint-Joseph and the chapel of Notre-Dame des Sept Douleurs stands in Le Fangeas. Every hamlet has its own communal oven and water fountains as well. Finally, the church of Saint-Antoine is located in the hamlet of Saint-Antoine. It has a sun dial dating from 1810.

Attribution : Office de tourisme Pays des Écrins

The grey alder (AY)

In the valleys of the Alps and the Jura, the grey alder often grows in place of the black alder, present in many parts of France. Like its cousin, it grows on riversides and plays an important role in stabilising the banks. If it is cut down, its wood is bright orange in colour. But why cut it down?

Attribution : Nicollet Bernard - Parc national des Ecrins

The Gyr (AZ)

Humans are decidedly bizarre animals: they build, knock down and start again. To protect the new infrastructures of Pelvoux, the Gyr was dammed. But, not able to flow as it did before, it deepened its bed, thus placing the foundations in danger of damage. And so works were carried out to widen its bed, allowing it to flow more naturally. This is also more favourable for biodiversity, as well as protecting the developed urban areas.

Attribution : Office de tourisme du Pays des Écrins

The ski resort of Pelvoux-Vallouise (BA)

The route first leads through the small ski resort of Pelvoux-Vallouise, built in 1982. Very family-focused, in winter it's the ideal place for young children to learn to ski, with small lifts lower down, while their big brothers and sisters can ski higher up.

Attribution : Pelvoux Office de tourisme du Pays des Écrins

Silver spike grass (BB)

A grass grows in large clumps on the embankment: silver spike grass. It is adapted to stony, dry and sunny ground. Its inflorescences reflecting silvery-gold glints create a beautiful effect, but they are particularly noticeable in the late summer, when it forms large shimmering bouquets in the evening sunlight.

Attribution : Nicolas Marie-Geneviève - Parc national des Écrins

The aspen (BC)

On the right, a stand of aspens with smooth, greenish trunks and rounded, crenelated leaves take on magnificent colours in autumn. The stem, or petiole, of aspen leaves is flat and twisted, so it can be caught by the slightest breeze making the foliage «quake» hence its common name, the quaking aspen.

Attribution : Bernard Nicollet - Parc national des Écrins

The white-throated dipper (BD)

Perched on a rock in the middle of the river, a squat bird with a short tail, brown with a large white bib, bobs up and down with his tail in the air. He then dives and only reappears a few moments later. This is how this bird hunts, diving into the water and then walking against the current along the river bed searching for aquatic insect larvae, small crustaceans or small fish, lifting pebbles with its beak to dislodge them.

Attribution : Mireille Coulon - Parc national des Ecrins

Forest on the water's edge (BE)

This small wood is a fragment of the riparian forest: natural forest growing adjacent to a body of water. Reduced everywhere due to urbanisation, this type of forest is made up of alder, willow and oak, and also poplar, birch and aspen, among others

Attribution : Office de tourisme Pays des Écrins

The trout (BF)

But what's the angler angling for? The brown trout of course! This is the mountain fish par excellence, with a streamlined body to withstand the current more efficiently and light brown skin speckled with black and red. It lives in cold, oxygen-rich waters.

Attribution : Parc national des Écrins