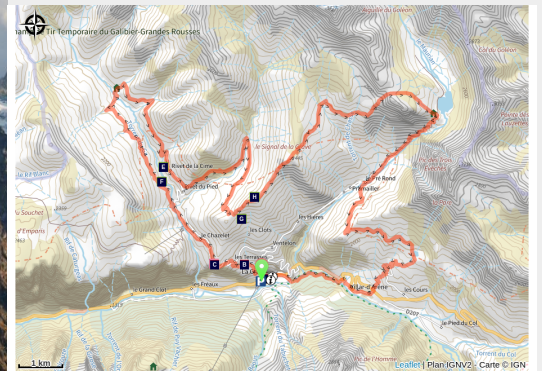


Tour du Signal de La Grave en 3 jours

Briançonnais - La Grave



Vue de la Meije depuis le col de l'Aiguillon (Cyril Coursier - Parc national des Ecrins)



Trois jours d'itinérance entre alpages, hameaux et lacs.

Une itinérance courte, idéale pour découvrir les hameaux autour du village de la Grave. Divers points du vue sur les sommets alentours font aussi la richesse de cet itinéraire entre les alpages du vallon de la Buffe, de la combe de Martignare et autour du lac du Goléon.

Useful information

Practice : By walk

Duration : 3 days

Length : 36.4 km

Trek ascent : 1888 m

Difficulty : Medium

Type : Multi-day trekking

Themes : History and architecture, Hut, Pastoralism

Trek

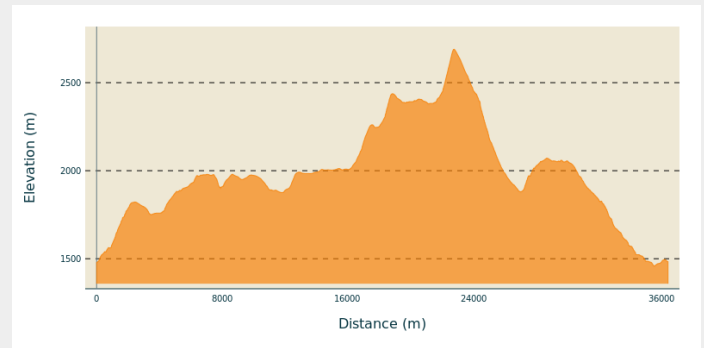
Departure : La Grave

Arrival : La Grave

Markings :  PR  GR

Cities : 1. La Grave
2. Villar-d'Arêne

Altimetric profile



Min elevation 1459 m Max elevation 2691 m

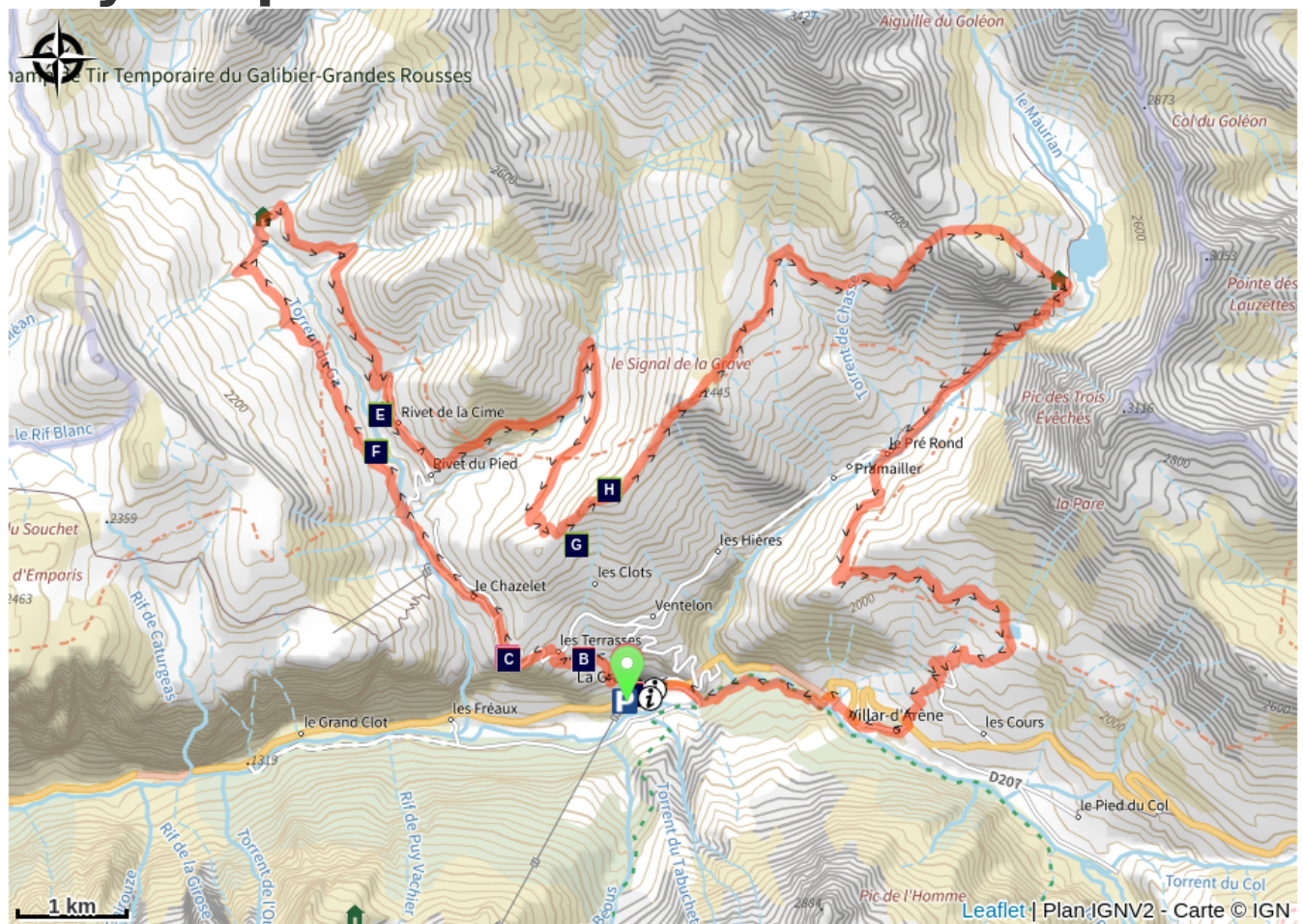
Cette itinérance débute doucement avec une première étape sans difficulté, dans le vallon de la Buffe. Elle permet de découvrir notamment le hameau du Chazelet et son oratoire qui offre une vue imprenable sur les Alpes et le massif de la Meije. Après une nuit au refuge du Pic du Mas de la Grave, le parcours reprend en direction du refuge du Goléon. L'itinéraire traverse la combe de Martignare puis mène au Signal de la Grave, culminant à 2445m. L'arrivée au lac et au refuge du Goléon est la récompense finale de cette longue étape.









La dernière journée débute dans les alpages pour rejoindre le lac du Pontet. L'itinéraire traverse ensuite le village de Villar d'Arêne et rejoint les rives de la Romanche qu'il faudra suivre jusqu'à La Grave, point final de cette itinérance.

Stages :

1. De la Grave au refuge du Pic du Mas de la Grave par le Chazelet
8.2 km / 622 m D+ / 3 h 30
2. Du refuge du Pic du Mas de la Grave au refuge du Goléon
15.8 km / 999 m D+ / 7 h
3. Du refuge du Goléon à la Grave
12.7 km / 263 m D+ / 5 h 30

On your path...



-  Notre-Dame de l'Assomption Church (A)
-  Sainte-Anne du Chazelet oratory (C)
-  Common quail (E)
-  Late spider-orchid (G)
-  La Grave terraces (B)
-  Chazelet perch (D)
-  Viviparous lizard (F)
-  From legend to healing properties... (H)

All useful information

How to come ?

Transports

[Réseau de bus régional Sud](#) : ligne 55 entre Grenoble et Briançon avec arrêt à La Grave.

Access

De Bourg-d'Oisans, suivre la D1091 jusqu'à La Grave.
Depuis Briançon, suivre la D1091 jusqu'à La Grave.

Advised parking

Parking du téléphérique, La Grave

Information desks

Maison du Parc du Briançonnais

Place Médecin-Général Blanchard, 05100
Briançon

briançonnais@ecrins-parcnational.fr

Tel : 04 92 21 08 49

<http://www.ecrins-parcnational.fr/>



Tourist information office of La Grave

RD1091, 05320 La Grave

lagrave@hautesvallees.com

Tel : (+33) 04 76 79 90 05

<https://www.hautesvallees.com/la-grave/>



Source



Parc national des Ecrins

<https://www.ecrins-parcnational.fr>

On your path...



Notre-Dame de l'Assomption Church (A)

Listed as an historic monument, Notre Dame de l'Assomption church towers over La Grave. In First Romanesque style, this remarkable building is thought to date from the 11th century, making it the oldest building in the town. All around the church is a cemetery with graves marked by wooden crosses and decorated with brass hearts, facing the giants of ice.

Attribution : Jenny Selberg - OT Hautes Vallées



La Grave terraces (B)

On the south-facing slope of La Grave, terraced farmland and villages are inseparable. This is a European-wide landscape uniting many architectural, archaeological and natural elements. This mountain farming system was shaped mainly by past and present agricultural activity. The steep terrain at the time required terracing for it to be farmed. These former planted terraces are today natural meadowland, which is mowed or used for grazing. It is highly sensitive to this new pastoral usage, and is little by little showing signs of soil erosion.

Attribution : Eric Vannard - PNE



Sainte-Anne du Chazelet oratory (C)

Although it stands beside an ordinary road, the Chazelet oratory is famous for one of the most beautiful panoramas of the Alps and the Meije mountains. Built in dry stone, the edifice is at 1 834 m and overlooks the valley and the Ecrins and Meije mountains. It has been sketched, photographed and painted many times, including in the famous Meije by the Japanese painter Foujita.

Recently a new orientation table was placed a few metres above the oratory. In two parts, it shows the northern slope of the Meije and the southern slope in the direction of Chazelet and Savoie.

Attribution : PNE

Chazelet perch (D)

To test your head for heights, there is nothing like this new, life-size game played facing the Meije a steel walkway suspended over empty space. The first few steps are daunting, but reaching the end of the walkway - or rather, empty space - calls for even more courage! Beneath your feet, all the way down below is the village of Les Fréaux, nestling against the Romanche, and above you, the giants of ice. If you add in the element of air, with gusts of wind blowing all around you, then strong sensations are guaranteed!

Common quail (E)

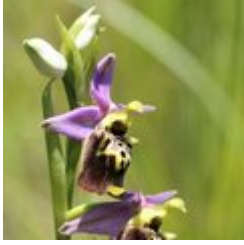
Generally present in fields of cereal crops, the common quail also occupies the mountain meadows up to 2000 m or more. In the long grass, it pecks at insects and later on at the seeds as they reach maturity. A very discreet bird, it nests in the ground in a little dip, where it can lay twice to replace eggs in the case of destruction. Its song, that can be heard night and day, often gives it away: "pay your debts" is the male's song to keep its rivals at bay.



Viviparous lizard (F)

The viviparous or common lizard is present in the north of the park where it lives in cool, damp zones (moors, alpine and subalpine meadows, or at the edge of streams). It has this name as the females, in certain populations, keep the eggs in their abdomen until they hatch. Affected by any development that leads to the destruction of wet zones, it is a protected species all over France and considered vulnerable on a regional level.

Attribution : Damien Combrisson - PNE



✿ Late spider-orchid (G)

A member of the large family Orchidaceae, the late spider-orchid is a master of disguise and deception! With its labellum or lip (the biggest petal located at the bottom of the flower) which resembles an insect, it deceives bumble bees, even releasing a scent similar to that of the female bumble bee. Thinking they have come across a potential mate, the insects alight on it for a passionate interlude, deceived into believing that they are creating their own offspring! But in so doing, they are in fact ensuring the plant's reproduction. They fly away with pollinia (a mass of pollen grains) on their heads and succumb to the same deception on another plant, thus pollinating it.

Attribution : Mireille Coulon - PNE



✿ From legend to healing properties... (H)

Also known as the «stars of the glaciers», the Edelweiss is reputed to have been born of the star that guided the Three Kings. In fact, having completed its task this astral body decided to settle on the mountain peaks as a multitude of tiny flowers. More prosaically, the Edelweiss is an antioxidant, anti-inflammatory and anti-diarrhoeic, and when mixed with honey it helps to ward off respiratory disorders.

Attribution : Bernard Nicollet - PNE