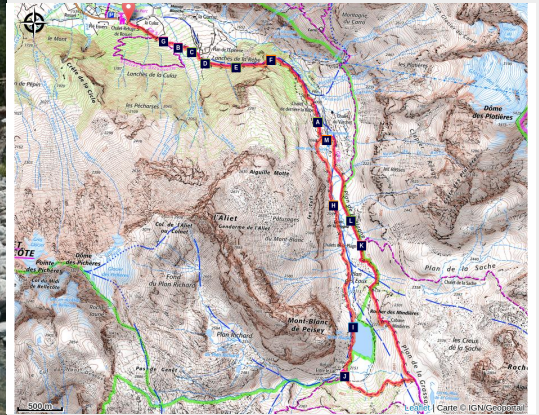


Tour of Lac de la Plagne

Vanoise - PEISEY-NANCROIX



Randonneuse traversant le torrent du Ponturin (Balais Christian)



Hike in the bottom of the valley in territory tamed by man but dominated by the alpine giants.

I am on the path overlooking Lac de la Plagne when the pair of bearded vultures arrive right in my line of sight. I hear their wings ripping through the air. What a privilege it is to see!
Marie-Laure Tonnelier, Vanoise National Park Ranger.

Useful information

Practice : Walking hike

Duration : 5 h

Length : 14.4 km

Trek ascent : 795 m

Difficulty : Easy

Type : Loop

Themes : Fauna , Lake and glacier, Viewpoint

Trek

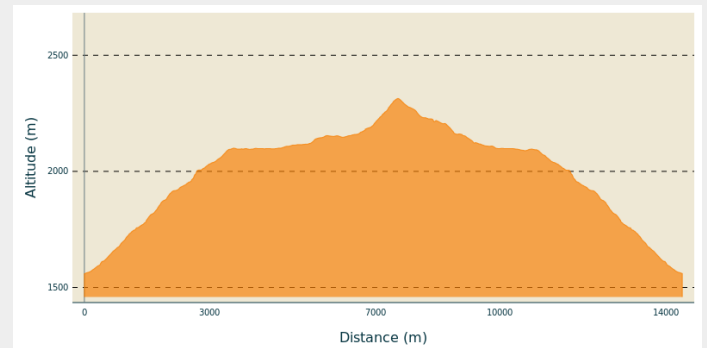
Departure : Car park at the Refuge-Porte de Rosuel

Arrival : Car park at the Refuge-Porte de Rosuel

Markings :  GR  Parc

Cities : 1. PEISEY-NANCROIX

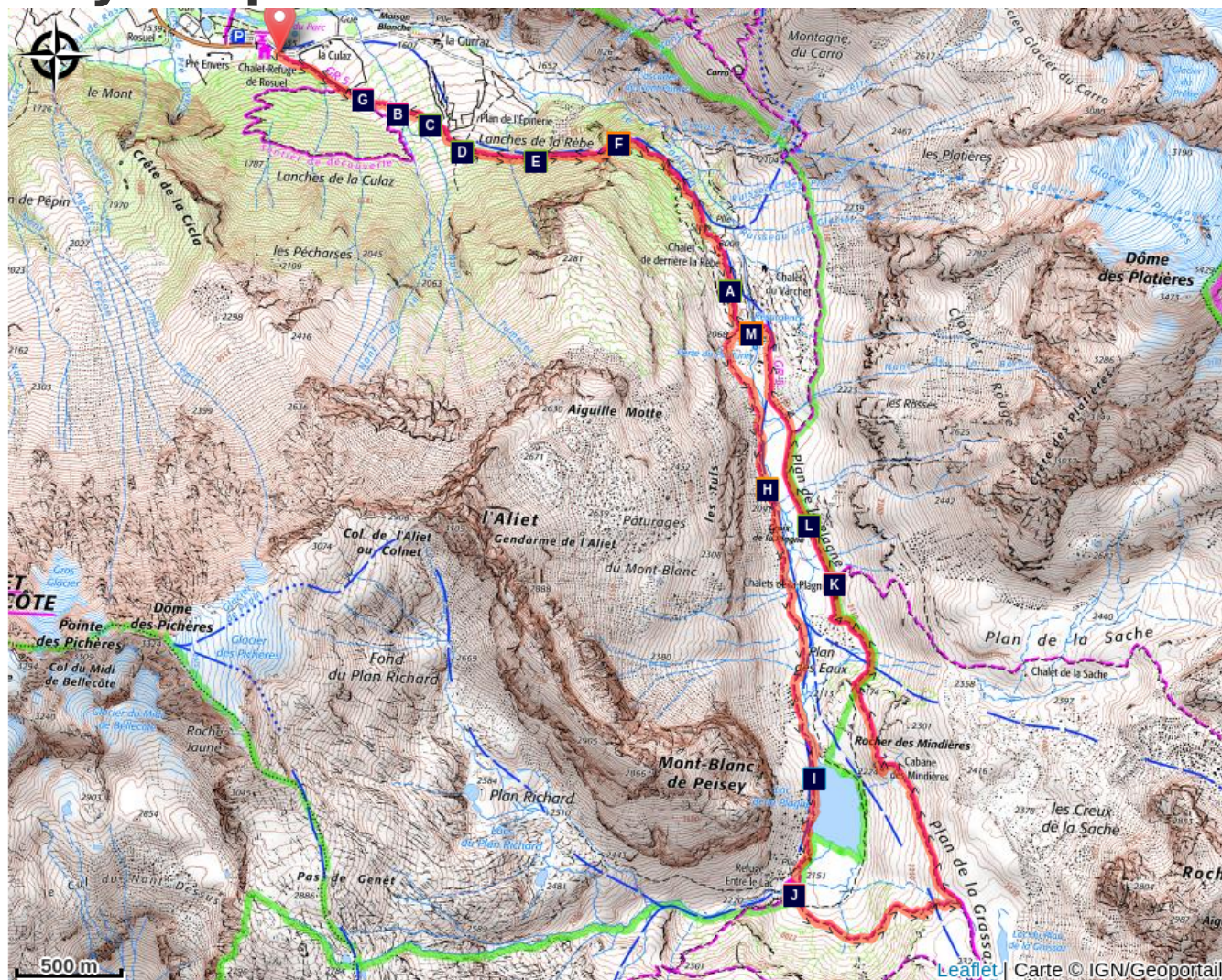
Altimetric profile



Min elevation 1559 m Max elevation 2314 m

Leave the Refuge-Porte de Rosuel in the direction of the bottom of the valley on the GR®5. We leave the discovery trail on the right and rise through the scree and then alder grove. The easy-going path quickly turns steep with some sections requiring your full attention. The bypass of the foothills of the Aiguille Motte (1,916 m in altitude) marks the bend of the path that follows the left bank of the Ponturin torrent. Follow this path to Lac de la Plagne and then to Refuge d'Entre-le-lac. Just above the refuge, there is a ramp to cross the right bank on the Plan de La Grassaz. After a short climb you will find the GR®5 and can begin the descent to the locality of "Des Pertes du Ponturin". The return path is the same as taken for the climb.

On your path...



-  The bearded vulture (A)
-  The golden eagle (C)
-  The alder grove (E)
-  Mont-Pourri (G)
-  Lac de la Plagne. (I)
-  The chalets of La Plagne (K)
-  The Ponturin (M)
-  The Dôme de Bellecôte and Aliet (B)
-  Ungulates (D)
-  Water inlets and kitchens (F)
-  The cows (H)
-  The Refuge d'Entre-le-lac (J)
-  Marmots (L)

All useful information

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

Stop at the Refuge-Porte de Rosuel to take advantage of the “Point-Info Vanoise” (Information desk) and the recommendations of the National Park hostess, as well as the exhibition space.

How to come ?

Transports

"Rail connection to Bourg-Saint-Maurice. Information: www.voyages-sncf.com
Shuttle bus services available from Bourg-Saint-Maurice railway station to the village of Peisey-Nancroix.

Information: www.transavoie.com

Also think about car-sharing with www.mobisavoie.fr"

Access

Leave the national road leading to Bourg-Saint-Maurice approximately 1 km after Bellentre in the direction of Landry (D 87 road on the right). Follow the D 87 which goes back up the valley for 7 km, pass Peisey-Nancroix and continue on the by-road. You will reach the car park of the Refuge-Porte de Rosuel in about 15 minutes.

Advised parking

Rosuel car park

Accessibility

Two parking spaces reserved for disabled users and Refuge-Porte de Rosuel certified

“Accessible Tourism” for the four types of disability.

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.

Bearded vulture

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact:

Parc national de la Vanoise

Jérôme CAVAILHES - 06.89.17.78.02 jerome.cavailhes@vanoise-parcnational.fr

ATTENTION : nidification du Gypaète barbu !

En concertation avec les acteurs locaux, une zone de sensibilité majeure (ZSM) a été définie pour les Gypaètes barbus de Peisey.

Toutes les activités dans cette zone sont à proscrire : survol motorisé ou non motorisé, ski, randonnée, chasse, escalade, etc ...

Cette espèce est particulièrement sensible au dérangement. Afin de favoriser les conditions de reproduction jusqu'à l'envol d'un gypaéton, il s'est avéré nécessaire de mettre en place cette zone sensible.

Carte précise: www.vanoise-parcnational.fr/fr/download/file/fid/10076

Information desks

Office de Tourisme de Bourg Saint Maurice

Place de la Gare, 73700 Bourg-Saint-Maurice

contact@lesarcs.com

Tel : 04 79 07 12 57

<https://www.lesarcs.com>

On your path...



The bearded vulture (A)

The Bearded Vulture (*Gypaetus barbatus*) has a wingspan of 2.80 m and feeds mainly on bones! Falsely attributed with demonic powers, the bearded vulture was completely exterminated from the Alps at the beginning of the 20th century. Its return is the result of an international reintroduction programme supported by Europe. The bearded vulture has been established in the valley since 2004. It is highly sensitive to disturbances, information is therefore provided on site with guidelines on how to ensure its eyrie remains a peaceful place in case of reproduction.

Attribution : PNV - PLOYER Jean-Yves



The Dôme de Bellecôte and Aliet (B)

"Upon departing, on your right, you follow the Dôme de Bellecôte (3,417 m in altitude). In winter, several of the paths facing you are used for off-piste skiing from the area of La Plagne. At the eastern end, you can see the summit of Aliet (3,109 m in altitude). Its name came from ""alye"", meaning needle in Savoyard patois. From this point of view, it appears in the form of a pyramid of rock. It requires special climbing techniques to scale. It is rated as difficult."

Attribution : PNV - JORDANA Régis



The golden eagle (C)

The golden eagle (*Aquila chrysaetos*) is a rare and protected species, although in recent years its numbers have been increasing in the Alps. At Peisey-Nancroix, it appears on the town's coat of arms. The hike crosses through the territory of a pair of golden eagles. Monitored since 1973, it has already occupied 11 different eyries (term used to designate a bird of prey's nests) and guided 35 young birds to take flight. It feeds mainly on marmots in summer and is content with carrion in winter.

Attribution : PNV - PLOYER Jean-Yves



Ungulates (D)

The Rosuel valley is particular for also welcoming the plains ungulates such as deer, roe deer and occasionally wild boars on the low zones and those more specific to the mountain on the upper parts such as the chamois and ibex. However, the latter do not occupy the same areas according to the seasons and they leave the bottom of valley in the summer in favour of areas that are higher in altitude and cooler.

Attribution : PNV - JORDANA Régis



The alder grove (E)

Lanches de la Rèche is covered by green alders, called “arcosses” in local jargon. Altogether adapted to this type of avalanche-prone slope, their flexible branches bend under the snow without breaking. The alder is accompanied by a luxuriant plant formation of eutrophic tall herbs. Some treasures are hidden here and there, including the magnificent martagon lily and the alpine columbine (species protected at national level). Later in the season, the raspberry and currant bushes will tempt you with their berries.

Attribution : PNV - MELE Stéphane



Water inlets and kitchens (F)

The water of the Gurratz waterfalls, in front of the Lanches de la Rèche, is partially captured by Électricité de France and transported by an 8 km long tunnel under the Mont-Pourri massif to the artificial lake of Tignes. This tunnel was excavated in the fifties. The concrete ruins at the bottom of the valley are the remains of the kitchens which fed the workers during the excavation works.

Attribution : PNV - FIMA Frédéric



Mont-Pourri (G)

On the ascent to your left, you will see the Mont-Pourri which culminates at 3,779 m, making it the second highest peak of Vanoise after the Grande Casse. It was scaled for the first time by Michel Croz in 1861. Today the route passes conventionally through the Geay glacier that can be seen under the summit. At the foot of its moraine, the former refuge, where mountaineers slept until the 1970s, has been converted into a museographic space dedicated to the history of this summit.

Attribution : PNV - BALAIS Christian



The cows (H)

More than 250 cows come from neighbouring villages or from further afield (Isère in particular) to summer in this mountain pasture. Here, different races co-exist: Montbéliarde, Charolais, Limousine, Tarentaise… These are cows that do not produce milk and instead are bred for heifers, breeding or meat cows. They arrive at the bottom of the valley, then climb at altitude as the grass grows, before gradually descending again. They are watched over by a herdsman, who will occupy different alpine chalets according to the progression of the herd.

Attribution : PNV - MELE Stéphane



Lac de la Plagne. (I)

The Lac de la Plagne is a particularly deep natural lake (19 m). It is currently privately managed and depends on the association of the Lacs de Montagne de Landry-Peisey which regularly stocks it. Brown trout, brook trout and lake trout populate its waters. The lake trout originated in northern America, in the area between the Great Lakes and Alaska and was introduced here in 1964. This species is monitored by tagging the young fish.

Attribution : PNV - BUCZEK Jessica



The Refuge d'Entre-le-lac (J)

At 2,145 m in altitude, on the shores of Lac de la Plagne, an old sheep pen, owned by the town of Landry, was renovated as a refuge in 1980. Since then, the shepherd who farms the alpine pastures still stops there, but it is also guarded throughout the summer period, providing overnight and catering services for about 40 guests. Thanks to the two dairy cows on site, the refuge caretakers offer fresh dairy products daily.

Attribution : PNV - FIMA Frédéric



The chalets of La Plagne (K)

"The hamlet of La Plagne includes a sheep pen, 2 stables, 2 covered market ruins, several dry stone walls and enclosures, a vaulted cellar and an old ruin to the south, evidence of an alpine pasture that has long been farmed. The cellar includes several engraved stones, one of which dates from 1772. The main buildings have been built on the slope, which protects them from avalanches. They still have, at least in part, a traditional mortar made of ""visible stones""."

Attribution : PNV - BALAIS Christian



Marmots (L)

The alpine marmot (*Marmota marmota*) is a hibernating animal. It is only active 6 and a half months of the year during which time it doubles its weight before returning to its burrow. The Plan de la Plagne is the best place to spot it. Its screech is easily recognisable, it alerts danger with several cries for predators coming from the ground (often an approaching fox) and a single cry for predators coming from the sky (such as eagles). Simple but effective...

Attribution : PNV - DELORME Michaël



The Ponturin (M)

On your way back, before reaching the initial trail, you will cross a bridge over the Ponturin that you follow from the start. This watercourse flows from the Lac de la Plagne before it flows into the Isère at Landry. At this point, the stream reaches the torrent, tunnelling under the boulders in dry periods before resurging lower down, and this is what has earned this place its name “Pertes du Ponturin”.

Attribution : PNV - BALAIS Christian