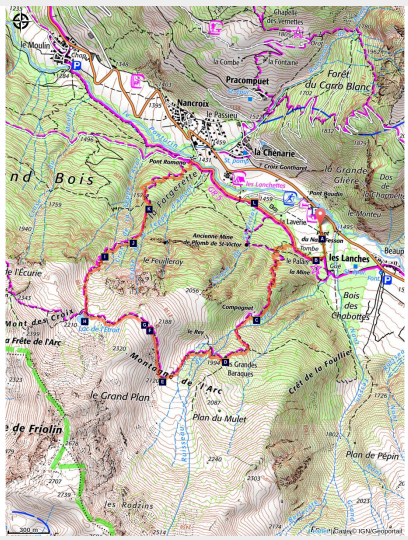
Lac de l'Etroit

Vanoise - PEISEY-NANCROIX

Abords du Lac de l'Étroit (GOTTI Christophe)



A series of landscapes ranging from the forest, moor, alpine pasture, high-altitude lake and panoramic views will ensure you don’t get bored.

A series of ambient settings unfold surrounded by their own little worlds, each with its own flora, fauna and history, providing the visitor with a sense of variety in their journey.

Useful information

Practice : Walking hike

Duration : 4 h 30

Length : 7.4 km

Trek ascent : 847 m

Difficulty : Difficult

Type : Loop

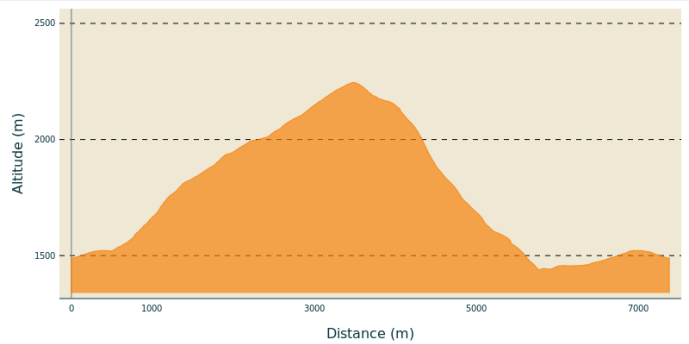
Themes : Lake and glacier, Viewpoint

Accessibility : Joëlette

Trek

Departure : Pont Baudin car park, Peisey-Nancroix
Arrival : Pont Baudin car park, Peisey-Nancroix
Markings : PR
Cities : 1. PEISEY-NANCROIX

Altimetric profile



Min elevation 1439 m Max elevation 2246 m

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From Pont Baudin car park, go back up the Allée des Mélèzes. At the end turn right in the direction of Lac de l’Etroit. Cross the site of the Palais de la Mine. Stay well to the side, do not follow the trails that go up and down on both sides. At the end, follow ""Lac de l’Etroit"" and enter the spruce forest. Continue following these signs to the lake in question. Climb to the upper limit of the softwood forest, cross a forest of green alders, then arrive at the Alp d´Arc with the Grandes Baraques (large barracks). Follow the path that climbs the crest of the Arc mountain before descending to Lac de l’Etroit. The return route follows the trail that descends to the north, on the right. Upon arriving at a forest track, turn right and continue to Pont Baudin.

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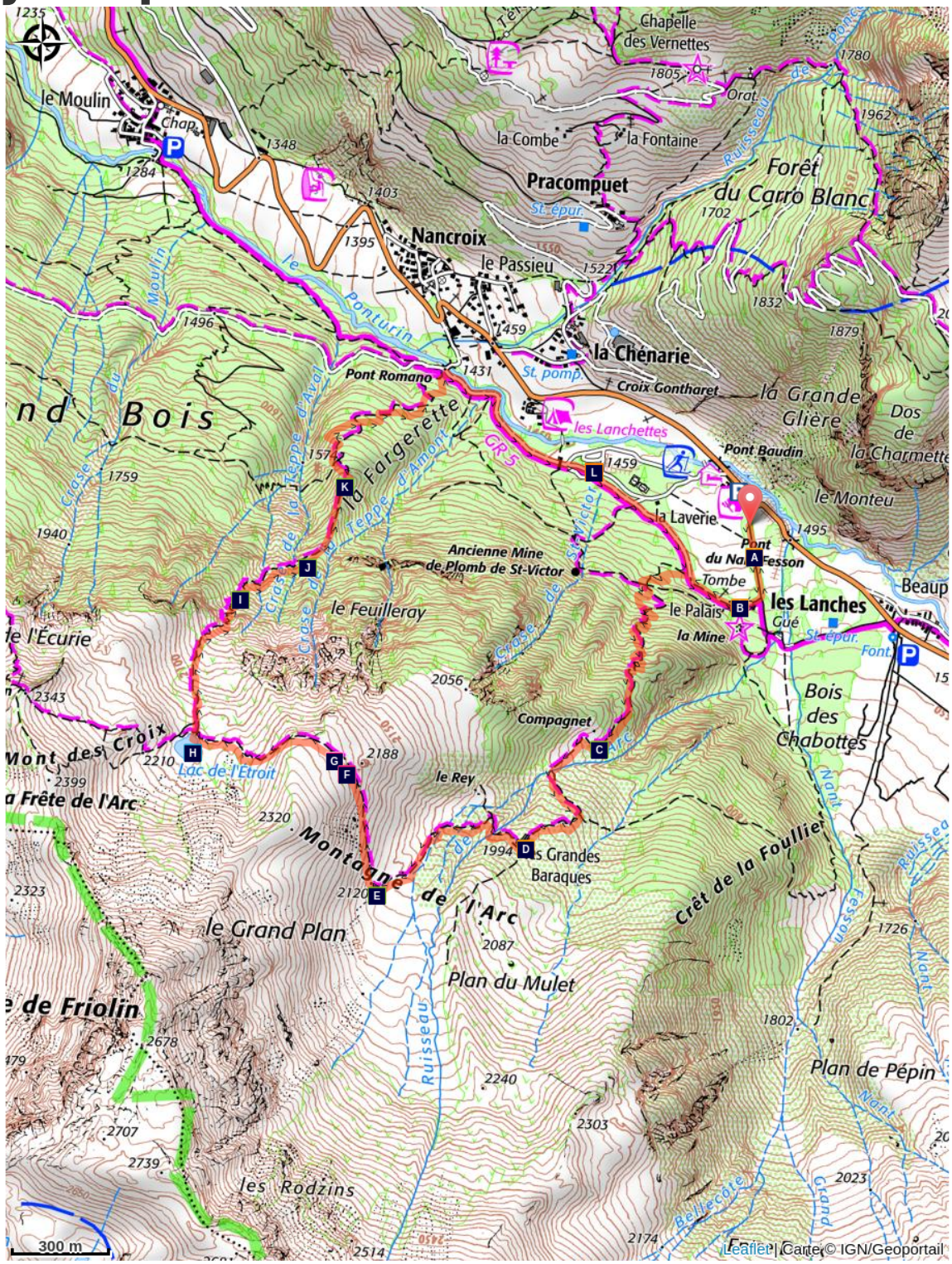
On your path...



The Palet de la Mine and the pathway of larches (A)

The Palais de la Mine and the Larch Alley (B)

The green alder (C)

The sheep pens of the large huts and the Alpage de la Montagne de l'Arc (D)

A 360 ° view from the crest of the Montagne de l'Arc (E)

The Pointe du Friolin and its rugged face (F)

Lac de l'Etroit (G)

The black grouse (H)

The hazel grouse (I)
Lady’s slipper orchids (J)
The locality of “L'eau salée” (K)

All useful information

⚠ Advices

The descent path is steep. Once at the lake, it is advisable for people with sensitive knees to retrace their steps.

How to come ?

Access

From Route N90 road, take Route D87 in the direction of Landry, continue on this road, cross Landry, Peisey, Moulin, Nancroix, then arrive at Pont Baudin. Park in the car park at the bottom on your right where the road makes a bend

Advised parking

Pont Baudin car park, Peisey-Nancroix

Accessibility

None

Joëlette

Information desks

Maison du Parc national de la Vanoise - Rosuel
Refuge de Rosuel, 73210 Peisey-Nancroix
hotesse.rosuel@vanoise-parcnational.fr
Tel : 06 98 40 97 14
https://www.vanoise-parcnational.fr

Point info - Accueil de Peisey
Maison de Peisey, 73210 Peisey-Vallandry
info@peisey-vallandry.com
Tel : 04 79 07 88 67
https://www.peisey-vallandry.com

On your path...

The Palet de la Mine and the pathway of larches (A)

Historical site depicting the town’s mining past. Discovered in 1644, the galena seam (argentiferous lead sulphide) was exploited until 1866. A pathway of larches leads to the former Ecole Française des Mines which stood here from 1802 to 1814. The saw grooves that mark its trees date from 1891/1892. These are the remains of an act of vengeance by people sentenced for wild logging.

Attribution : Christian BALAIS

The Palais de la Mine and the Larch Alley (B)

A historical site illustrating the municipality’s mining past. Discovered in 1644, the seam of galena (silver lead sulphide) was exploited up until 1866. An alley of larches leads to the former Ecole Française des Mines, which was headquartered there from 1802 to 1814. The saw marks on its trees date back to 1891/1892. They testify to an act of vengeance by people convicted of illegal logging.

The green alder (C)

Known locally as arcosse, it has the peculiarity of bending under the weight of the snow thanks to the extreme flexibility of its branches. The green alder occupies the most avalanche-prone terrain. Dense and almost impenetrable, it provides shelter for many birds and mammals. In the past, it was cleared by the breeders, which allowed them to use the area for alpine pastures and provide themselves with firewood.

Attribution : Christian BALAIS

The sheep pens of the large huts and the Alpage de la Montagne de l’Arc (D)

Until the 1980s, the pasture was dairy. The two covered markets intended to house the animals are still visible. This mountain was once a “mutual venture”. Several herds were gathered and managed at a community level. A team was in charge of caring for the herd, milking and making cheese on the mountain pastures. Some non-dairy cows still graze on the pastures today but are no longer watched over.

Attribution : admin

A 360 ° view from the crest of the Montagne de l'Arc (E)

At the end of the ascent, stop to admire the view! To the north-west you can see the Pierra Menta (2,714 m), with its enormous square spur. To the north, the Italian slope of Mont Blanc (4,809 m). On the opposite side of the Ponturin valley are the Aiguille Grive (2,732 m), the Aiguille Rouge (3,227 m) and Mount Pourri (3,423 m). And on your slope you will see Alliet (3,109 m), the entire north face of Bellecôte (3,417 m) and the Pointe de Friolin (2,678 m).

Attribution : admin

The Pointe du Friolin and its rugged face (F)

Between 1982 and 1984, the fall of a whole face of the Friolin mountain mobilised 10 million cubic metres, two thirds of which fell in a few months. The municipality was then forced to follow up with the support of geologists. Their studies showed that this collapse stemmed from the presence of soluble underground rocks: the anhydrous calcium sulphate crystal, also known as anhydrite, which forms gypsum by rehydration when cropped out at the surface.

Attribution : Marie-Laure TONNELIER

Lac de l'Etroit (G)

As a reward for your efforts, this charming turquoise lake is unveiled only after the climb. It owes its origin to a depression dug out by a glacier as well as to the moraine deposits generated by their retreat. Numerous rocky boulders make this place an ideal location for a lunch break (but don’t forget to take your rubbish with you).

Attribution : Regis JORDANA

The black grouse (H)

The black grouse or “black cock” inhabits the upper limit of the mountain forests. In the spring, the males gather together in arenas before dawn, cooing and hooting, furling their tails in the shape of a lyre. Heavily impacted by the development of ski resorts, their habitat has been reduced to the benefit of the slopes. In winter, they spend 90% of their time at rest, huddled in a tunnel dug in the snow as the slightest disturbance can threaten their survival.

Attribution : Patrick FOLLIET

The hazel grouse (I)

The Hazel grouse is a rare galliform in Vanoise. This species is particularly fond of the mixed forests of Peisey-Nancroix on the mountain zone. It keeps a very low profile, including from a vocal point of view, the male emitting small high-pitched whistles. The hazel grouse is sedentary. To overcome the harshness of the winter climate and avoid the cold, it sinks into the snow just like the Rock Ptarmigan or the Black-tailed Grouse.

Attribution : Michael Haeckel

Lady’s slipper orchids (J)

This wild orchid is protected at national level. It flowers in the undergrowth of Peisey in some restricted zones. The evocative shape and delicacy of its flowers earned this plant the name Lady’s slipper orchids. Although there are forty species of this kind in the world, it is the sole species existing in Europe.

Attribution : Mylène HERRMANN

The locality of “L'eau salée” (K)

L'eau salée (Saltwater) owes its name to the many minerals contained in the water there, which passed its name on to the locality itself.
This little corner of paradise is an ideal spot for family outings: there is a little pond for the kids to enjoy and a selection of games on hand to keep them amused while the grown-ups play tennis or simply relax in the shade of the spruce forest, lulled by the lapping of the water.

Attribution : aptv_redac