9-A brief tour of the Rosuel Valley at the gateway to Vanoise National Park

Vanoise - PEISEY-NANCROIX

Gouille de Rosuel (APTV)

This easy itinerary is a nature trail par excellence. At the gateway to Vanoise National Park, the Rosuel Valley provides you with a wealth of historical treasures in a magnificent natural setting.

This itinerary will take you across the justly famous Versant du Soleil in the Tarentaise, which boasts an unspoilt natural environment and is home to a mountain way of life that has never lost its authenticity. Set off in discovery of these still wild mountains, harbourers of little chapels, hamlets with their typical architecture, chalets set in high mountain pastures where livestock is left to graze undisturbed, and dense forestland. The views you'll enjoy along the way are truly magnificent.

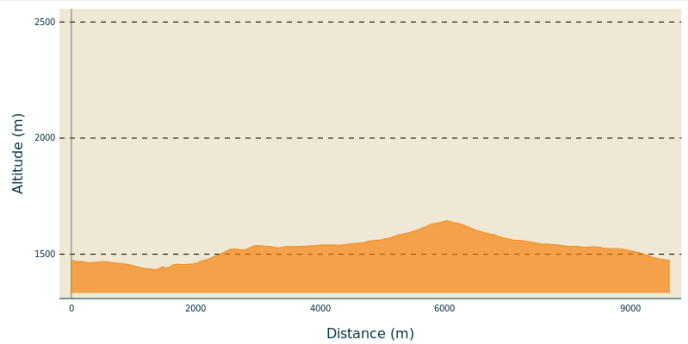
Useful information

- Practice : Mountain bike (electric)
- Duration : 1 h 30
- Length : 9.6 km
- Trek ascent : 236 m
- Difficulty : Very easy
- Type : Loop
- Themes : History , Refuge

Trek

Departure : Nancroix, 73210 Peisey-Nancroix
Arrival : Nancroix, 73210 Peisey-Nancroix
Cities : 1. PEISEY-NANCROIX

Altimetric profile



Min elevation 1433 m Max elevation 1644 m

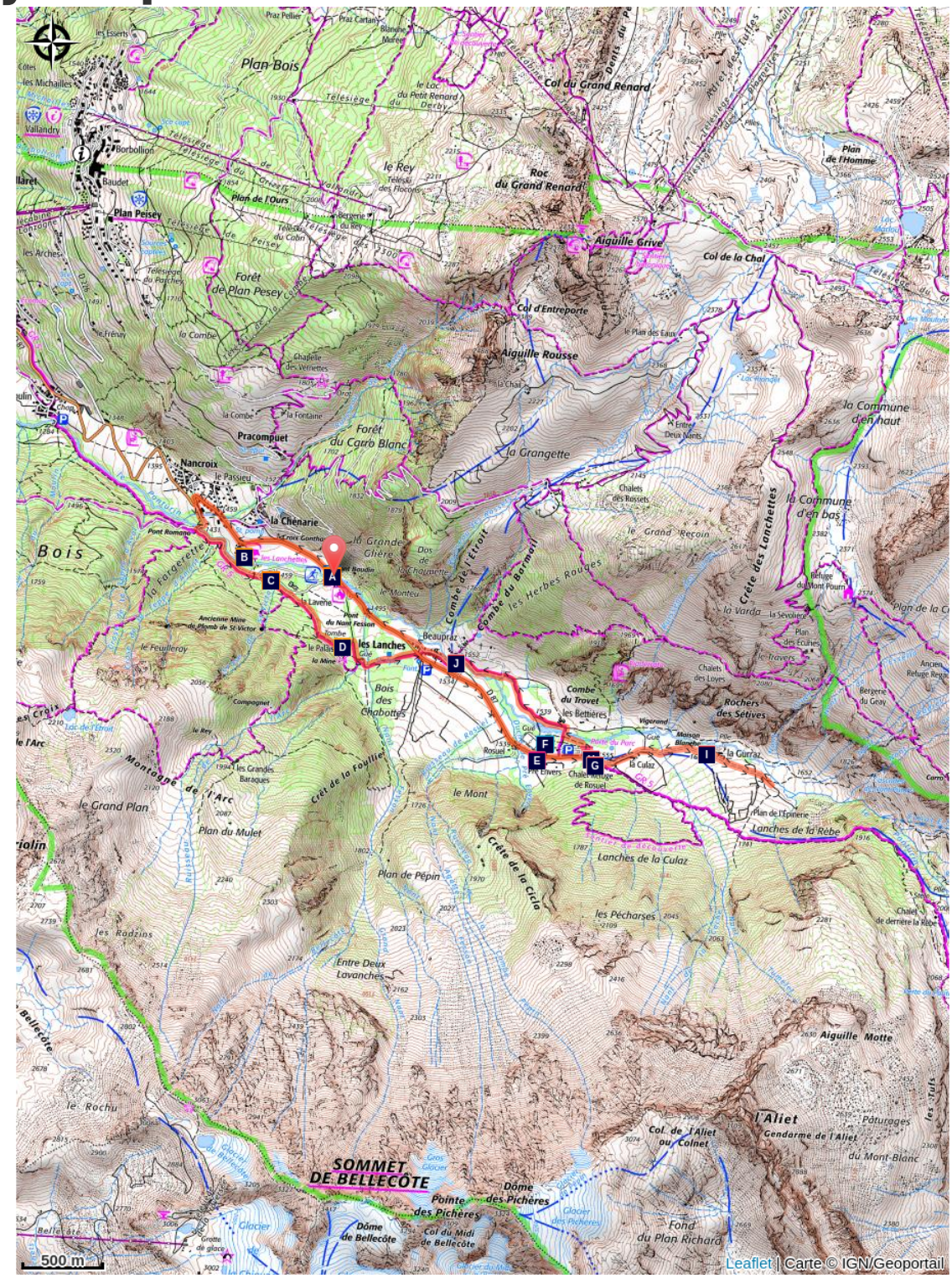
Starting at Pont Baudin, follow a magnificent forest trail to the Rosuel mountain hut at the entrance to Vanoise National Park. You can continue on from the mountain hut on an out-and-back trek to a viewpoint over the La Gurraz waterfall. The return journey takes you through the hamlet of Beaupraz. Along the way, you can stop to admire the unforgettable panorama formed by the many peaks over 3000 metres in height that tower over the Valley, including Bellecôte, the Aiguille du Saint Esprit and Mont Pourri.

Follow the green waymarks: le Vallon de Rosuel.

E-bike rental:

Camping les Lanchettes
Route de Boverêche,
73210 Peisey-Vallandry
+33 (0)4 79 07 93 07

On your path…


A
B
C
D
E
F
G
I
J
Plan Bois
Col du Grand Renard
Roc du Grand Renard
Plan de l'Homme
Aiguille Grive
Col de la Chal
Col d'Entreporte
Aiguille Rousse
Forêt de Plan Pesey
Plan Peisey
Vallandry
Borbollion
Pracompuet
Nancroix
Forêt du Carro Blanc
la Grangette
la Commune d'en haut
la Commune d'en bas
Crête des Lanchettes
la Chénarie
les Lanches
Beaupraz
Combe du Trovet
Rochers des Sétives
la Culaz
la Gurraz
Lanches de la Rèbe
Lanches de la Culaz
Plan de Pépin
Crête de la Cicla
les Pécharses
Aiguille Motte
l'Aliet
Col de l'Aliet ou Colnet
Pâturages du Mont-Blanc
SOMMET DE BELLECÔTE
Dôme des Pichères
Pointe des Pichères
Dôme de Bellecôte
Col du Midi de Bellecôte
Fond du Plan Richard
Glacier
500 m
Leaflet | Carte © IGN/Geoportail

Pont Baudin leisure centre (A)

The locality of “L'eau salée” (C)

View over the Refuge-Porte de Rosuel (E)

Refuge-Porte de Rosuel (G)

Hamlet of La Gurraz (I)

E-bike rental: camping des Lanchettes (B)

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

La Gouille Lake (F)

Rosuel mountain hut and reception area (H)

Notre Dame des Neiges Chapel and the hamlet of Beaupraz (J)

All useful information

Advices

Rando Vanoise has been designed to help you pick and choose your outings, but cannot be held liable where they are concerned. The mountain offers up a wide range of routes and trails for cyclists of all levels, but remember, it is a living, unpredictable environment and it is important that you head out suitably equipped. Ask advice from cycle rental operators.
If in doubt, you can take an introductory lesson in how to ride an electric bike with an instructor.

If you see a herd ahead, slow down and go round it. If there is a patou, a guard dog, climb down from your bike and walk, pushing it alongside you. Avoid making any sudden or aggressive gestures towards the dog and move away from the herd slowly and calmly. The dog will only be checking that you do not pose a threat to its herd. Respect the parkland and close gates behind you after you've gone through them.

The mountain is living, please respect it by staying on the paths and tracks.

How to come ?

Transports

Rail service to Landry. Information: www.oui.sncf.com
Then coach transport to Peisey-Vallandry. Connection for Peisey-Nancroix with line 1. Information: www.altibus.com

Access

From Moûtiers or Bourg-Saint-Maurice, take the RN90 and then the D87 towards Landry. Go on until you reach the hamlet of Nancroix.

Advised parking

Pont Baudin

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 Peisey Vallandry
6 routes des michailles, 73210 Peisey-Vallandry

info@peisey-vallandry.com
Tel : 04 79 07 94 28
https://www.peisey-vallandry.com

On your path...

Pont Baudin leisure centre (A)

The centre’s facilities include large car parks (shuttle buses can stop off free of charge), public lavatories, 3 restaurants (the Fer à Cheval, the Petit Hibou and the Pause des Lanchettes), a gite and guestrooms, the Les Lanchettes campsite (with bicycle hire onsite) the Fer à Cheval ranch, a rollerski loop (roller-skating and cycling for young children), a biathlon shooting range, 2 tennis courts, the Gli’air Park (high-ropes trails through the trees), the 17th-century silver mine (unaccompanied and guided tours. All of them set around springs in a pine forest, with a small lake, children’s games and picnic tables.

Attribution : aptv_redac

E-bike rental: camping des Lanchettes (B)

Camping les Lanchettes
Route de Boverêche,
73210 Peisey-Vallandry
+33 (0)4 79 07 93 07

The locality of “L'eau salée” (C)

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

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

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.

Attribution : Christian BALAIS

View over the Refuge-Porte de Rosuel (E)

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The Refuge-Porte de Rosuel and the bottom of the Peisey-Nancroix Valley. Geay Glacier, Pritre Glacier and Platières Glacier (from left to right).

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Attribution : Carte Iris. Editions C.A.P, Chilly-Mazarin

La Gouille Lake (F)

In the local dialect, a gouille is a very small body of water. This particular gouille is a perfect spot for a few hours' relaxation or a family picnic. Children will much appreciate the various games available on the lakeside and the setting is truly magnificent, with the Bellecôte and Mont-Pourri glaciers as a backdrop.
This is almost the only stretch of flat ground in the Valley! In the shade of its larch trees, you'll find picnic tables, barbecue grills, public lavatories, a drinking-water point, a petanque ground, a wooden practice area where you can teach your kids how to ride a bicycle, a large area dedicated to ballgames, and a soft mobility path for exploration of the stream's banks and discovery of the peatland's flora and small fauna.

Attribution : aptv_redac

Refuge-Porte de Rosuel (G)

At 1,547 in altitude, the Refuge de Rosuel is also known as the "refuge-porte" (gateway shelter) of the Vanoise National Park because it is both close to the heart of the Park and accessible via the road. Designed in 1971 by architect Christian Durupt, it features a wave-shaped roof set into the slope so as not to be buried under potential avalanches. In 2010, major upgrades were made to improve its comfort and brightness. The refuge is only looked after and open in the summer period. The ground floor is a reception and information point for the National Park.

Attribution : PNV - CORPORON Stephan

Rosuel mountain hut and reception area (H)

Rosuel mountain hut stands out for its exceptional architecture, which blends in perfectly with Vanoise National Park's natural environment. Located 1,547metres above sea level, it is open from June to September and maintained by a pair of keepers with a passion for the mountains and good cooking. Closed to the public the rest of the year, it can accommodate up to 50 people and you can enjoy local products and homemade dishes there during the day and in the evenings (upon reservation for evening meals). Its keepers' keywords are fellowship, love of the mountains and fresh encounters.
As it is set within the National Park, which covers a protected sensitive environment, there are a few rules you need to be aware of and comply with.
There is a panoramic area on the mountain hut's ground floor, where you can spend a few restful and instructive hours learning about the Valley floor's rugged geology. Deckchairs, explanatory panels, touch-sensitive modules and telescope in open access. Light-hearted information for young and old alike.

http://refuge-rosuel.vanoise.com/
04 57 37 65 94
Rosuel
73210 Peisey-Nancroix
refuge.rosuel@vanoise-parcnational.fr

http://www.vanoise-parcnational.fr/

Attribution : aptv_redac

Hamlet of La Gurraz (I)

A hamlet that turns a blind eye on adversity. The surrounding prow-shaped hillocks that protect the houses are known as "tournes". The largest of them accommodates an oratory. The cliffs act as the ibexes' winter home and bearded vultures build their nests there. The water disappears underground at the foot of the great waterfall, running through a 7-km tunnel beneath Mont Pourri to the Tignes dam and onwards to generate electricity.
Attribution : aptv_redac

Notre Dame des Neiges Chapel and the hamlet of Beaupraz (J)

This baroque-style chapel in the hamlet of Beaupraz was founded in 1705 on the road to Les Lauyes' high mountain pastures. Dedicated to Notre Dame des Neiges (Our Lady of the Snows), it was on 5 August 366 that the Virgin Mary sent down a fall of snow to mark the site in Rome where the Basilica of Saint Mary Major was to be built. The painting on the altarpiece and the front of the altar both depict the Visitation (Saint Mary's visit to her cousin Elisabeth, who was pregnant with John the Baptist). Saint John the Baptist is also depicted on the right of the altar. Saint Lawrence, Patron Saint of the poor, holds a palm branch and the gridiron associated with his martyrdom. The hamlet of Beaubraz still contains a few old montagnettes (little stone houses, only inhabited when the snows have passed). Down below lies the hamlet of Les Lanches, its houses aligned in the direction of the slope, each one protecting its neighbour.

Evening Mass held in summertime

Attribution : aptv_redac