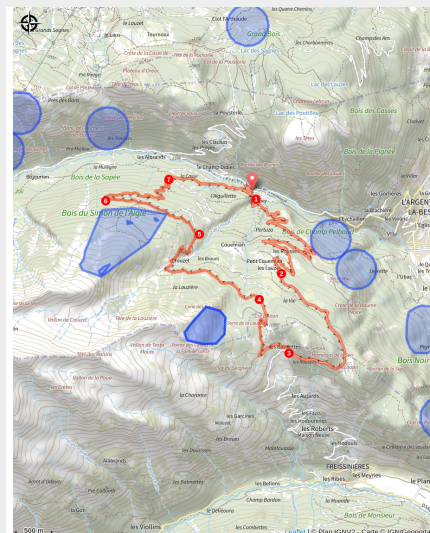


Col d'Anon - Col des Lauzes (no. 7)

Hautes-Alpes



Col d'Anon (Thibaut Blais)



A primarily forest-based route offering a fine vantage point overlooking the valley of Freissinières.

Dark spruce forest, light-filled larch forest with grazing sheep, clearings. Running primarily on the north-facing slopes of the Fournel valley, this route takes you to the heights above the Freissinières valley just long enough to be amazed by the panoramic view!

Useful information

Practice : Mountain Bike

Duration : 3 h

Length : 17.2 km

Trek ascent : 1065 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Fauna, Flora, Pastoralism

Trek

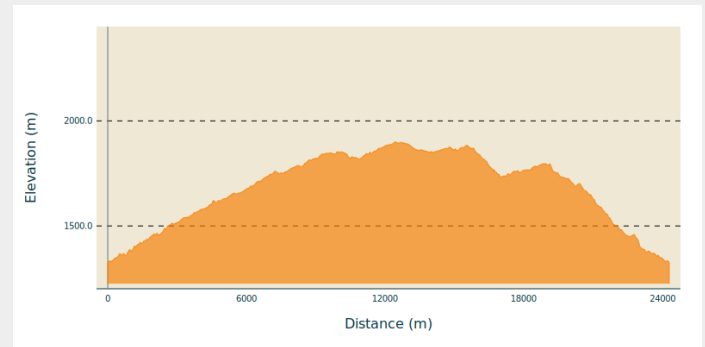
Departure : After a bridge, the Pont du Sapey, the route leads towards the Col d'Anon, L'Argentière-La Bessée

Arrival : After a bridge, the Pont du Sapey, the route leads towards the Col d'Anon, L'Argentière-La Bessée

Markings : 🚶 VTT FFC boucle locale

Cities : 1. L'Argentière-la-Bessée
2. Freissinières

Altimetric profile



Min elevation 1325 m Max elevation 1900 m

The route starts from the outset along a forest track.

1. After the first bend, take the track on the left which leads towards the Col d'Anon, rising through woods and clearings
2. At 1,750 metres altitude, just before the sheepfold of Les Lauzes ("Bergerie des Lauzes"), head left onto the track leading off along the hillside and coming out at the Col des Lauzes. Here you see the Freissinières valley. Carry on along the track which offers fine views over the valley
3. At the pastoral cabin of Les Balmettes, turn off onto the track on the right leading towards the Col d'Anon
4. Below this, turn left onto the path running almost along the hillside to Crouzet. Here, go downhill towards the recently-renovated chalet and continue downhill on a steep path
5. Head left to take another path which rises uphill and becomes increasingly grassy
6. Turn right down a path running downhill, which then zigzags
7. Lower down, you come to a track which leads smoothly back to your starting point.

All useful information

Les chiens de protection des troupeaux - VTT

Advices

Rescue services contact details: Secours Montagne(Mountain Rescue): +33 (0)4 92 22 22 22 or 112

Show consideration for the work of farmers, livestock keepers and owners

Take your litter home

Do not take shortcuts across pastureland

How to come ?

Transports

Nearest SNCF train station: L'Argentière-les-Ecrins (www.voyages-sncf.com)

L'Argentière-les-Ecrins / La Salce: taxi (Taxi Pellegrin +33 (0)6 98 88 17 78 / Taxi Billau +33 (0)6 08 03 45 90)

For more information, ask at the Tourist Information Office nearest to the trail starting point >> www.paysdesecrins.com

Access

In L'Argentière-La-Bessée, follow signs for the Fournel valley ("Vallon du Fournel") and the silver mines ("Mines d'Argent"), from the Le Wagonnet roundabout. The route runs uphill above the village along the D432 towards the Pont du Sapey, at 1,320 metres.

Advised parking

Car park after the Pont du Sapey towards the Col d'Anon, L'Argentière-La Bessée

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
Thierry Maillet : thierry.maillet@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 Tétrás-lyre. Merci de veiller à respecter le balisage.

Le Tétrás-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 ;

Short-toed snake eagle

Sensitivity period: March, April, May, June, July, August, September

Contact: Parc National des Écrins
Julien Charron
julien.charron@ecrins-parcnational.fr

Nidification du Circaète-Jean-le-Blanc

Les pratiques qui peuvent avoir une interaction avec le Circaète-Jean-le-Blanc en période de nidification sont principalement les pratiques aériennes comme le vol libre ou le vol motorisé.

Merci d'essayer d'éviter la zone ou de rester à une distance minimale de 300m sol quand vous la survolez soit 1850m d'altitude !

Black grouse - winter

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

Black grouse - winter

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

Source



Pays des Ecrins

<https://www.paysdesecrins.com>