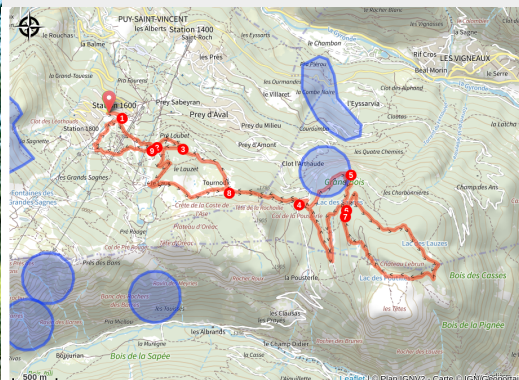


Les Grandes Têtes (no. 14)

Hautes-Alpes



(Rogier Van Rijn)



A panoramic circuit taking you through forest and extensive clearings.

You first have to go through the ski resort of Puy Saint-Vincent to reach the pastoral surroundings of the Tournoux plateau and on to the Col de la Pusterle. From here, set out on the panoramic tour of the peak of Les Têtes. An absolute joy!

Useful information

Practice : Mountain Bike

Duration : 2 h 15

Length : 15.0 km

Trek ascent : 712 m

Difficulty : Bleu (facile)

Type : Loop

Themes : Fauna, Flora, Col

Trek

Departure : Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

Arrival : Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

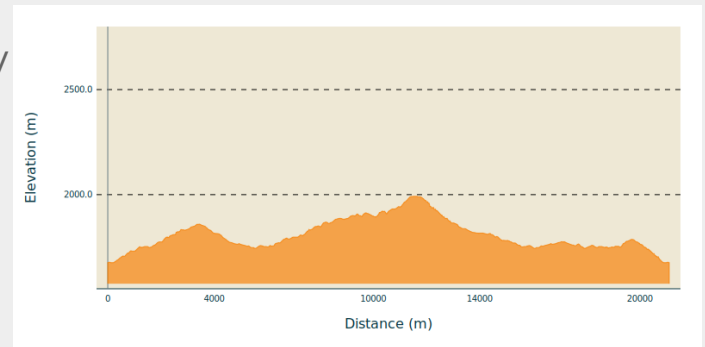
Markings : 🚩 VTT FFC boucle locale

Cities : 1. Puy-Saint-Vincent

2. Les Vigneaux

3. L'Argentière-la-Bessée

Altimetric profile

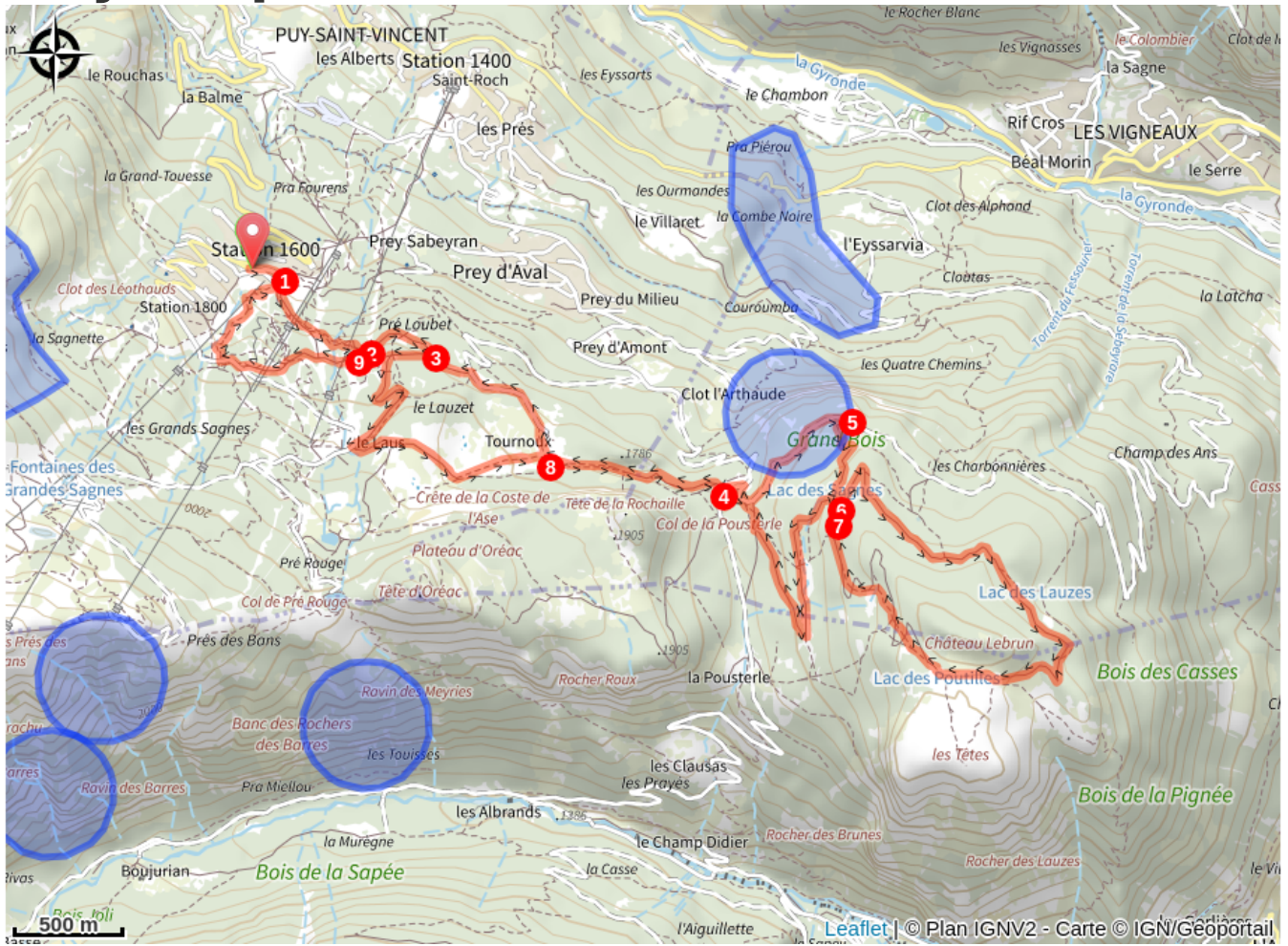


Min elevation 1676 m Max elevation 1992 m

The route starts at the entrance to the « RECOUMERE » car park in the Puy Saint-Vincent 1800 resort near the Résidence Le Parc Aux Étoiles. It starts on the road, then straight on at the hairpin along a track above the buildings.

1. Turn off this track onto another track leading left towards the Escapade chairlift ("Télesiège de l'Escapade") and the start of the summer toboggan run
2. At the Chalet de Pré Loubet, turn right onto another track and after 200 metres, turn left which brings you to a sharp bend
3. Take the narrow track on the left and then turn left again towards Le Laus. After this chalet, carry straight on, continue along the upper edge of the Tournoux plateau and on towards the Col de la Pusterle along a track which runs along the foot of a rock bar. It comes out on the plateau of the Col de la Pusterle
4. Turn left and, after a short distance, right. The track leads away along a balcony route
5. Turn right off the track towards the Lac des Sagnes
6. As you approach the Lac des Sagnes, head left onto a track overlooking the Lac des Charbonnières and the Lac des Lauzes, which can be difficult to make out, and which comes out on the L'Argentière-la-Bessée side
7. Drop back downhill to the Lac des Sagnes, and then turn left towards the Col de la Pusterle. This then brings you back to the plateau and Les Tournoux
8. At Les Tournoux, head right onto a track which leads past some chalets and brings you back to Le Pré Loubet, and then on to your starting point

On your path...



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

Public transports >> www.pacamobilite.fr

Consider car-sharing >> www.blablacar.fr

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

Access

14.7 km from L'Argentière-la-Bessée, take the D994E, D4 and D804.

Advised parking

Car park near the Résidence Le Parc Aux Étoiles at the 1800 resort, Puy Saint-Vincent

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.

Peregrine falcon

Sensitivity period: February, March, April, May, June

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

Nidification du Faucon pèlerin.

Les pratiques qui peuvent avoir une interaction avec le Faucon pèlerin en période de nidification sont principalement le vol libre et les pratiques verticales ou en falaise, comme l'escalade ou l'alpinisme. Merci d'éviter cette zone !

En cas de survol merci de rester au-dessus de 2140m d'altitude à une distance de 300m sol.

Au site dit de Grand Bois, le couple de faucons a retrouvé son aire de prédilection dans le secteur "flamme de pierre" ; à éviter donc.

http://www.ecrins-parcnational.fr/actualite/amis-grimpeurs-attention-aux-pelerins-voies?fbclid=IwAR2Z8hX_38vpdW3mS499aRnY08jarhfm-5-eNV8K29k3WB3q3Ik2US_Alec

Source



Pays des Ecrins

<https://www.paysdesecrins.com>