



Parc national
de la Vanoise



Difficult (loop)



3 h



6.7 km



+ 350 m



*Flora, Lake and
glacier, Pastoralism*

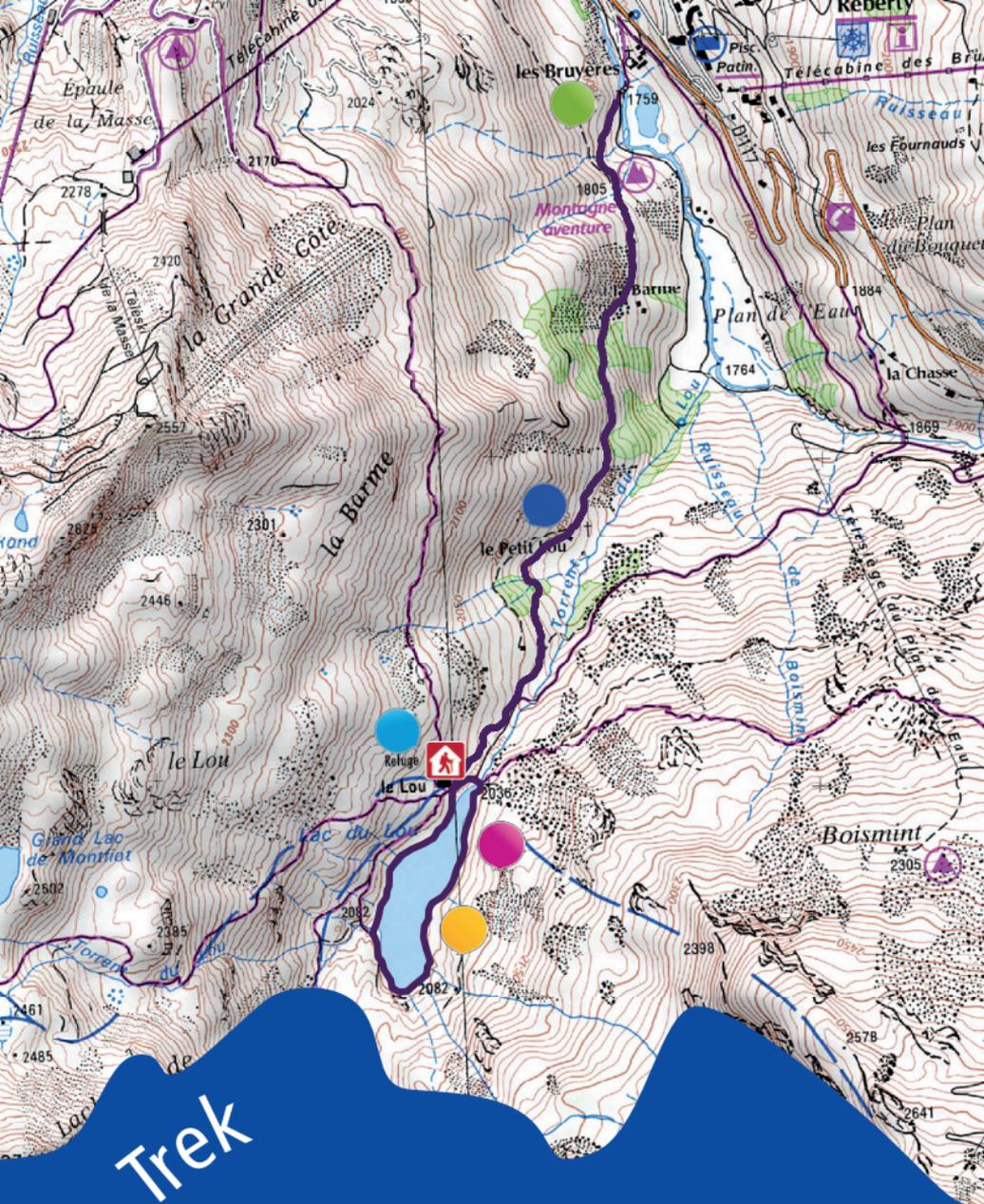
Tour of Lac du Lou

Tarentaise
Les Belleville - Les Menuires

The delightful tranquillity of the mountain lakes is the perfect antidote to the hustle and bustle of human activity.

Come discover the largest, most beautiful lake in the Belleville Valley, in a virgin valley of any ski lift, between the resorts of Les Menuires and Val Thorens. The bravest will go around the lake, the others will visit the refuge. The convenient and regular path erases the difference in height. The soul of the natural site is brought by the calm waters of Lake Lou.





Trek

- From the car park, take the path that rises to the balcony above the Plan de l'Eau and follow it to the Refuge du Lac du Lou (about 1 hour). From the refuge, join the lake edge (2,035m) and take the path that runs to the right. Cross the 'Revers' torrent over the long footbridge.
- After this, the trail rises on a promontory (belvedere) and then goes back down to the left where it runs once again along the edge of the lake.
- Continue this way on the bank to then cross the footbridge under the refuge and join the ascent path to the refuge. The car park is only about 1 hour downhill.

- **Departure** : Plan de l'eau des Bruyères car park (Les Menuires)
- **Arrival** : Plan de l'eau des Bruyères car park (Les Menuires)
- **Markings** : PR ■

Max elevation : 2048 m



Min elevation : 1768 m

On your path...

Traditional building

For many generations, cottages and those constituting the hamlet of Bruyères are part of the life of the inhabitants of the Belleville Valley. From summer montagnettes where cheese was made and stored, these buildings became restaurants, bars, second homes! The red-black tails are also installed there: their singing recalling the sound of an aluminum paper that is wrinkled is recognizable, but it is especially their mimicry, perched on the roofs, which do not let them pass unnoticed.



The cross of Blessed Paul

In January 1721 a pilgrim arrived in the valley dressed like a monk who came from Aragon and went to Rome. He made a stop in St Martin and the Bellevillois who dissuaded him from continuing his way in the snow. He replied that he had vowed never to retrace his steps. In the spring, he was found dead there. The snow had melted around his body, all surrounded by flowers. He was buried there and we came to pray on his grave ...



Lake Lou Refuge

Former alpine building dating from around 1845, the refuge welcomes its first hikers from the 80s. It is first the Fressard brothers who are in charge of the shelter, then Albert Scano takes over in 1986. Renovated in During the summer of 2017, the refuge is now guarded by Alexandrine Dessalles, who welcomes you in this cozy cottage, located on the largest lake in the Belleville Valley (7 ha).



The common frog

Mare, puddle, all «gouging» is good for me. I am able to reproduce at 2500 m! It takes me several years, from tadpole, to become the red-headed frog. And do not laugh if you find me very small compared to my sisters of the plain: try to spend the winter under 2 m of snow!



Lake Lou

This name comes from the patois «lou» which means lake. Formed by the retreat of the glacier in a depression dug by it upstream of a rock lock, Lake Lou reaches the depth of 17.50 m near the torrent of the Revers. Depending on the flow of the latter, its surface temperature varies during the summer from about 5 to 12 degrees. There are 2 fish species introduced by fishermen: Arctic char and brown trout.





To go there...

Access and transport



From Moutiers take the D117 in the direction of the "Vallée des Belleville". Pass Saint-Jean-de-Belleville, then Saint-Martin-de-Belleville. At the roundabout of Ménuires continue in the direction of Val Thorens. The Plan de l'Eau des Bruyères car park is located approximately 150 m after Lugeland and at the departure of the Bruyères track on the right.



Rail connection to Moûtiers.



Then transport by coach to Ménuires. Free shuttle buses to the "Vallée des Belleville". Departure for the hike approximately 1km from the village centre.



Suggested hitchhiking organised in the valley : www.rezopouce.fr

Information desks

- ✓ Office de tourisme des Menuires - 1269 avenue de la Croisette
73440 Les Menuires (04 79 00 73 00)

Useful information

Families and individuals who aren't particularly athletic may be content with the return journey to the refuge where they can benefit from the magnificent sight of the lake and the valley.

More hikes on rando.vanoise.com

