



Parc national
de la Vanoise



Easy (loop)



5 h



14.6 km



+ 819 m



*Fauna, Lake and
glacier, Viewpoint*

Tour of lac de la Plagne

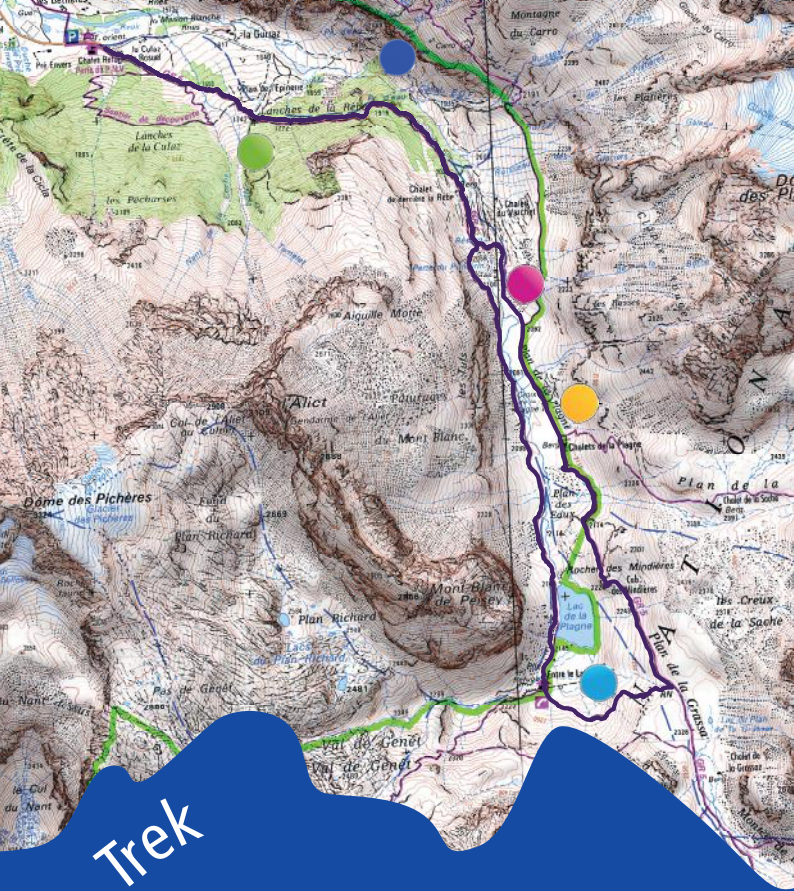
Haute-Tarentaise
Peisey-Nancroix

**Hike in the bottom of the valley in territory tamed by man
but dominated by the alpine giants.**



«I am on the path overlooking Lac de la Plagne when the pair of bearded vultures arrive right in my line of sight. I hear their wings ripping through the air. What a privilege it is to see! »

Marie-Laure Tonnelier, Vanoise National Park Ranger.





- Leave the Refuge-Porte de Rosuel in the direction of the bottom of the valley on the GR®5. We leave the discovery trail on the right and rise through the scree and then alder grove.
- The easy-going path quickly turns steep with some sections requiring your full attention. The bypass of the foothills of the Aiguille Motte (1,916 m in altitude) marks the bend of the path that follows the left bank of the Ponturin torrent. Follow this path to Lac de la Plagne and then to Refuge d'Entre-le-lac.
- Just above the refuge, there is a ramp to cross the right bank on the Plan de La Grassaz. After a short climb you will find the GR®5 and can begin the descent to the locality of "Des Pertes du Ponturin".
- The return path is the same as taken for the climb.

- **Departure** : Rosuel car park (Peisey-Nancroix)
- **Arrival** : Rosuel car park (Peisey-Nancroix)
- **Markings** : GR  et Parc 



Max elevation : 2316 m

Min elevation : 1559 m

On your path...

Ungulates

The Rosuel valley is particular for also welcoming the plains ungulates such as deer, roe deer and occasionally wild boars on the low zones and those more specific to the mountain on the upper parts such as the chamois and ibex. However, the latter do not occupy the same areas according to the seasons and they leave the bottom of valley in the summer in favour of areas that are higher in altitude and cooler.



The bearded vulture

The Bearded Vulture (*Gypaetus barbatus*) has a wingspan of 2.80 m and feeds mainly on bones! Falsely attributed with demonic powers, the bearded vulture was completely exterminated from the Alps at the beginning of the 20th century. Its return is the result of an international reintroduction programme supported by Europe. The bearded vulture has been established in the valley since 2004. It is highly sensitive to disturbances, information is therefore provided on site with guidelines on how to ensure its eyrie remains a peaceful place in case of reproduction.



Lac de la Plagne

The Lac de la Plagne is a particularly deep natural lake (19 m). It is currently privately managed and depends on the association of the Lacs de Montagne de Landry-Peisey which regularly stocks it. Brown trout, brook trout and lake trout populate its waters. The lake trout originated in northern America, in the area between the Great Lakes and Alaska and was introduced here in 1964.



The chalets of La Plagne

The hamlet of La Plagne includes a sheep pen, 2 stables, 2 covered market ruins, several dry stone walls and enclosures, a vaulted cellar and an old ruin to the south, evidence of an alpine pasture that has long been farmed. The cellar includes several engraved stones, one of which dates from 1772. The main buildings have been built on the slope, which protects them from avalanches. They still have, at least in part, a traditional mortar made of visible stones.



The Ponturin

On your way back, before reaching the initial trail, you will cross a bridge over the Ponturin that you follow from the start. This watercourse flows from the Lac de la Plagne before it flows into the Isère at Landry. At this point, the stream reaches the torrent, tunnelling under the boulders in dry periods before resurging lower down, and this is what has earned this place its name "Pertes du Ponturin".





To go there...

Access and transport



Leave the national road leading to Bourg-Saint-Maurice approximately 1 km after Belleentre in the direction of Landry (D 87 road on the right). Follow the D 87 which goes back up the valley for 7. km, pass Peisey-Nancroix and continue on the by-road. You will reach the car park of the Refuge-Porte de Rosuel in about 15 minutes



Rail connection to Landry.



Shuttle bus services available to the village of Peisey-Nancroix and navet for Rosuel



Suggested hitchhiking organised in the Haute-Tarentaise valley : www.rezopouce.fr

Information desks

- ✓ Office de tourisme - Village
Place de Roscanvel 73210 Peisey-Nancroix (04 79 07 88 67)
- ✓ Office de tourisme - Le Chalet Vallandry
73210 Peisey-Nancroix (04 79 07 94 28)
- ✓ Point Information Vanoise
Refuge-porte de Rosuel 73210 Peisey-Nancroix (04 79 06 48 87)

Useful information

This hike is in the core of the national park. The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors (www.vanoise-parcnational.fr).

More hikes on rando.vanoise.com

