



Parc national
de la Vanoise



Difficult (loop)



4 h 30



7.8 km



+ 864 m



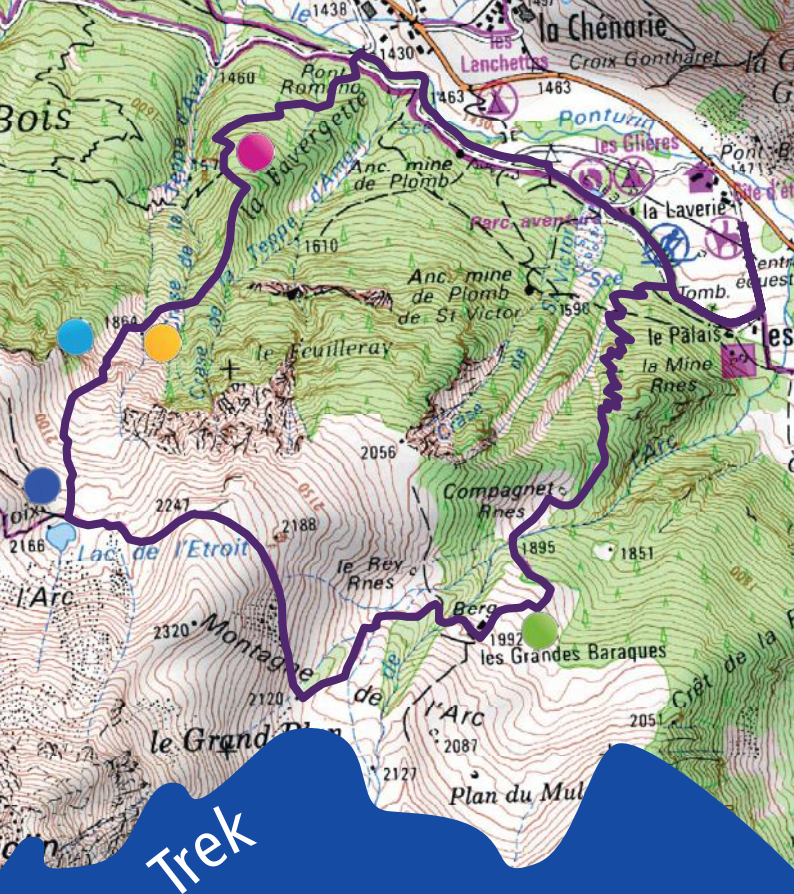
*Lake and glacier.
Viewpoint*

Lac de l'Étroit

Haute-Tarentaise
Peisey-Nancroix

A series of landscapes ranging from the forest, moor, alpine pasture, highaltitude lake and panoramic views will ensure you don't get bored.

A series of ambient settings unfold surrounded by their own little worlds, each with its own flora, fauna and history, providing the visitor with a sense of variety in their journey.



- From Pont Baudin car park, go back up the Allée des Mélèzes. At the end turn right in the direction of Lac de l'Étroit. Cross the site of the Palais de la Mine.
- Stay well to the side, do not follow the trails that go up and down on both sides. At the end, follow «Lac de l'Étroit» and enter the spruce forest. Continue following these signs to the lake in question. Climb to the upper limit of the softwood forest, cross a forest of green alders, then arrive at the Alp d'Arc with the Grandes Baraques (large barracks). Follow the path that climbs the crest of the Arc mountain before descending to Lac de l'Étroit.
- The return route follows the trail that descends to the north, on the right. Upon arriving at a forest track, turn right and continue to Pont Baudin.

- **Departure** : Pont Baudin car park (Peisey-Nancroix)
- **Arrival** : Pont Baudin car park (Peisey-Nancroix)
- **Markings** : PR ■

Max elevation : 2244 m



Min elevation : 1438 m

On your path...

The sheep pens of the large huts and the Alpage de la Montagne de l'Arc

Until the 1980s, the pasture was dairy. The two covered markets intended to house the animals are still visible. This mountain was once a "mutual venture". Several herds were gathered and managed at a community level. A team was in charge of caring for the herd, milking and making cheese on the mountain pastures. Some non-dairy cows still graze on the pastures today but are no longer watched over.



Lac de l'Étroit

As a reward for your efforts, this charming turquoise lake is unveiled only after the climb. It owes its origin to a depression dug out by a glacier as well as to the moraine deposits generated by their retreat. Numerous rocky boulders make this place an ideal location for a lunch break (but don't forget to take your rubbish with you).

The black grouse

The black grouse or "black cock" inhabits the upper limit of the mountain forests. In the spring, the males gather together in arenas before dawn, cooing and hooting, furling their tails in the shape of a lyre. Heavily impacted by the development of ski resorts, their habitat has been reduced to the benefit of the slopes. In winter, they spend 90% of their time at rest, huddled in a tunnel dug in the snow as the slightest disturbance can threaten their survival.



The hazel grouse

The Hazel grouse is a rare galliform in Vanoise. This species is particularly fond of the mixed forests of Peisey-Nancroix on the mountain zone. It keeps a very low profile, including from a vocal point of view, the male emitting small high-pitched whistles. The hazel grouse is sedentary. To overcome the harshness of the winter climate and avoid the cold, it sinks into the snow just like the Rock Ptarmigan or the Black-tailed Grouse.



Lady's slipper orchids

This wild orchid is protected at national level. It flowers in the undergrowth of Peisey in some restricted zones. The evocative shape and delicacy of its flowers earned this plant the name Lady's slipper orchids. Although there are forty species of this kind in the world, it is the sole species existing in Europe.





To go there...

Access and transport



From Route N90 road, take Route D87 in the direction of Landry, continue on this road, cross Landry, Peisey, Moulin, Nancroix, then arrive at Pont Baudin. Park in the car park at the bottom on your right where the road makes a bend



Rail connection to Landry.



Shuttle bus services available to the village of Peisey-Nancroix and navet for Pont Baudin.



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

