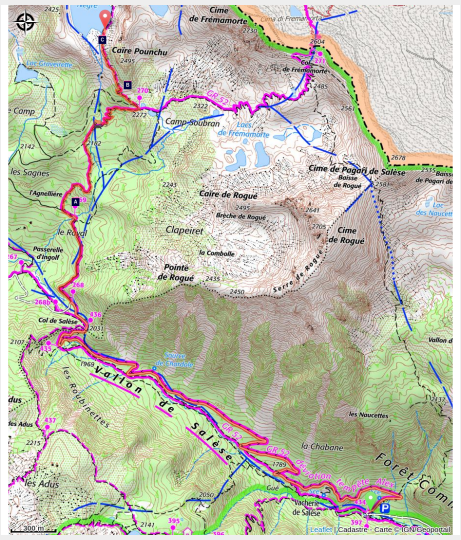
Lac Nègre

Vallée haute Vésubie - Saint-Martin-Vésubie

Le lac Nègre, (2354 m), et plus loin le lac des Bresses, (2458 m) depuis le Giegn, (2888 m). (Franck GUIGO)



A geological itinerary to discover the ancient rocks which constitute the mountain range. Granite and mylonite border the way to Lac Nègre; enjoy the magnificent panorama.

Enjoy the shade of the forest at the start of this hike, breathe in the fragrance of the larch trees before you reach one of the biggest and deepest lakes in the area.

Useful information

Practice : Hiking

Duration : 5 h

Length : 7.5 km

Trek ascent : 729 m

Difficulty : Medium

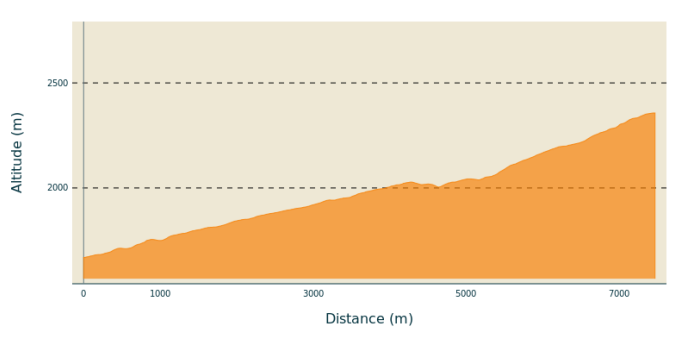
Type : Round trip

Themes : Geology

Trek

Departure : Salèse carpark, marker 434
Arrival : Salèse carpark, marker 434
Cities : 1. Saint-Martin-Vésubie
2. Valdeblore

Altimetric profile

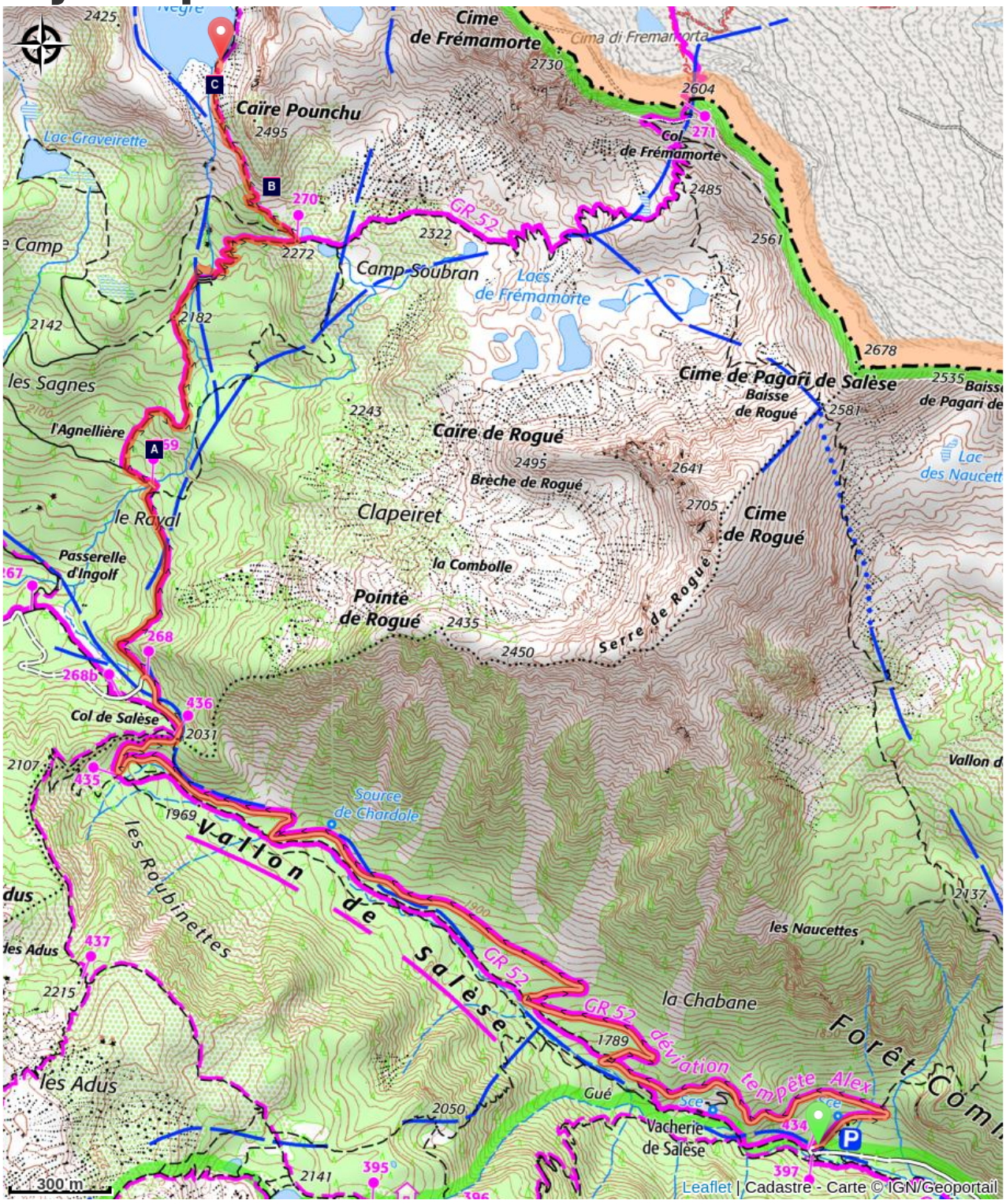


Min elevation 1668 m Max elevation 2357 m

Take GR52 along the right bank of the Salèse Valley before reaching the Col de Salèse.
When you get there, follow the path which heads upwards on the right towards Lac Nègre.
At marker 270, go left and continue towards Lac Nègre with its panoramic views.
Take the same route for the return journey.

For those who wish, there is the possibility of a detour via Camp Soubran, reaching the Col de Frémamorte (this will take 3 extra hours for the outward and return journey).

On your path...



Argentera granite (A)

Caïre Pounchu migmatite (B)

Lac Nègre (C)

All useful information

Is in the midst of the park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.

Advices

Until as late as June, there can still be some snow on the higher sections.

How to come ?

Transports

Access tothe cow barns at Boréon: Randobus and bus.

Information available at Saint-Martin-Vésubie Tourism Office.

Access

From Saint-Martin-Vésubie, take the D89 towards Boréon, then go left after the reservoir until you reach the carpark at Salèse (Entrance of the Mercantour National Park).

Advised parking

Salèse carpark

Information desks

Maison du Parc national du Mercantour - Saint-Martin-Vésubie
8, Avenue Kellermann - Villa Les Iris,
06450 Saint-Martin-Vésubie

vesubie@mercantour-parcnational.fr
Tel : 04 93 03 23 15
http://www.mercantour-parcnational.fr

Office de Tourisme Métropolitain - Bureau d'information de Saint-Martin-Vésubie
Place du Général de Gaulle, 06450 Saint-Martin-Vésubie

info.saintmartinvesubie@nicecotedazurtourisme.com
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On your path...

Argentera granite (A)

If you look closely at this grey rock, you will see that it is made of different minerals. Quartz (grey) and feldspar (white) sometimes big with a few sparkling areas here and there on the rock. This is black mica and more specifically biotite.

You have discovered blocks of granite. All the minerals it is made up of are contiguous and visible with the naked eye. The texture is igneous, characteristic of plutonic rocks which crystallised deep in the earth.

Attribution : PIERINI Philippe

Caïre Pounchu migmatite (B)

Migmatite is a metamorphic rock which has undergone partial fusion. It is grey and also contains quartz and feldspar, but displays clearly clashing levels. The evidence for this partial fusion is displayed by the rock itself. The small lighter bands whose composition is close to granite, rich in quartz and feldspar: leucosome.

Attribution : GUIGO Franck

Lac Nègre (C)

When you reach Lac Nègre, you will see on its right bank, several metres below the lake’s spillway, a granite outcrop which is notable for the presence of several vertical lines which split the granite into fairly regular lozenge shapes.
This corresponds to a transformation of the granite. There is a very particular structure with the apparition of cleavage and a big reduction in the size of the minerals. This phenomenon, characteristic of deformed rocks, is known as mylonite.

Attribution : GUIGO Franck