

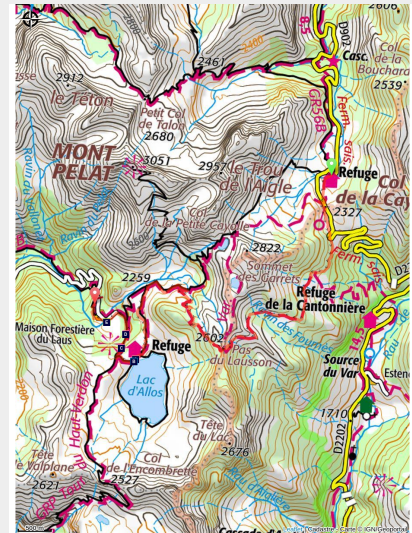


# Lakes Trek - West Mercantour family walk - Stage 2

Vallée haute Ubaye - Uvernet-Fours



Randonnée au lac d'Allos en été (BRETON François - PNM)



## Useful information

Practice : Hiking

Duration : 5 h

Length : 11.1 km

Trek ascent : 483 m

Difficulty : Medium

Type : Walking breaks

# Trek

**Departure** : Col de la Cayolle

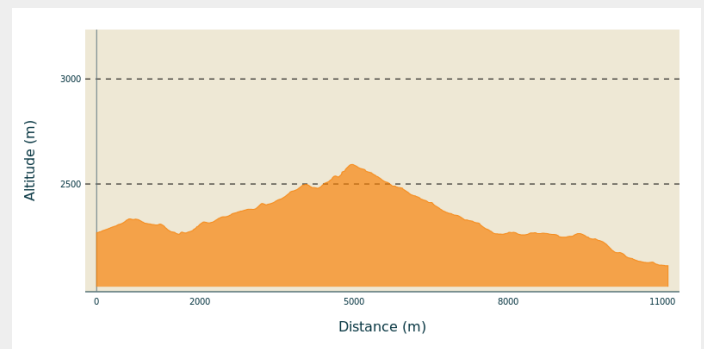
**Arrival** : Lac d'Allos

**Cities** : 1. Uvernet-Fours

2. Entraunes

3. Allos

## Altimetric profile

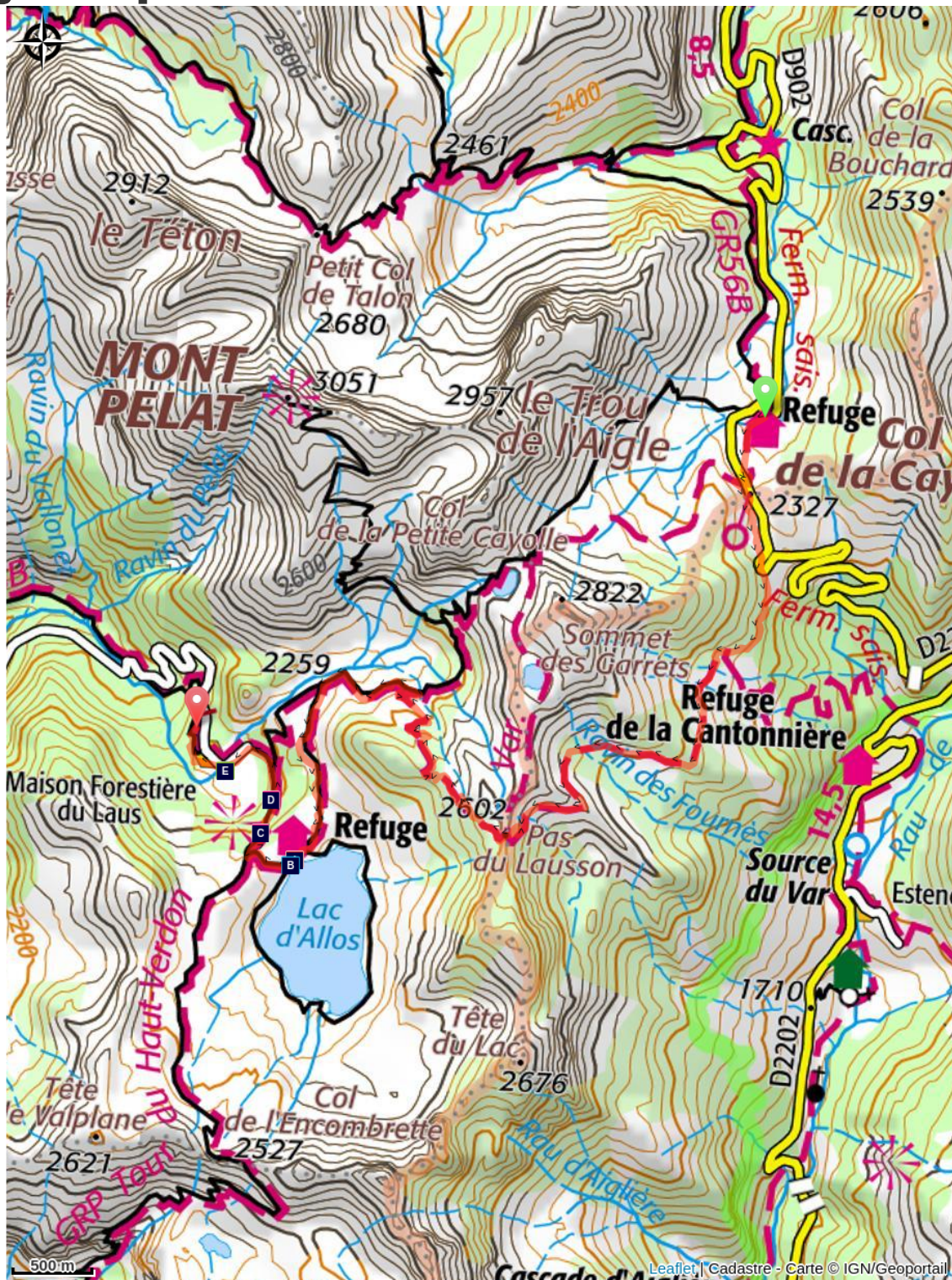







Min elevation 2111 m Max elevation 2593 m

From the Col de la Cayolle carpark (m.300), go up the road to the col itself (2326m) and head towards Le Pas du Lausson, going gently downhill towards the south (m. 301). After a ravine, reinforced with gabions, the path climbs gently to the upper edge of the woods. Do not take the path which heads left (m.294) for Estenc and once you have crossed three wide valleys, you will reach the hairpin bends of Le Pas du Lausson (2602m- m.296). The path heads down on the Allos slope then joins the Méouilles plateau via rock face path. You should then take the path towards Lac d'Allos, heading in the direction of the refuge/hotel. Follow the track which reaches the carpark overlooking the Laus plateau and cross the interpretation path.



## On your path...



-  Lac d'Allos refuge (A)
  -  Where is this water coming from? (C)
  -  Secrets of the peat bog (E)
  -  Lac d'Allos (B)
  -  The grassy plateau of Laus (D)

# 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.

# On your path...

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## Lac d'Allos refuge (A)

Refuge managed by the commune of Allos

Refuge-bar-restaurant

Capacity: 40 places

Warden: June to September. Shelter room located just above the refuge, open 365 days per year.

Tel. 04 92 83 00 24

<http://refuge-du-lac-dallos.com>

Val d'Allos Tourism Office: 04 92 83 02 81

Attribution : LAURENT Olivier

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## Lac d'Allos (B)

Created by the glaciers of the quaternary period, Lac d'Allos is the biggest natural lake at this altitude in Europe (62ha). Its waters come from the thawing snow as well as from springs, and they reach up to 42m in depth. It burgeons with more life than in the previous lakes: invertebrates, juvenile fish, brown trout and arctic char.

Lac d'Allos is an incredibly fragile environment due to the extreme conditions and the low number of plant and animal species. The arctic trout which exist here are, for reasons which remain unknown, affected by dwarfism. Any pollution or modification of the environment would be disastrous. But the presence of the National Park should today ensure that the lake can live in peace.

Attribution : GOURON Claude





## Where is this water coming from? (C)

The beautiful outlet that you see before you is a singular case in hydrogeology: it is unique in the Mercantour and almost so in the Alps! Indeed, this water is escaping from Lac d'Allos which makes it a very rare case of a lake without an overflow and it is even more remarkable when you consider that this is the biggest natural high-altitude lake in Europe whose depth varies from 42 to 49 metres depending on the year.

The spring formed is called Chadoulin, an affluent of the left bank of the Verdon.

Attribution : LE BOUTEILLER Eric



## The grassy plateau of Laus (D)

The grassy plateau of Laus has been a living memory of life for 9000 years. It was created as the glaciers shrank, a lake occupied the site. The fact that it was not very deep, in addition to the floods of sediment and organic matter flowing into it accelerated the process of filling in this lake. The biggest role was played by bryophytes: while their roots decompose, bryophytes keep growing upwards, trapping pollen. Analysing them allows us to retrace the history of existence in the area.

Despite gradually drying out for several thousand years, the process is still ongoing today. This environment is still damp and contains plants which are more readily associated with peat bogs. The winding curves of the Serpentine gleam on this plateau.

Attribution : CULOTTA Jean-marc



## Secrets of the peat bog (E)

This vast grassy expanse is one of the finest peat bogs in the Mercantour.

Peat bogs are rich in information: its depth is more than 8 metres. The succession of layers contains precious clues (grains of pollen, plant debris, etc...). They allow scientists to date things back as far as 9500 years ago.

These wetland areas which have little oxygen but plenty of nitrogen are home to flora adapted to the environment, namely bog plants: sphagnum moss, cotton grass with its gracious white cotton toupee as well as Alpine butterwort, one of the carnivorous plant species which can be found in France.

Attribution : Le Bouteiller Eric