

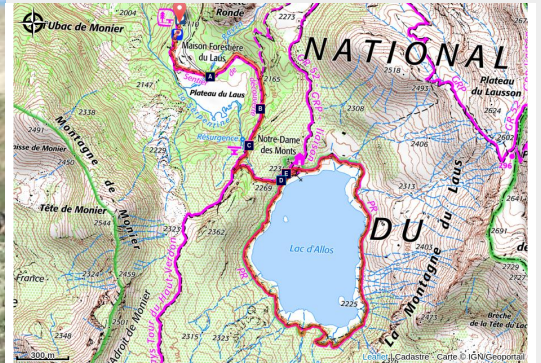


Lac d'Allos

Vallée haut Verdon - Allos



Le lac d'Allos, (2220 m), et le mont Pelat, (3050 m), depuis le col de l'Encombrette, (2527 m) (PARDI Jean-Luc)



Accessible for people with physical handicaps ("Joëlette" off-road wheelchairs), the interpretation trail provides an opportunity to explore this exceptional and fragile site. Lac d'Allos is an essential site, one of the most emblematic ones in Mercantour National Park.

Lac d'Allos is the biggest natural high-altitude lake in Europe. Situated at an altitude of 2225m, it is 48 metres deep and spreads over 54 hectares. Its main water supply is from melting snow.

Useful information

Practice : Hiking

Duration : 3 h

Length : 7.6 km

Trek ascent : 250 m

Difficulty : Easy

Type : Loop

Themes : Fauna, Geology, Lake

Accessibility : Joëlette

Trek

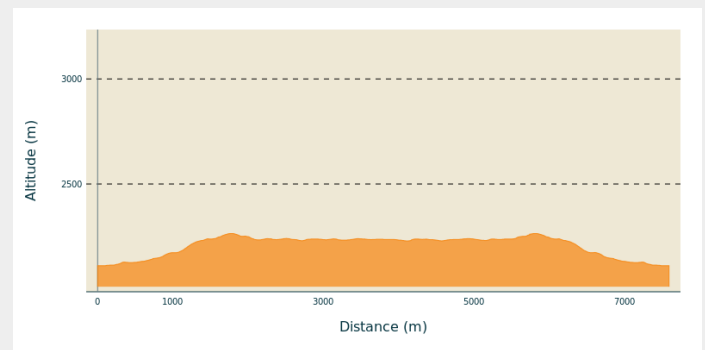
Departure : Laus carpark

Arrival : Laus carpark

Markings :  GRP  GR  PR

Cities : 1. Allos

Altimetric profile

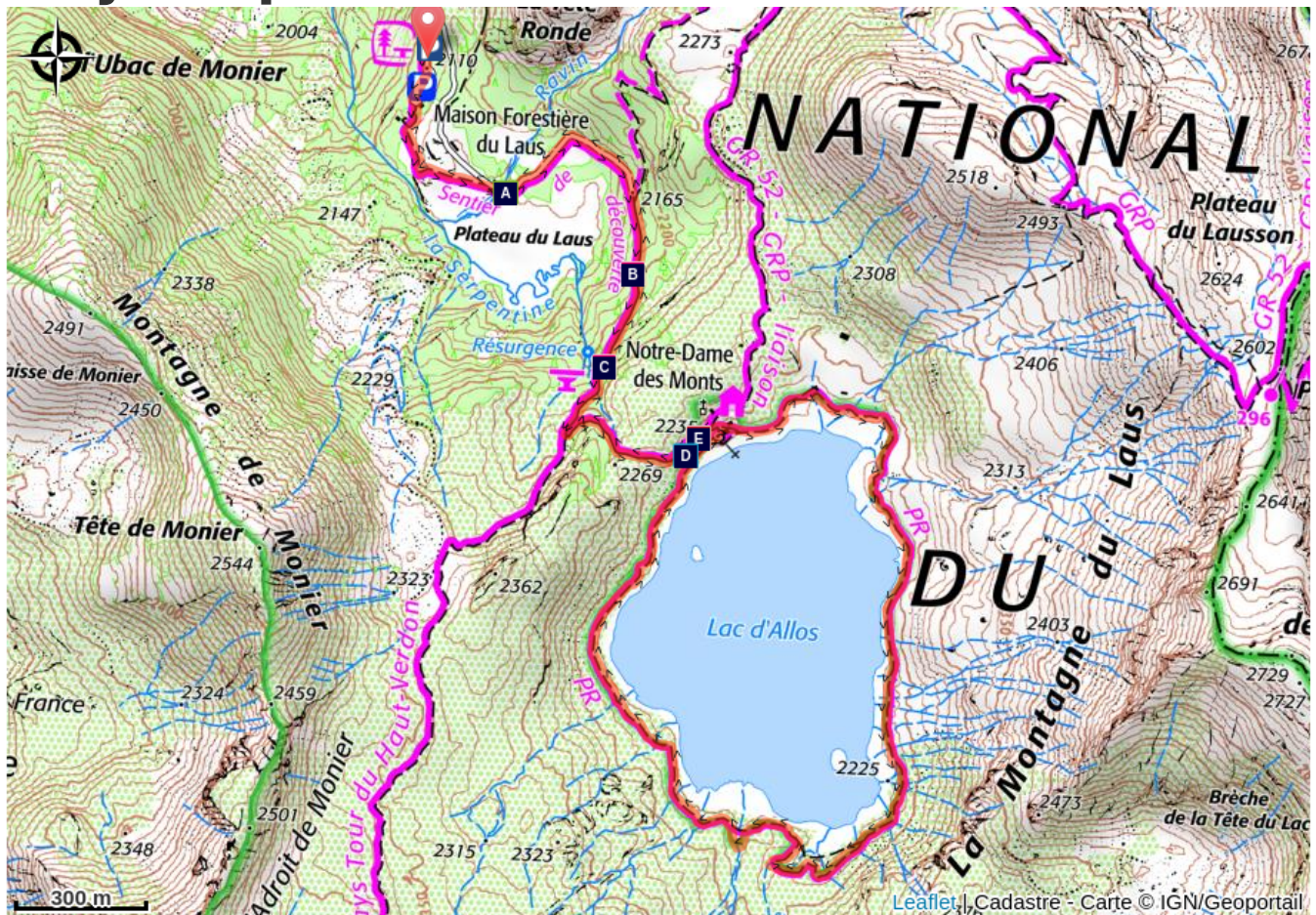







Min elevation 2111 m Max elevation 2264 m

From Laus carpark, you will begin the hike via three sets of steps cut into the sandstone. For Joëlette off-road wheelchairs, take the tarmacked road which leads to the forest hut. After the forest house, follow the track (GR white and red markers) which heads into the larch forest.

Let the GR head off to the left and bear right on the interpretation trail (GR yellow and red markers). Admire the landscape which spreads out below the lake spring, which is the source of the Chadoulin river. Now leave the GR to head off to the right and go towards the lake until you reach La Chapelle Notre Dame des Monts. Once you get to the refuge, begin the circuit of the lake on your left. Enjoy the magnificent scenery, observing the marmots and chamois on the surrounding green slopes. From the refuge, use the same itinerary to get back to the departure point.

On your path...



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

Advices

For those who wish to, you can start from the summer carpark at Lla Cluite by following the GR56B. This will add 1 hour 30 minutes to the time required for this hike (this section is unfortunately not accessible for off-road wheel chairs).

How to come ?

Transports

Free bus service in Val d'Allos (Transports Haut-Verdon Voyages): <http://ete.valdallos.com/>

Tel.: 04 92 83 95 81

LER PACA lines to reach Digne-les-Bains, Barcelonnette and Nice

Tel.: 00 33 (0) 821 202 203

www.info-ler.fr

Departmental services in Alpes-de-Haute Provence Regular/weekly services Digne-les-Bains, Barcelonnette, Larche and Digne-les-Bains, Colmars, Allos, Conseil Général Transport Service

Tel.: 00 33 (0)4 92 30 08 00

www.cg04.fr

Chemins de Fer de Provence from Nice to Digne-les-Bains

Tel.: 00 33 (0) 4 97 03 80 80

www.trainprovence.com

SNCF's Accès Plus service for handicapped people

Tél.: 00 33 (0)890 640 650 then press 1

or

Tel.: 36 35 then say "Accès Plus"

www.accesplus.sncf.com

accesplus@sncf.fr

Access

From the village of Allos (Department 04), located on the RD908, follow directions for Lac d'Allos.

Le Laus carpark- Restricted access:

The road is open from 26th May to 15th October (according to a municipal bylaw) up to Laus carpark

- Pay and display carpark from 30th June to 26th August from 7.00am to 5.00pm (10€ per car and 5€ for motorbikes/scooter, approx. 180 parking spaces)

- free access before 7.00am and after 5.00pm

Advised parking

Laus carpark

Accessibility

Free loan of "joelette" off-road wheelchairs:

Allos Tourism Office

Tel.: 00 33 (0)4 92 83 02 81

www.valdallos.com


Mercantour National Park at Allos

Tel: 00 33 (0)4 92 83 04 18

www.mercantour.eu

Laus Chalet (summer)

Tel.: 00 33 (0)6 32 90 80 24

 Joelette

Information desks

Office du tourisme du Val d'Allos

Place de la coopérative, 04260 Allos

info@valdallos.com

Tel : 04 92 83 02 81

<https://www.valdallos.com>

On your path...



✿ Secrets of the peat bog (A)

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 Éric



🌍 The grassy plateau of Laus (B)

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



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



Lac d'Allos (D)

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



Lac d'Allos refuge (E)

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