

# Lake Egorgéou and lake Foréant

Self-guided tour, 4 days

Difficult tour, children above 8 years old

**Altitude : 1760 to 2610 m**

**Departure and arrival in Le Roux**

Dominated by the Pain de Sucre, which rises to 3208 m, the Bouchouse valley shelters several high-altitude lakes, including Lake Egorgéou, where you can observe marsh plants that appeared during the last glaciations (sedges, arctic rushes, cotton woolly moss) ) and part of the banks some of which are prohibited for hikers to preserve the biodiversity of the site. The place is also frequented by ibex who love its rock faces.

## - Stages -

**Day 1 : Le Roux (1760 m) - La Monta (1670 m) (Gîte or Bivouac)**

Elevation gain : 320 m - Elevation loss : 380 m - Distance : 9 km - Walking time : 3 hrs

You leave Le Roux via the GR58 variant and cross the Bouchet torrent before joining the forest track which rises gradually in the Brune wood to arrive at Fusteit (2010 m) on the Abriès ski slopes. There, you join the GR58 which descends on Ristolas passing through the pond of Moussou (1920 m). Arrived at the bottom of the valley, you take the elegant wooden structure bridge which spans the Guil torrent and you follow the GR58 which crosses Ristolas. You walk along the left bank of the torrent to La Monta (or l'Echalp - 1700 m), where you set up your bivouac or enjoy lodging in a gîte.

**Day 2 : La Monta (1670 m) - Lake Egorgéou (2400 m) (Bivouac)**

Elevation gain : 730 m - Distance : 5,5 km - Walking time : 3 hrs

Leave your accommodation and follow the GR58 which takes you to the entrance to the Bouchouse valley and rises in the Mélézin to the Chalets de la Médille. Be careful because you may have the opportunity to observe the ibexes that roam the austere rock walls that overlook the valley. The path continues to rise in this majestic setting with contrasting relief, where the forest gives way to the mineral. And at the end of several hours of walking, here is finally Lake Egorgéou, with its hidden neighbor Lake Baricle, real jewels huddled at the foot of the impressive Crête de la Taillante. The afternoon is devoted to lazing around or exploring Lake Baricle and setting up camp.

**Day 3 : Lake Egorgéou (2400 m) - Lake Foréant (2610 m) - La Monta (1670 m) (Gîte or Bivouac)**

Elevation gain : 210 m - Elevation loss : 940 m - Distance : 9,5 km - Walking time : 4 hrs

After an incursion into Lake Foréant, dominated by the surrounding rocky ridges, a mineral kingdom appreciated by the pickers of genépi and biotope par excellence of the ptarmigan, the niverolles and chamois, you will descend into the Guil valley via the ascent route. Gîte or bivouac accommodation.

**Day 4** : La Monta (1670 m) - Le Roux (1760 m) via Abriès

Elevation gain : 290 m - Elevation loss : 200 m - Distance : 10 km - Walking time : 3 hrs

From Monta (or Echalp), join GR58 on the left bank of the Guil torrent and follow it downhill to Ristolas. At the exit of the village, leave the GR and continue on the left bank of the torrent on the forest track of the Bois de Jassaygues to join Abriès. Cross the village and take the road towards Roux, then get the GR58 which rises in the forest. Then, leave the GR in the first hairpin around 1800 m above sea level and descend to the left by the path which joins the forest track below. Cross the stream and join the Roux by the departure route.

## - Practical information -

### **The donkeys**

\* **They are intended to carry your luggage.** Gregarious animals, they will appreciate your company but also that of their fellows and beyond 3 people, it would be better to travel with 2 donkeys for the comfort and well-being of all.

\* **Their equipment** : Each donkey is equipped with a halter, a lunge, a wooden packsaddle and 2 large bags hung on each side of the packsaddle. A donkey can carry 30 kg, that is the luggage of 2 to 3 hikers.

The load must be perfectly balanced (15 kg on each side). Above the animal, only light loads (mattresses, etc.) can be placed, in order to avoid exhausting or unbalancing it.

\* **Donkey food and night** : in most lodges, a park is set up for donkeys and we provide the necessary equipment to tie them up at night.

### **Preparation for your hike**

We advise you to arrive at Le Roux the day before your departure in order to get to know and prepare your hike (study of the route). Accommodation is possible at the Cassu gîte, opposite our base camp.

On the morning of departure, allow at least one hour for the preparation of the donkey and the organization of luggage.

### **Period**

This hike can be done from July to October. From 15 September, some accommodations (gîtes, refuges, camping) may be closed.

### **IGN map**

This circuit appears on the IGN map (1/25000 th) 3637OT - Mont Viso, St Véran, Aiguilles, Queyras.

### **Accommodation**

For this hike, possibility of accommodation in a gîte or bivouac under tent (equipment not provided).

<https://www.montourduqueyras.fr>

### **Supplies**

You must arrive with the necessary equipment for the duration of your stay. For the water, bring a water bottle per person and Micropur tablets.

### **Your luggage**

In the Hautes-Alpes the climate is very contrasted: the heat of full sun during the day and surprising freshness at night.

So plan :

- \* walking shoes and light shoes for the evening,
- \* a change of clothes, a warm sweater, a hat for the sun,
- \* rainwear (waterproof poncho),
- \* water bottle, flashlight, notebook, pen, lighter, knife, string,
- \* pharmacy, protective cream and sunglasses,
- \* plastic bags to wrap the things in the bag (very effective in case of rain) and to bring your trash down,
- \* stove and kitchen equipment, tent and sleeping bag (if camping)

### **Your dog**

According to regulations, your dog can accompany you on the trails of the Queyras Regional Natural Park provided that it is kept on a leash. After a period of adaptation and mutual observation, he will cohabit with the donkeys. However, it must be taken into account that this does not simplify the organization of your hike because it is sometimes difficult to manage everything at the same time: the donkey or donkeys, the children, the luggage, the map to follow the right path and... the dog ! Especially since it is sometimes necessary to keep away from the donkey with the dog on a leash and that there can be problems with the dogs that protect the flocks of sheep in the pastures. Dogs cannot sleep in the accommodation and, in general, a shelter is provided for them outside. Remember to let us know if you plan to hike with a dog.

### **Your car and various equipment**

During your hike, your car stays in one of the car parks in the hamlet of Roux d'Abriès.

## **- Prices and contact -**

It includes the rental of a donkey equipped with a packsaddle, a halter, a lunge and two saddlebags.

Your accommodation and the possible transport of donkeys must be paid in addition.

### **4 days with 1 donkey : € 248**

For more information :      06 82 48 09 99 or [anerosin@orange.fr](mailto:anerosin@orange.fr)

To book this stay, please download and complete our rental contract (see links on our website) and attach a deposit of 30% of the amount.