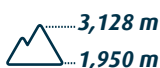




15.5 km + 1,250 m 7 h 00

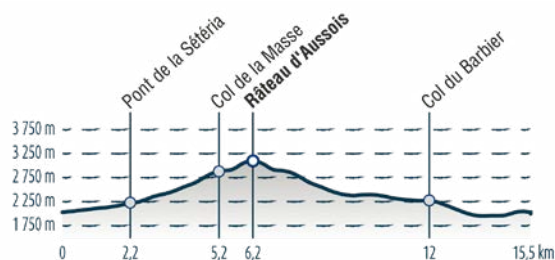


Access to start point

Aussois, Plan d'Aval, Parking Carrière 4.
From Aussois, RD108 to the car park above the Plan d'Aval lake.



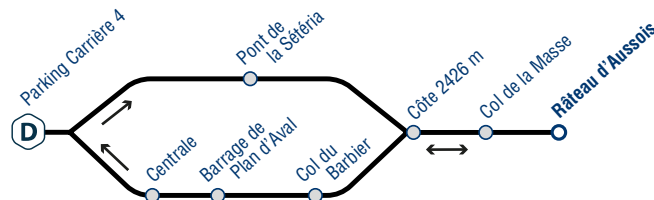
Scan and follow the route with your favourite app



The peaks at your fingertips



Reach the "3,000" mark, with a panoramic view of high mountain peaks, so close it feels like you could reach out and touch them. Râteau d'Aussois is a summit that's accessible enough, provided you're sure-footed. At the end of your ascent, be prepared for the presence of late snow patches until July.



Along the way

The majority of the circuit passes through a busy and perfectly marked path. You'll reach the Col de la Masse at 2,923 m without difficulty. If you're lucky, you might even come across "étagnes", female ibexes, accompanied by their adorable young, known here as "éterlous".

From cairn to cairn, make your way between the boulders as you tackle the last ascent. The view awaiting is unforgettable – and well-deserved! What that 4,810-metre-tall you can see in the distance?

After a moment of contemplation at the highest point, your next reward appears: Plateau du Mauvais Berger. The marmots have set up a base camp here. Look at them fooling around among the blueberries and rhododendrons. Before reaching the Col du Barbier, picture how the plateau would look in autumn, all decked out in flamboyant colours. Now, that's a sight worth seeing!

With your mind already filled with precious memories, take your time walking back to the well-marked GR® trail southwards. You're still feeling full of energy, and you make light of the descent, back towards Plan d'Aval. Let's go! One last push and you'll deserve a hero's welcome at Plan d'Amont.

Environment mission



The "sure-footed goat" is naturally equipped with non-slip hooves. It's very comfortable on slopes and rock faces. Its summertime residence lies between 2,700 and 3,300 metres of altitude. But males and females don't live together. Female ibexes prefer to stay on the steepest areas, to protect their young from predators. The maternal instinct takes precedence!

Éterlou (young ibex) learning the ropes - S. Romane, OT HMV