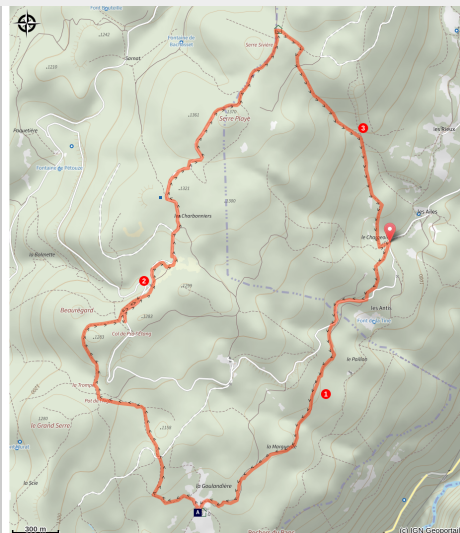**Parc naturel régional du Vercors**

The Tour des Coulmes (nordic)

Royans-Isère-Coulmes - Rencurel

Forêt enneigée (F Da Costa)

A wild and forest hike ideal for starting the activity

Les Coulmes is a part of the Vercors situated between the valley of the Isère, the gorges of the Bourne and the valley of Rencurel. The Coulmes forest estate is a fabulous Nordic hiking trail.

The skier explores a wild territory combining nature and culture. The site of the Goulandière is a very beautiful illustration; Magnificently located, it allows to enrich itself by discovering the heritage of the forest of Coulmes.

Useful information

Practice : nordic ski touring

Duration : 4 h

Length : 9.8 km

Trek ascent : 502 m

Difficulty : Moyen

Type : Boucle

Themes : Histoire et patrimoine

Accessibility : pulka

Trek

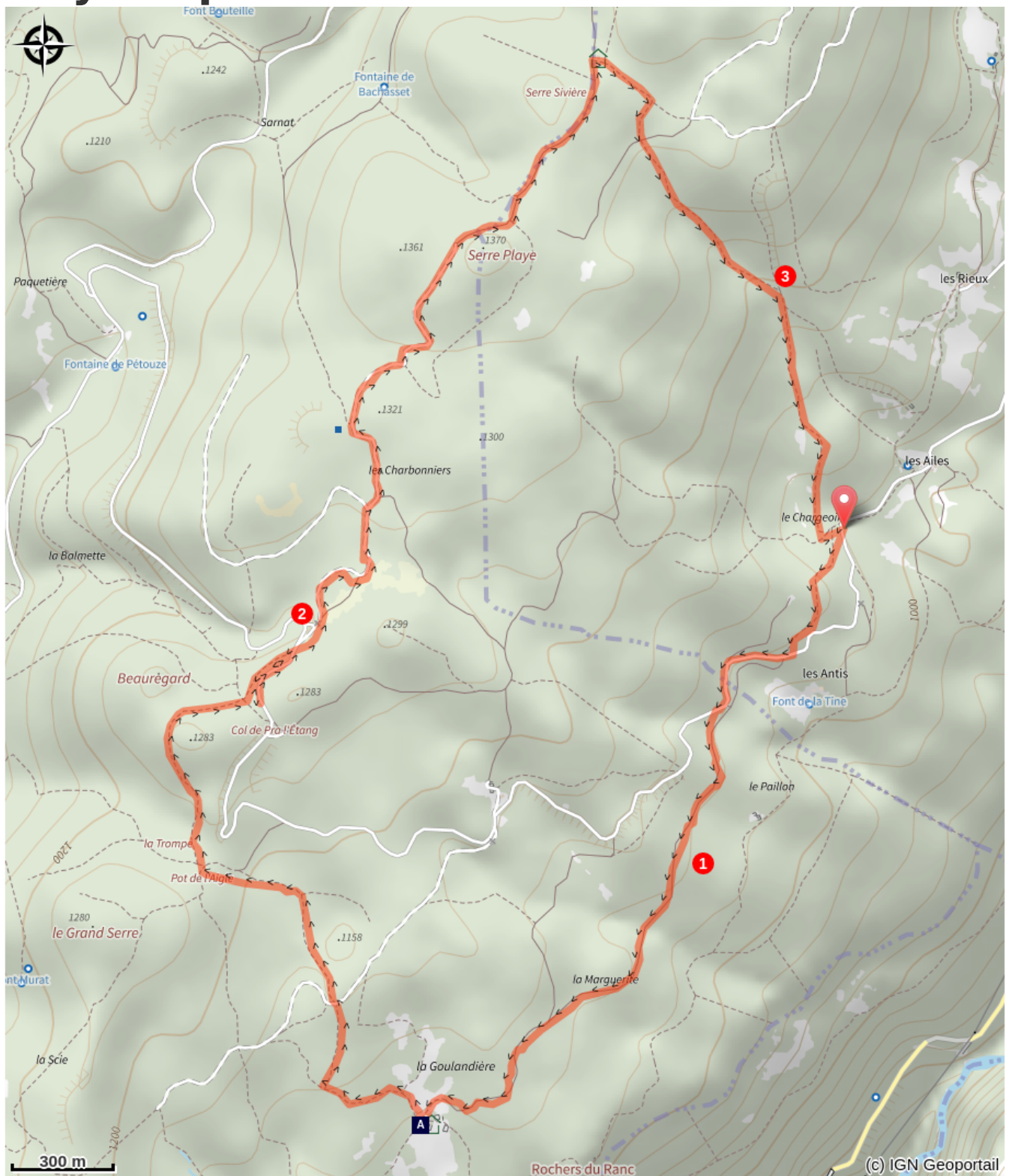Departure : Carrefour Le Chargeoir
Arrival : Carrefour Le Chargeoir
Markings : 🖼️ GTV VTT ▬ PR ▭ GR

Le Chargeoir (1046 m) is located on the forest road of Pra l'Etang between the hamlet of Les Ailes and the place called Les Antis. From the Chargeoir, go up to Les Antis 1 (1100 m - ruins) turn left and then follow the GR 9 signs that lead to the ancient village of Les Antis. Continue to reach the unguarded shelter of Goulandière 2 (1065 m) which is reached in less than an hour.

From the Goulandière refuge, continue along the GR 9, leaving on the right the path that runs along the Siva. After a hundred meters, leave on the left the GR of country that joins Presles. Continue north towards Beauregard 3 (1255 m) then Pra l'Etang 4 (1245 m). Reach the refuge of the Serre du Sâtre 5 (1354 m) located on the route of the GR 9.

From the refuge of the Serre du Sâtre, take the cross-country ski trails for a hundred meters. Then join Les Gelinottes 6 (1340 m). Leave the traced tracks and follow the markings of the GR to the Chargeoir. From the refuge to the Chargeoir, count about 30 minutes of descent.

On your path...

The Goulandière (A)
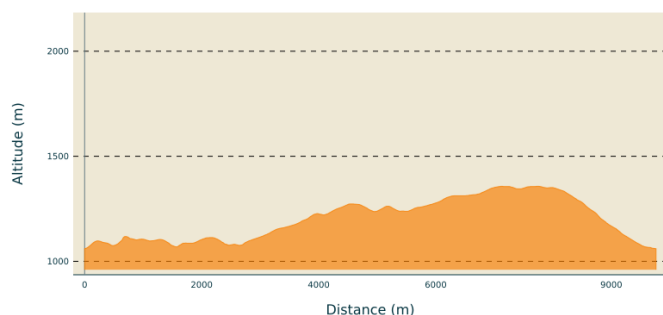
All useful information

⚠️ Advices

There is no difficulty with this route. Depending on the quality of the snow, the descent from the refuge of the Serre du Sâtre to the Chargeoir is delicate (a few fast passes in the forest).

More information on Nordic Walking

Nordic walking is a respectful and responsible practice. Before you jump into the field, train yourself.

Altimetric profile

Min elevation 1060 m
Max elevation 1357 m

Transports

Il n'y a pas de transport en commun desservant le hameau des Ailes, point de départ de la randonnée.

Access

From Villard de Lans, take the Jarrands road (D 531). Continue on the road that follows the defile of the Bourne gorges. Join Rencurel. At the exit of the village, take the road on the left which runs towards the hamlet of Glénats and then that of the Wings. Park at the "Chargeoir" (road terminus in winter).

From Pont en Royans, take the gorges of the Bourne towards Villard de Lans, in the hamlet of Balme de Rencurel, turn left to join Rencurel (see above).

From Grenoble you can also take the D35 called Route des Ecouges, continue past the Col de Romeyrer, until the entrance of Rencurel. Take at the entrance of the village the road on the right which leads towards the hamlet of Glénats and then that of Les Ailes. Park at the "Chargeoir" (road terminus in winter).

Advised parking

Place name Le Chargeoir

ⓘ Information desks

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48 Grande Rue, 38680 Pont-en-Royans

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Tel : 04 76 385 385
http://tourisme.saintmarcellin-vercors-isere.fr/

On your path...

The Goulandière (A)

The ruins of Goulandière tell the story of men who came to cultivate the land in this hamlet lost in the heart of the forest of Coulmes, without any water, as a challenge to nature. The houses are built on the rock, not to reduce the fields gained on the forest. The recent rehabilitation of the hamlet makes it possible to imagine this rude existence. Theme circuits invite you to discover the lifestyles of the Middle Ages.
Attribution : OTSI Pont-en-Royans