

My trail circuit by: Marie Dorin-Habert

4 Montagnes - Villard-de-Lans



Marie Dorin Habert (Rossignol)



"I think that I have fallen in love with the ridge that separates the Vercors from the other mountain ranges. The easily accessible East Balcony (Balcon Est) of the Vercors is one of my favourite trails".

Running is undoubtedly the easiest way to do sport. In addition to being a sport, and the fact that you don't need any special techniques to see the benefits, running together is a bit like a timeless escape. Regulated by your breathing, your thoughts flow along with the countryside at each step. And it is even better when you are lucky enough to live in a region where nature has been preserved".

Trek

Marie Dorin-Habert's reference time: 2 hours 30 without a break!

Departure : Les Clots car park (Villard-de-Lans)

Arrival : Corrençon Golf Course (car park)

Markings :  GR  PR  CTV à pied

Basically, this circuit links Villard-de-Lans and Corrençon-en-Vercours via two major points of

interest: the Pas de l'Oeille and the Pas de la Balme. Between the two, you will follow a hillside trail under the Urgonian limestone cliffs, criss-

crossed by the yellow-billed choughs (chocards).

The climb continues in a cunning way - the top seems to move farther away and each new outcrop leads to another one as you stroll amongst the limestone rocks. Be careful not to twist your ankle!!

And then the stones give way to a grassy valley and you find yourself close to the Pas de l'Oeille. A herd of ibex often grazes peacefully, sheltered from the wind under the summit. It is a magnificent place.

Take a souvenir photo when you arrive at the Pas de l'Oeille!

And then you disappear down the other side, on the eastern slope by a really steep and not very pleasant descent, but which doesn't last too long.

Useful information

Practice : Trail

Duration : 5 h

Length : 18.7 km

Trek ascent : 1331 m

Difficulty : Difficile

Type : Traversée

Themes : Faune, Flore, Géologie, Point de vue

The path levels out and you can admire the countryside that takes us to the next gateway: the Pas de la Balme. The first time, you are a bit worried that you will miss the path and head towards Chichilianne... But don't panic, the intersection is well indicated and it takes a while to arrive (30 min for very good runners, 1hr 30 for a good walker).

Once you are on the path, it climbs with increasingly close zigzags, finishing under the cliff, sometimes accompanied by a couple of ibex. You then reach the Pas de la Balme 3.

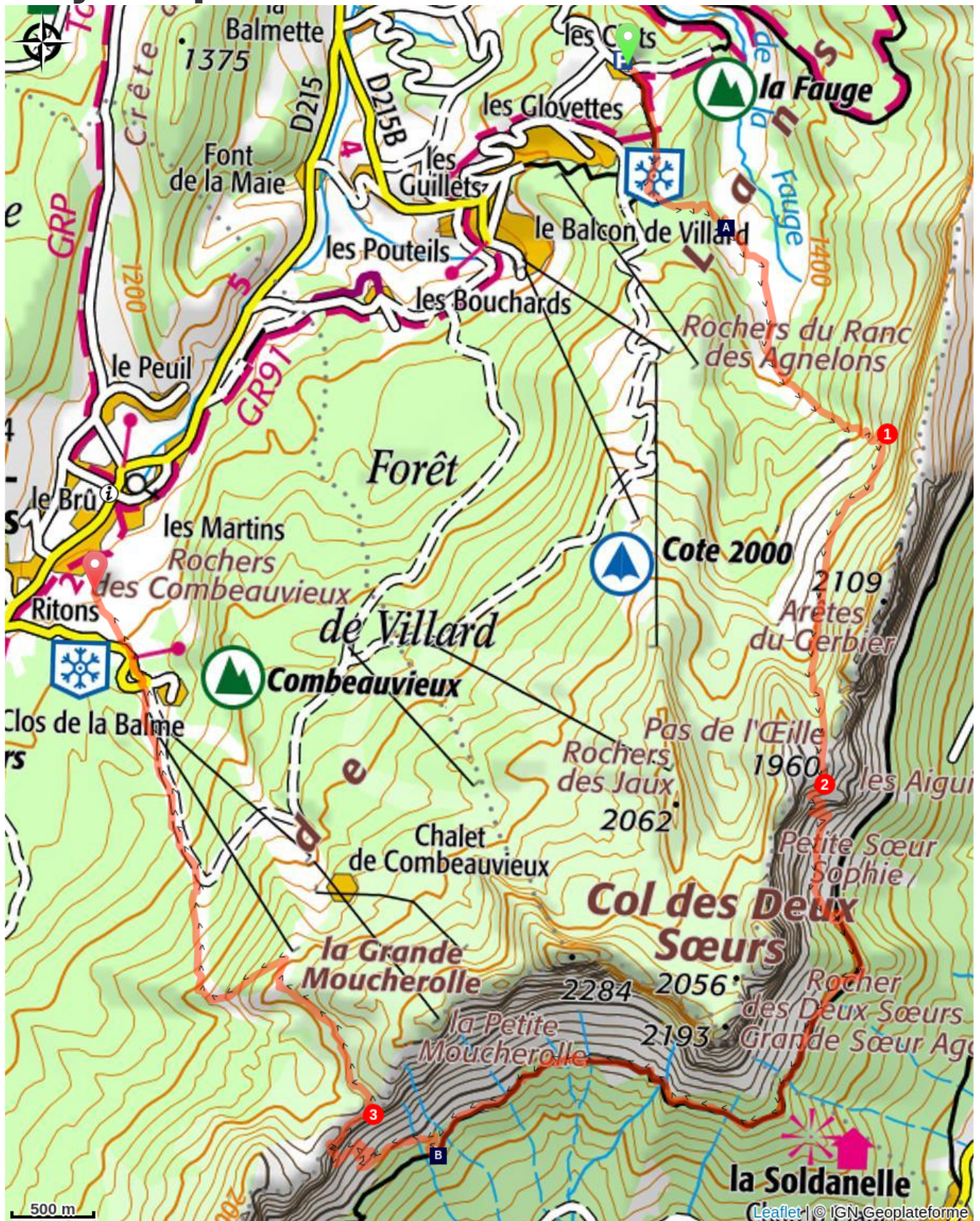
You can then easily cross towards the top of the alpine ski runs.

The descent towards the village of Corrençon is less interesting. You can go straight down via the ski runs and get your quadriceps steaming, which is a useful workout for this eccentric muscle chain. Otherwise, a small trail follows the ski runs on the left (don't worry, your thighs will also get a workout this way!).

My choice is to go to the Golf de Corrençon 4, the shooting range and...

As an assisted athlete, my rifle, coach, shooting mat, cartridges... are all waiting for me for a precision session!

On your path...



Shelter of the Fauge (A)

Tétras Lyre (Black Grouse) (B)

All useful information

⚠️ Advices

The Champions Trails are specific training trails (difficult and technical) which do not always correspond to the signalled itineraries on the ground. The technical descriptions are not as precise as those for the other Vercors Rando circuits. Usual practice is to download the gpx trace in order to follow the itinerary.

Be careful in rain and fog as certain passages may be slippery and technical (particularly the Pas de l'Oeille crossing).

For obvious safety reasons, this itinerary can ONLY be followed in its entirety outside of the snow period!

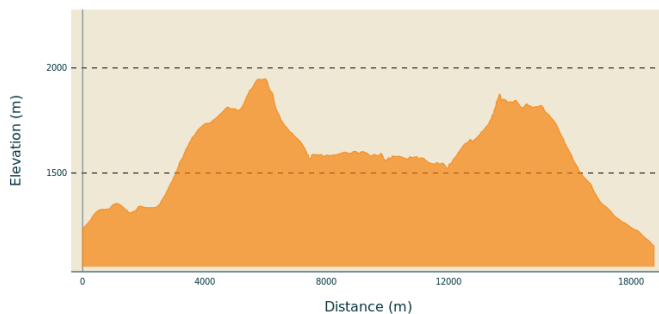
Take advice about snow cover (sometimes late) at the start of the season.

You will cross summer pastures, and maybe meet herd protection and guard dogs.

Always ensure that you go a long way around the animals, calmly so that the dog can identify you. Don't caress or threaten them.

Keep dogs on leads!

Altimetric profile



Min elevation 1154 m
Max elevation 1948 m

Transports

En Train :

[Gare SNCF de Grenoble](#)

En bus :

Avec les cars Région prendre la [ligne T64](#) depuis Grenoble jusqu'à Corrençon ou bien la [ligne T65](#) par Saint-Nizier pour rejoindre Lans-en-Vercors puis prendre la T64 pour rejoindre Corrençon. Le calculateur d'itinéraire multimodal OÙRA vous donne accès à toutes les correspondances entre les trains régionaux, transports urbains et ligne de bus départementale : <https://www.oura.com/>

En Autostop : Aller - Retour possible en Autostop : www.rezopouce.fr (pour voir les arrêts d'autostop du Parc du Vercors)

En covoiturage :

Proposez ou réservez votre covoiturage avec la plateforme régionale [Mov'Ici](#).

Access

Après le péage autoroutier de Voreppe, prendre la sortie Villard-de-Lans (RN 532) ; avant le village de Sassenage, prendre direction le Vercors sur la droite. À Lans-en-Vercors, suivre la D 531 en direction de Villard-de-Lans. En venant du sud, après le péage autoroutier de la Baume d'Hostun, suivre Saint-Nazaire-en-Royans puis prendre la RD 531, direction Villard-de-Lans.

Advised parking

Parking des Clots (Villard-de-Lans)

Information desks

Office de tourisme de Villard-de-Lans
101 place Mure-Ravaud, 38250 Villard-de-Lans
Tel : 04 76 95 10 38
<http://www.villarddelans-correnconenvercors.com>

Office de tourisme de Corrençon-en-Vercors
Le village, 38250 Corrençon-en-Vercors
Tel : 04 76 95 81 75
<http://www.villarddelans-correnconenvercors.com>

On your path...



Shelter of the Fauge (A)

The Fauge Shelter is a large, unguarded hut. With a fireplace, it can accommodate 20 people. It is named after the valley of the Fauge.

Attribution : PNRV



Tétras Lyre (Black Grouse) (B)

This crossroads takes its name from the black grouse. This sedentary bird is one of the symbols of the Vercors Regional Nature Park. It appears on the park's logo, in the company of the wild tulip. During the breeding season (April-May) the cock sings at daybreak. But do not try to see it and above all stay on the roads, because this remarkable species is very sensitive to disturbance.

Attribution : PNRV