

# Lamoura lake trail

Station des Rousses Haut-Jura - Lamoura



Sentier du lac de Lamoura (PNRHJ / Nina Verjus)

*The trail goes around the lake. A wooden boardwalk allows hikers to cross the most humid areas and the peat bog without damaging these fragile environments.*

At the lowest point of the Lamoura lake combe, in a green landscape punctuated by the reddish hue of the surrounding peat bog, shine the waters of the highest natural lake in the Jura mountains.

## Useful information

Practice : Nature trail

Duration : 1 h

Length : 1.7 km

Trek ascent : 17 m

Difficulty : Easy


Type : Circular

Themes : Fauna - Flora, Lakes, rivers and waterfalls

# Trek

Departure : Lamoura lake parking lot

Arrival : Lamoura lake parking lot

Markings :  PR® (Walking & hiking trail)

Six unusual stops explain the valley's geological formation, how hydraulic power was once used along the water and present the aquatic life in the lake.

- Welcome to Lamoura lake
- The formation of the lake
- About us, the lake's hosts
- The peat bog
- The life of the lake
- Water saws and mills of the Lake's Combe

Want to learn more about the mysterious world of peat bogs? A module on this topic and the documentary "Tourbières, trésors cachés de la montagne jurassienne" (Peat bogs, hidden treasures of the Jura mountains) are a part of the permanent exhibition held in the Maison du Parc in Lajoux, 3 kilometers from the lake.

# On your path...



# All useful information

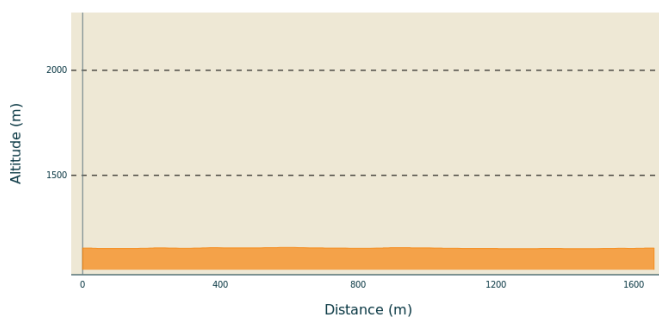
## **Advices**

Every year, tens of thousands of hikers pass through this trail. For the well-being and safety of all, and to respect the environment, here are the rules to respect:

- Please keep your dog on a lead
- Do not leave the boardwalk
- Cycling is not authorised
- Take your waste with you
- Do not light any fires outside of the equipment provided

The plants and wild flowers in the peat bogs and surrounding fields are beautiful, they may be rare and protected and often wilt quickly. Do not pick them! They will delight the next hikers.

## **Altimetric profile**



Min elevation 1151 m  
Max elevation 1157 m

## **Transports**

To visit and get about in the High-Jura, visit [www.reshaut-jura.fr](http://www.reshaut-jura.fr), the eco-mobility portal listing all means of transport within the Park.

## **Access**

1km from the village to the east of Lamoura via the D 25, followed by the D 292 and 13km south of Rousses by the N 5, followed by the D 29, the D 25 and finally the D 292 E3.

## **Advised parking**

near the lake

 **Information desks**

Tourist information centre - Station Les  
Rousses Haut-Jura  
495 rue Pasteur Maison du Tourisme,  
39220 Les Rousses  
Tel : +33 (0)3 84 60 02 55  
<http://www.lesrousses.com/>