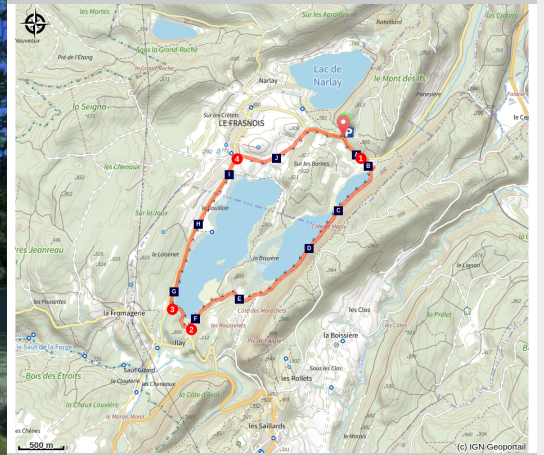


# A trip around the three Lakes

Champagnole Nozeroy Jura - Le Frasnois



Lac d'Illay (OT GRANDVAUX)



*An enchanting location! Three natural lakes with turquoise and emerald waters, surrounded by greenery and exceptional wetlands offering an accessible family walk.*

These lakes are intriguing, refreshing and calming. Surrounded by remarkable natural and historical heritage, they invite you on a discovery: ponds, reedbeds, marshlands, dry grasslands, etc... A wealth of diversity!

## Useful information

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Practice : Hiking

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Duration : 2 h 30

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Length : 7.5 km

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Trek ascent : 84 m

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Difficulty : Easy

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Type : Circular

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Themes : Fauna - Flora, History & heritage, Lakes, rivers and waterfalls

# Trek

Departure : Monts des Ifs parking lot

Arrival : Monts des Ifs parking lot

Markings :  GR® (Long distance)  PR® (Walking & hiking trail)

From the parking lot, carefully cross the D 75 (yellow waymarking) and head to the **Monts des Ifs** intersection.

Follow the path to the left below the road and reach the top of the **LAC DU PETIT MACLU** (Petit Maclu Lake).

Take the good stony path along the lakes, heading past the Petit Maclu and the Grand Maclu, and after a small forest section, arrive at the edge of the Lac d'Ilay before joining up with the **Chemin des lacs**.

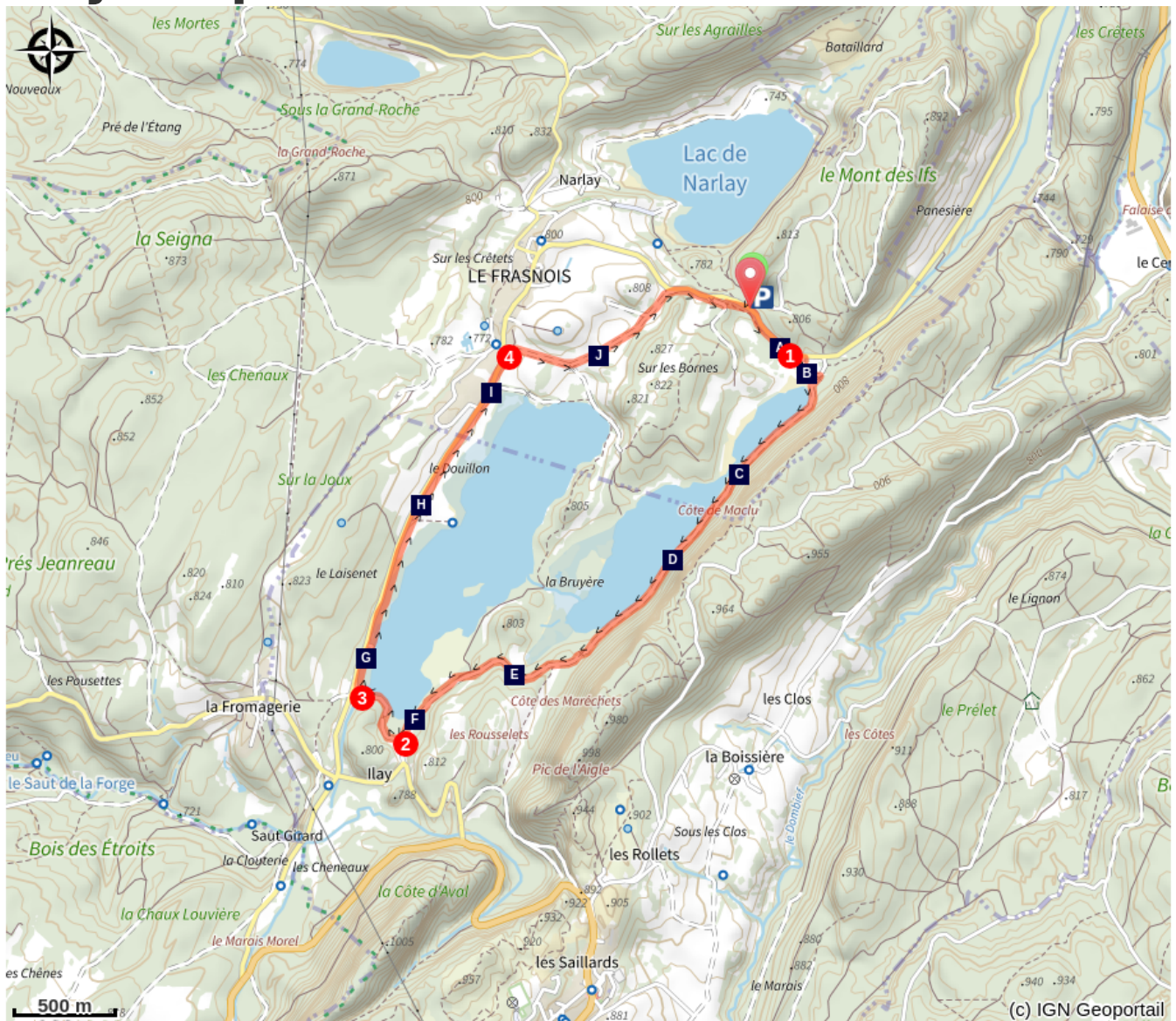
Continue on the path to your right (white and red waymarking) until you reach **Lac d'Ilay**.

Continue on, following along the right of the D 75 (yellow waymarking), head past a pasture (with barriers to contain the livestock) and locate a grassy path just below the road towards the entrance of the village of Fresnois, at the junction with **Chemin des Bornes**.

Take the good path to the right, bordered by meadows, for around 350 metres. At the fork, head left and join up with the D 75. Take a path to the right that heads away from the road towards **Mont des Ifs**.

Carefully cross the road again to return to the Monts des Ifs parking lot.

# On your path...



The low marsh (A)

The asp viper (C)

A natural managed site (E)

Dry grasslands (G)

Ilay and drinking water (I)

Dragonflies (B)

Natural lakes, a fragile heritage (D)

The island of La Motte (F)

Reed beds (H)

Jura landscapes and farming (J)

# All useful information

## **Advices**

**Be careful when crossing the road at the departure point to reach the Mont des Ifs intersection.**

The wetlands around the lakes are preserved and protected natural areas. Please do not leave the waymarked paths and respect the tranquillity of this site.

Cows and horses maintain these areas and are moved from plot to plot throughout the season. These animals are hardy: please do not attempt to approach them or feed them, you could harm their health and put yourself in danger.

Wild flowers are beautiful, they may be rare and protected and often wilt quickly. Do not pick them! They will delight the next hikers.

Please keep your dog on a lead if you have one.

## **Environmental sensitive areas**

Au cours de votre itinéraire, vous allez traverser des zones sensibles en rapport avec la présence d'une espèce ou d'un environnement spécifique. Dans ces zones, un comportement approprié permet de contribuer à leurs préservations. Pour plus d'information, des fiches sont disponibles pour chaque zone.

### **Zone de tranquillité de la vie sauvage des 4 Lacs**

Sensitivity period: April, May, June, July, August, September

Contact: **Parc naturel régional du Haut-Jura**

29 Le Village

39310 Lajoux

03 84 34 12 30

[www.parc-haut-jura.fr/](http://www.parc-haut-jura.fr/)

Le périmètre de la zone de tranquillité est concerté (Parc, CEN, Communes, Syndicat de gestion du Lac d'Illay), et non réglementaire. Pour la tranquillité de la faune et de la flore du secteur concerné, entre les lacs d'Illay, du Grand Maclu et du Petit Maclu, il est demandé de ne pas pénétrer la zone de mi avril à mi septembre.

Elle inclut les interdictions valables sur l'ensemble des 4 Lacs (arrêtés municipaux et préfectoral) :

- Pas de camping/bivouac sauvages
- Pas de feu
- Pas de baignade
- Pas d'activité nautiques (paddle, bouée, kayak, etc.) ; seuls les pêcheurs ont le droit de naviguer
- Pas de nuisances sonores



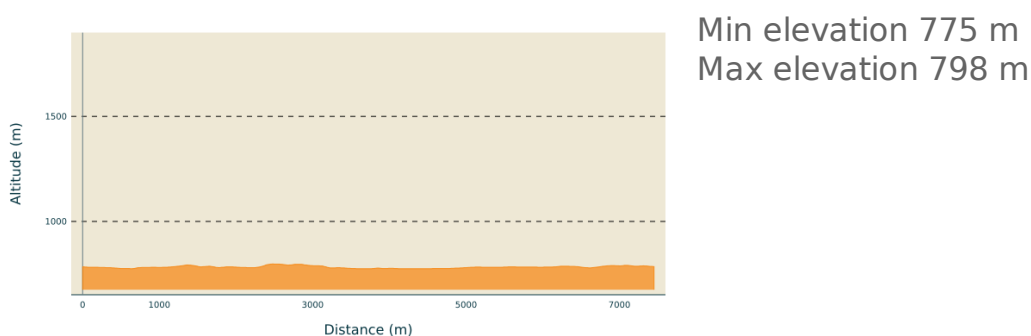
## Site RAMSAR Tourbières et lacs de la Montagne jurassienne

Sensitivity period: January, February, March, April, May, June, July, August, September, October, November, Decembre

Contact: Parc naturel régional du Haut-Jura  
29 Le Village  
39310 Lajoux  
03 84 34 12 30  
[www.parc-haut-jura.fr/](http://www.parc-haut-jura.fr/)

Le site s'étend entre les villes de Pontarlier et Saint-Claude, dans le massif du Jura. Dénommé « Bassin du Dugeon » lorsqu'il fut inscrit en 2003, le site a été agrandi en 2021 pour passer de moins de 6000 hectares à plus de 12 000 ha. Il comprend maintenant de vastes tourbières emblématiques telles que celles du bassin du Dugeon, les vallées du haut Doubs et de l'Orbe et la vallée de Chapelle-des-Bois et Bellefontaine. Ses 18 lacs et 2000 ha de tourbières représentent environ 40 % de toute la zone tourbeuse du massif du Jura. Le substrat calcaire favorise la juxtaposition de tourbières alcalines et acides, ce qui, dans ces dimensions, est unique en France. Le site offre de nombreux habitats importants pour une diversité d'espèces protégées au niveau national ou international, des plantes et champignons aux libellules, papillons, poissons, oiseaux, amphibiens et reptiles. Les deux tiers de la population nationale de bécassines des marais (*Gallinago gallinago*) y nichent et le site est aussi une frayère importante pour le grand brochet (*Esox lucius*), le lavaret (*Coregonus lavaretus*), la truite lacustre (*Salmo trutta*) et l'écrevisse à pattes blanches (*Austropotamobius pallipes*). Les habitats tourbeux ont été, autrefois, profondément modifiés par l'exploitation de la tourbe, le développement forestier et les activités agricoles mais des mesures de restauration des tourbières ont été appliquées avec succès. Cependant, le site est encore très sensible aux sécheresses et à la pollution provenant des terres agricoles environnantes.

### Altimetric profile



### 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

14 km from Saint-Laurent-en-Grandvaux via the N 5 towards Champagnole until Pont de la Chaux (municipality of Chaux-des-Crotenay), then take the D 75 towards Frasnais. The Monts des Ifs parking lot is on your right, 500 metres after the Petit Maclu lake parking lot.

## Advised parking

Monts des Ifs parking lot

## Information desks

Tourist information centre - Haut-Jura Grandvaux  
7 place Simone Veil, 39150 Saint-Laurent-en-Grandvaux  
Tel : +33 (0)3 84 60 15 25  
<http://www.haut-jura-grandvaux.com/fr/>

Tourist information centre - Jura Monts Rivières  
28 rue Baronne Delort, 39300 Champagnole  
Tel : +33 (0)3 84 52 43 67  
<http://www.juramontsrivieres.fr/>

Tourist information centre - Pays des Lacs et Petite Montagne  
36 Grande Rue, 39130 Clairvaux-les-lacs  
Tel : 03 84 25 27 47  
<http://www.juralacs.com/fr/>



# On your path...

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## The low marsh (A)

This peculiar peat bog environment can be seen from the path to the Petit Maclu. The few trees and bushes able to grow in these difficult conditions (waterlogged soil, lack of oxygen, etc.) are birches, willows and alder buckthorn. In the spring, the white cotton grass bobbles - a plant typically found in these environments - can be seen above the grass.

The lake used to be bigger. Little by little, aquatic plants have grown, and the permanently humid conditions have not allowed dead vegetation to decompose. By building up, all of these plants have formed what is called peat. In this peat bog, the peat isn't very thick, but in the peat bog between the Grand Maclu lake and the Ilay lake, it has reached over 1.5m.

Attribution : CEN Franche-Comté / C.Lapprand

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## Dragonflies (B)

These diverse wetlands attract many species of insects, including dragonflies. Over half of the species in mainland France are located around ponds, lakes, rivulets and smaller pools on the site.

The four-spotted chaser is easily recognisable with its very visible dots on the middle of each of its four wings. Adults of this large dragonfly species can be seen from May to September. Its wing can measure up to 4 cm long!

Attribution : CEN Franche-Comté / C.Lapprand

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## The asp viper (C)

Widely present in the marsh area between the Petit Maclu and the Grand Maclu, the asp viper is a poor swimmer and seeks sunny areas to ensure its metabolism can function properly. Like many reptiles, it is fearful and has a talent for detecting vibrations. To avoid bothering this species and being bitten, stamp your feet and be careful not to squash it, it will hide well before you even see it!

Attribution : CEN Franche-Comté / S.Moncorgé



## Natural lakes, a fragile heritage (D)

The waters of the Petit Maclu and the Grand Maclu feed the lake of Ilay. Each occupies a shallow basin dug out by the glaciers around 20,000 years ago.

These lakes are mainly surrounded by a wide diversity of vegetation, called low-marshes, wet tall-herb and fern fringes or peat bogs. Some reed beds also develop there. Insects flourish here due to the high quality of the environment, in particular dragonflies who vary in colour. The Eurasian coot is the most faithful bird to these lakes. Not very discreet, it is recognisable by its trumpeting cries of warning.

Attribution : OT Haut-Jura Grandvaux / ® B. Leroy

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## A natural managed site (E)

The Franche-Comté conservatory for natural areas manages the wetlands on the 4 lakes site in partnership with the owning municipalities and local farmers. This site is full of species specific to open environments which must be preserved.

Once used by farmers, these zones have gradually been abandoned. This is why managers have made maintaining this type of environment a priority by reinstating extensive grazing.

Highland Cattle cows are able to move around on waterlogged soil and find the food that they need. The amount of cattle and grazing periods are adapted depending on the species and environments in question.

A site sheet dedicated to the wetlands on the 4 lakes site is available online:

<http://cen-franchecomte.org/document.php?iddoc=63DyRcgMw7YQ42PG>

Attribution : CEN franche-Comté / S.Moncorgé





## The island of La Motte (F)

Centred between the banks of the lake of Ilay is an island: the island of La Motte. Archaeological excavations have revealed that it was home to three successive religious establishments. An initial church was erected around the year 1,000 and seems to have burned down. After being rebuilt, a vestibule was added to it by a monastic congregation that ended up abandoning the place. Of the third establishment, we know only that it was abandoned during the 15th century. A wooden bridge provided access to the structure from the bank and the marshes that are now present were once orchards and pastures.

Attribution : PNRHJ / Gilles Prost

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## Dry grasslands (G)

Near lakes, there are not only humid areas!

Where limestone is predominant, water immediately filters through, making life difficult for plants. The soil is not very deep, and is dry and nutrient-poor... These are dry grasslands. Vegetation is neither very tall nor very dense.

The species living in these grasslands adopt special strategies to survive in these difficult living conditions: greasy leaves, parasitism, strong odours, etc. For example, Breckland thyme avoids "sweating" by synthesising essential oils. Its smell is easily recognisable, and this variety of wild thyme is excellent when used to clear airways.

Attribution : CEN Franche-Comté / C.Lapprand

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## Reed beds (H)

Among the various environments that make up humid areas, reed beds play an essential role: they stabilise the bank and create an area where the plants present filter the water.

It is a safe place and a reproductive area for many species, including birds, such as the Eurasian coot. Throughout the year, their short and powerful cries can be heard here.

Attribution : CEN Franche-Comté / L.Bettinelli



## Ilay and drinking water (I)

The Petit Maclu and the Ilay lake provide 10 municipalities with drinking water, including Frasnois. 67,000 cubic meters are used up every year.

The lakes on the Frasnois plateau are natural. The icebergs that covered the Jura 20,000 years ago have “planed” the earth and created the necessary depressions for the lakes to form. The limestone and moraine deposits from the movement of icebergs are watertight and are able to retain the water.

To best preserve the quality of the water, a prefectural order bans the use of thermal engines.

Attribution : CEN Franche-Comté / L.Bettinelli



## Jura landscapes and farming (J)

The Jura massif provides a long geological history. The limestone rocks formed during the Mesozoic era, between -170 million years and -90 million years. Much later, the pushing of the Alpes led these rocks to fold, between -11 million years and -3 million years. Lastly, the erosion caused by the icebergs, the freezing, the water and the wind, have progressively shaped the landscape.

And Man has made the final contribution through farming and development.

Attribution : CEN Franche-Comté / C.Lapprand