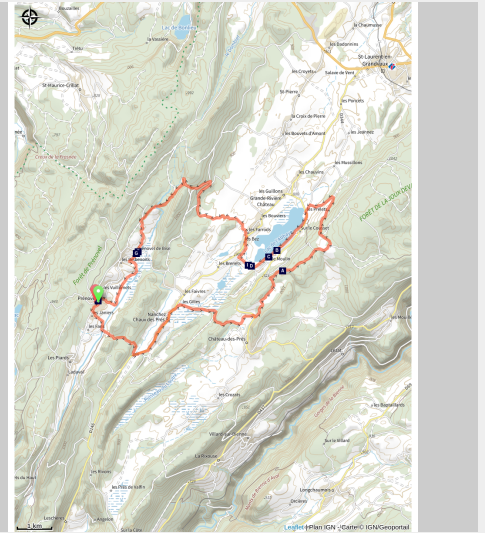


Lakes and peatbogs

Haut-Jura Grandvaux - Nanchez



Tourbière de la Combe Nanchez (Elvina Bunod)

Discovering the triptych: peat bog, lake and mountain forest!

Departing from Prénovel, this route crosses characteristic landscapes of the Haut-Jura: areas of pasture, forests, valleys, peat bogs and crests.

The interpretation trail of the Nanchez peat bog, a few minutes from the route, will make you discover this surprising natural environment, so precious to preserve because it is home to a rich variety of plant and animal species. The hike is enhanced by the passage to the belvederes of the Virgin and the Mill, arranged on the high points of the circuit. These belvederes will allow you to discover the peaks of the Haute Chaine du Jura and the Alps in clear weather.

This Jurassic Velo Tours route has digital guidance only. You will not find any markings on the ground. Let yourself be guided with the Jurassic Vélo Tours app, which can be downloaded for free from Google Play Store and

Useful information

Practice : VTC VTCAE

Duration : 2 h 30

Length : 28.4 km

Trek ascent : 570 m

Difficulty : Moderate

Type : Circular

Themes : Lakes, rivers and waterfalls

Trek

Departure : Prénovel, Le Duchet

Arrival : Prénovel, Le Duchet

In front of the Duchet holiday village, exit the car park to find the RD 232 towards the hamlet of Les Piards.

Turn left towards the place called "Les Fans". Descend to the bottom of the valley and reach a junction, Route de la Faicle.

Follow this one, on the left, in the direction of Chaux-des-Prés.

Turn left onto the D 146, cross the village of Chaux-les-Prés and arrive at the junction indicating Château-des-Prés (D 28) on the right.

Follow the road to Château-des-Prés, admire the Douillons bog from the belvedere on your right. Continue on the D 28 until the arrival of Château-des-Prés.

Take, in front of a wayside cross, a motorable path on your left: follow it passing near house no. 10 and come out on the D 437.

Carefully cross the departmental road to take the white path which is in the right bend of the road. At the next crossing, turn left and cross the Pré Basset. At the edge of the wood, continue to the right and arrive near a building.

Turn left and quickly find a forest road. Take it to the right and reach the Belvédère du Moulin.

Take advantage of the viewpoint over the Lac de l'Abbaye and the valley of Grandvaux then continue on the forest road.

At the crossing, turn right and cross the hamlet of Les Cernois.

At its exit, you will have to reach the site of the Abbey of Grandvaux on the left.

After 150 m on the D 437, take a small paved road to the right. Continue on this road to circumvent the lake by the South (a beautiful point of view awaits you in height in the South of the lake) and join the hamlet les Bez by following the first track on the right.

Turn right, carefully cross the hamlet and continue to n° 3. Opposite, a sign indicates the direction of Prénovel de Bise via a forest road. Continue on this one ignoring the secondary departures on both sides and find the bitumen.

Continue a few meters to the left then fork on the first track on the left. Follow it straight until you reach an inverted Y fork.

Go to the right and, at the exit of the forest, continue straight ahead and reach the "Les Cuinets" sign post.

Take the path on the left and arrive at the Chalet du Bief Plotet.

Go straight on for a few meters then take the track on the left and enter the hamlet of Prénovel de Bise.

At the level of the fountain (unsupervised water), cross the D 28 carefully and follow the small road to the first path on the left. Follow this one which passes close to the peat bog of the Nanchez reach.

At the fork, after the power line, turn right and continue straight until you reach a fork after the sewage treatment plant.

Continue straight, cross the Vuillomets and find the parking lot of the Prénovel village hall.

The Mill's Belvedere (A)
The mill and sawmill of l'Abbaye en
Grandvaux (C)
The marsh warbler (E)
Wood-turning workshops (G)

The grey heron (B)
Adjoining houses (D)
The crown of the low walls (F)
The evolution of life and buildings
(H)

All useful information

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.

Western capercaillie

Sensitivity period: January, February, March, April, May, June, Decembre

Contact: Parc naturel régional du Haut-Jura

29 Le Village

39310 Lajoux

03 84 34 12 30

www.parc-haut-jura.fr

Le Grand Tétras est une espèce emblématique des forêts de montagnes françaises. Son apparence et son comportement font de lui un oiseau très atypique. Pouvoir l'observer relève d'un vrai défi, tant cet oiseau est discret, mais s'avère être un souvenir mémorable.

En hiver, son activité est réduite au minimum. Il passe la quasi-totalité de la journée perché dans un arbre et consomme uniquement des aiguilles de sapin. Une nourriture très peu énergétique. Cette période est critique pour sa survie. Un oiseau subissant un dérangement régulier va puiser dans ses maigres réserves et finir par en subir les conséquences. Sa sensibilité à la prédation aura augmenté, ou bien il dépérira simplement à cause du manque d'énergie. Une autre période critique prend place du printemps au début de l'été avec la couvaison. Si la poule est surprise plusieurs fois, elle va abandonner le nid et laisser ses poussins seuls, sans protection. La survie des jeunes étant déjà très faible naturellement, ce phénomène accentue, d'autant plus, ce risque de mortalité chez les jeunes oiseaux.

Les pratiques qui peuvent avoir une interaction avec le Grand tétras en période de nidification sont principalement les pratiques sportives terrestres comme la randonnée, le ski, le VTT.

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

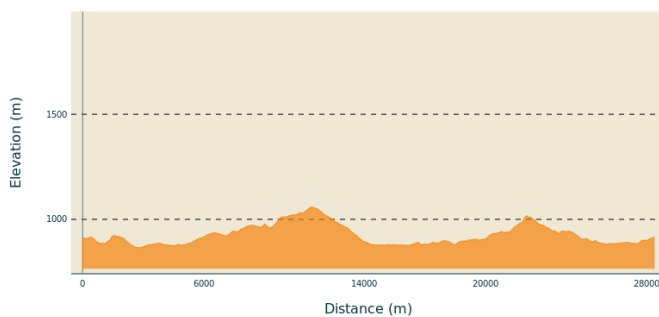
03 84 34 12 30

www.parc-haut-jura.fr/

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



Min elevation 865 m
Max elevation 1058 m

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/>



On your path...



The Mill's Belvedere (A)

The Mill's Belvedere, on the edge of the valley, offers an overview of nearly all of the Abbaye lake. From here, visitors can learn about how the landscape around the lake has evolved throughout the centuries (interpretive sign).

Attribution : PNRHJ / Nina Verjus



The grey heron (B)

Easy to recognise, the grey heron can be seen hunting along the edge of lakes and in the marshes in the search for amphibians and fish, or even in the middle of agricultural prairies on the lookout for voles. Like all herons, it flies with its neck bent and its legs outstretched, which sets it apart from storks and cranes. It nests in a small colony, called a heronry.

Attribution : Fabrice Croset



The mill and sawmill of l'Abbaye en Grandvaux (C)

Since the Middle Ages, monks have used the driving force provided by the lake's waterfall to work the grinding wheels in the Abbaye's mill, which was once located where the current sawmill now stands. The water wheel was actioned by a vertical 8-meter-high waterfall. No doubt this first set-up lacked power and a 5-meter dyke was likely constructed to increase the height of the drop and the volume of water in the lake. The lake's current water level bares no resemblance to its water level during the 6th century; this means it is difficult to locate the original priory. When activity at the mill came to an end (due to a lack of grain to grind!), a sawmill was established on the same site, and turbines replaced the pre-existing wheel. The calm waters in the lake turned into a power source and the facilities that are still in place attest to the different activities that have since developed around the lake.

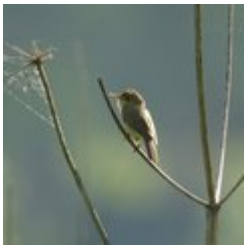
Attribution : PNRHJ / Nina Verjus



Adjoining houses (D)

In hamlets, adjoining farms were often lived in by the same family (several brothers for example). However, each family was still independent and provided for its own needs. The sobriety of the home's architecture should not detract from the quality of these constructions: the use of cut stone to frame windows, the quality of the framework, the cut and aged lintels, etc.

Attribution : PNRHJ - F. Jeanparis



The marsh warbler (E)

A migratory bird, this passerine spends winters in Africa, south of the equator. It only returns to the Jura mountains between mid-May and the beginning of August. The marsh warbler lives in more or less marshy prairies with high grass and scattered with bushes, where the male perches itself to sing. Their nest is made of dry grass suspended at mid-height from herbaceous stems. This species is exclusively insectivore (feeds on insects). The European champion of imitation, a male marsh warbler can imitate 80 species with its song, with the known record to be 212!

Attribution : Fabrice Croset



The crown of the low walls (F)

The capping on the low dry-stone walls, or crown, maintains and stabilises the sides (visible parts) of the wall. Without it, the stones, and particularly those at the top, would end up falling. Here, you can observe a technique in which large and relatively flat stones, called lauzes, are laid vertically and often stabilised by spacers in between.

Attribution : PNRHJ - F. Jeanparis



Wood-turning workshops (G)

More than a place of work or a rudimentary shelter for craftsmen, for those who occupied it, the workshop is a setting that is both intimate and public.

Between the tools used, on the worktops where sawdust is pushed away with the palm of a hand, is where craftsmen build their know-how, by the light shed by the large dusty windows.

Attribution : PNRHJ - F. Jeanparis



The evolution of life and buildings (H)

The rural house was first the one belonging to the farmer and livestock breed, where men and animals lived together. As from the 18th century, cheese specialisation and the pooling of milk in cooperative structures - “fruitières” - brought farmers out of a self-subsistence economy. In terms of buildings, the farm became bigger: a storey is added to include bedrooms, a second stable is sometimes built to accommodate more animals.

Attribution : PNRHJ - F. Jeanparis