

Du lac de l'Abbaye aux gorges de la Bienne

Haut-Jura Grandvaux - Saint-Laurent-En-Grandvaux



vue sur la sortie des étroits des Gorges de la Bienne (Aurélien Billois)

*A journey to the heart of water...
nourishing for men and their animals in
the countryside, driving force for
industry in the city. Travel through
typical Haut-Jura landscapes: lakes and
rivers.*

Useful information

Practice : VTC VTCAE

Duration : 5 h

Length : 59.9 km

Trek ascent : 1290 m

Difficulty : Difficult

Type : Boucle Jurassic Vélo Tour

Trek

Departure : Saint-Laurent-en-Grandvaux, tourist information center

Arrival : Saint-Laurent-en-Grandvaux, tourist information center

Circuit in between two territories, you will discover the plateau of grandvaux and its lake of the Abbey, as well as Morbier and the Hauts de Bienne along its Gorges. Varied and typically Haut-Jura landscape, this loop will allow a beautiful discovery of our territories on all types of paths.

This Jurassic Bike 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 App Store. As you go along, signposts will indicate points of interest to discover.

On your path...



- Belvedere of Le Chatelet (A)
- The red kite (B)
- View over the old cheese dairy (C)
- Mont Noir forest (D)
- View over the lac des Rouges
- Morbier cheese (F)
- Truités peat bog (E)
- Morbier church (G)
- The Mill's Belvedere (H)
- Mixed fir, spruce and beech forests (I)

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

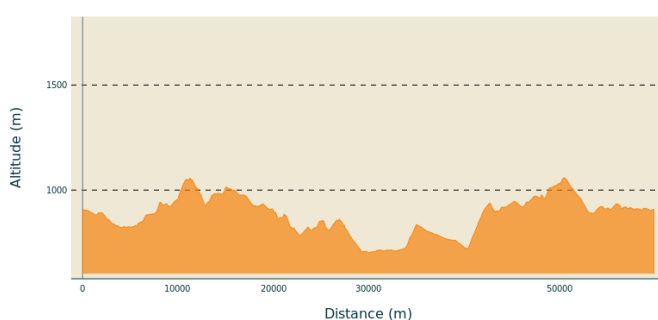
www.parc-haut-jura.fr

Le Grand Tétrás 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.

Altimetric profile



Min elevation 702 m

Max elevation 1058 m

Access

Parking place behind the tourist information center.

On your path...



Belvedere of Le Chatelet (A)

Here, the Lemme and its tributaries were subject to major ecological restoration works in 2012 to allow the marsh in Le Chatelet to regain its role as a natural waterway regulator.

An interpretive sign explains which malfunctions had appeared due to previous developments, presents which restoration works were carried out and their advantages, and lists a few wildlife and plant species that live in this environment.

Attribution : Pierre DURLET/ PNRHJ



The red kite (B)

This raptor is easily recognisable due to its long, indented tail. With its impressive size, this bird is a wonderful glider. It looks for its food in-flight. An opportunist, it watches the ground attentively to find rodents, lizards or the carcasses of other dead animals. Small prey (insects, earthworm or reptiles) can be hunted by walking through the meadows. Therefore, you will often see the red kite above freshly-cut meadows.

Attribution : Fabrice Croset



View over the old cheese dairy (C)

As from the 18th century, cheese specialisation and the pooling of milk in cooperative structures - "fruitières" - brought farmers out of a self-subsistence economy. Cheese production, which became more and more organised, also became more profitable thanks to the trade networks promoted by "rollers" (road hauliers) in particular. Traders would deliver cheeses to the main French cities, including Lyon.

Attribution : PNRHJ - F. Jeanparis



Mont Noir forest (D)

Spread across 1873 hectares, the Mont Noir massif is one of the largest Jura forests. It is currently made up of dark-leaved trees, such as fir, spruce and beechwood, hence its name. Stags, boar and roe deer live here alongside the lynx and the western capercaillie. Wood exploitation is an important economic activity for our mountains. However, the forest also accommodates hikers wishing to take long walks on the waymarked paths, both during summer and winter. Share this area and be careful if you come across forest works.

Attribution : PNRHJ / B. BECKER



View over the lac des Rouges Truites peat bog (E)

Inherited from the icebergs which covered the Jura ten thousand years ago and left behind moraines with water-tight bottoms, a peat bog formed from the accumulation of stagnant water full of cold-resistant plants. The moving soil in peat bogs are made up of a thick carpet of peat moss, on which a few well-adjusted plants are able to grow (cranberry, cottongrass, andromeda, drosera, mountain pine, etc.) These fragile environments are of biological interest and must therefore be preserved.

Attribution : PNRHJ - F. Jeanparis



Morbier cheese (F)

While it is now mainly manufactured in dairy workshops, referred to as “fruitières”, Morbier cheese is originally a “farm cheese” requiring very little milk (60 kg). Its creamy texture is marked by a thin black streak through the middle. Some see this streak as an attempt to copy the blue cheese of Septmoncel, which was very popular at the time; others explain that the curd used to be produced twice daily and was protected from insects thanks to this layer of soot with natural protective properties.

Attribution : PNRHJ / Gilles Prost



Morbier church (G)

The church's clock, dated 1840, is a "clock that rings every fifteen minutes and indicates the lunar phase using a small two-toned ball positioned above the main dial. The equation of time was engraved onto the church's southern facade in 1842 by Pierre Claude Paget. This system was later abandoned with the advent of railways requiring the use of a universal time." (*M.P. Renaud, 2006*).

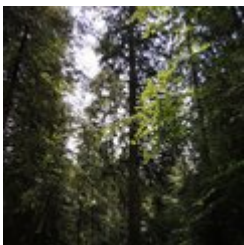
Attribution : PNRHJ / Roman Charpentier



The Mill's Belvedere (H)

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



Mixed fir, spruce and beech forests (I)

In the Jura, the montane zone is located at an altitude between 900 and 1700 metres. In this area, forests are mostly comprised of fir trees, spruces and beech trees. Beech, which is still sometimes regionally referred to as "fayard", is well suited to the mountainous climate. This tree produces beechnuts, which are eaten by game. The hard wood of the beech tree used to be often used by "boisseliers", wood turners. Today, it is excellent for use as firewood.

In the High-Jura, these mixed forests are usually managed according to a selection system. Unlike plantations, this method of management allows trees of different species and ages to grow on the same site, thereby ensuring increased biodiversity.

Attribution : (PNRHJ - F. Jeanparis)