



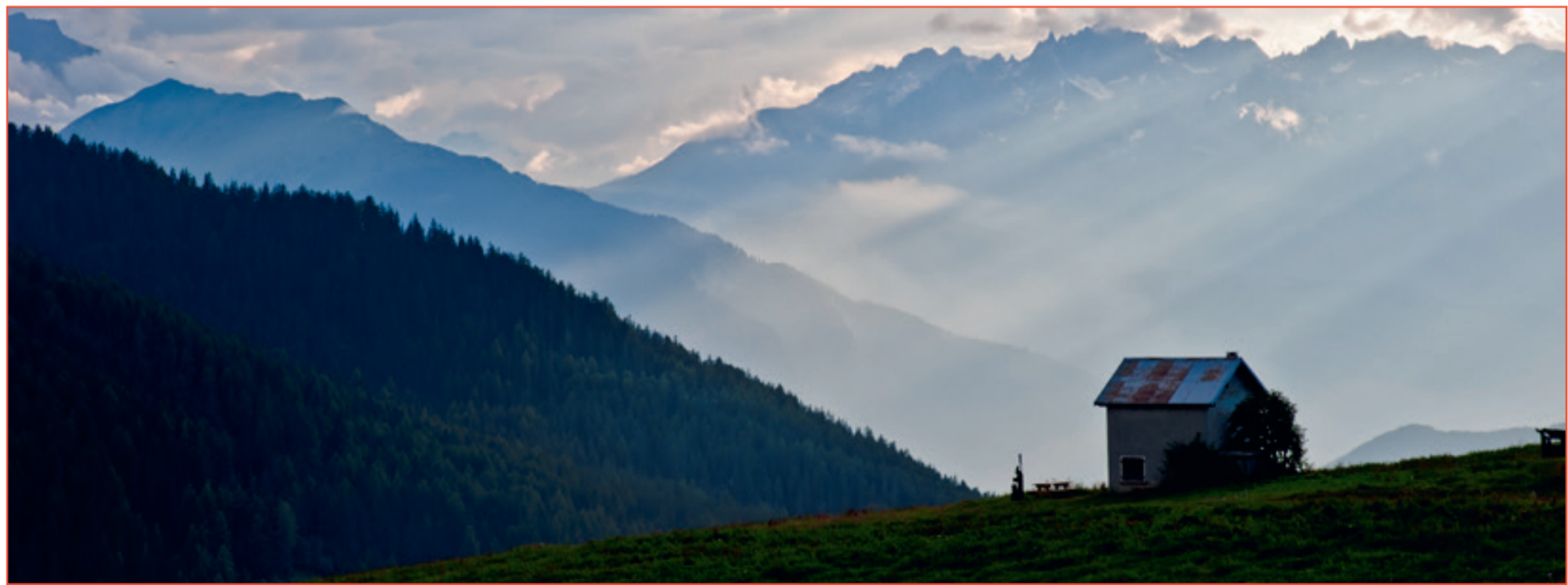
**Légend:**

- Walking trails
- Themed footpaths
- Picnic table
- Chapel
- Point of view / Orientation table

**DA:** Departure point: Chaillet car park for trails n° 1/2/3/14 and access to the Biodiversity footpath.

**DB:** Departure point: Maignonne car park for trails n°5/6/11/15. Access to the Bief Bovet.

**DC:** Departure point: Top of the Cable Car. Access to Mont Jovet footpath, "Alpagists" trail and Enchanted Pastures walk.







Descend by car until the village of Longefoy. At the entrance to the village turn left in the direction of Notre Dame du Pré and park your car on the road below the chapel. You will find the footpath via the road that goes up past a modern barn. You will find the footpath on the right through the pine and beech trees. Built on a small hill this chapel which can be seen from the valley is well worth a visit or a small detour.

**The fauna walk**  
 Longefoy 3 km 10m - 1,5hr

**The tree and forest walk**  
 Aime & Longefoy 4 km 50m + 2hrs

**The Superga Chapel**  
 N-D. du Pré 1,4 km 20m - 20mins

## Themed footpaths

### Biodiversity footpath

#### Route 1

Departure DA 0,5 km 10m - 40mins

#### Route 2

Departure DA 1,6 km 40m + 60m - 2hrs

Aimed at children and families, and created in partnership with the school of Longefoy, this interactive and playful footpath is based on the biodiversity you can find in the mountain forests. All along the path you will find more than 20 educational panels that explain in a playful way (with games, puzzles, exercises etc. ) the whole biodiversity of our environment. From the departure point in the car park follow the information panels, 2 circuits are available depending on the age of the children:

- A short path aimed at young children under 3 years old (30 to 40 minutes walk).
- A longer path aimed at children above 6 years old (2 hours walk).

### The Bief Bovet walk

Departure DB 6,4 km 150m + 3hrs

After you have parked your car in the Maignonne car park, go up 50m (in the direction of the Mairiers road). You will find on your left a small footpath. After about 100m you will see on your right a small footpath which is the start of the Bief Bovet footpath. The trail has 80 information panels along the route where you can discover the history of this little stream, whose water is shared between the two communities of Aime and Longefoy.



The departure point of this themed walk is located in the heart of the village of Longefoy, next to the memorial, in the left are the south facing houses of the village and on your right are the allotments of the village. This footpath has 10 information panels telling you the history of the canal which was built during the 1850s to drain the marshland located to the west of the village.

**The Canal walk**  
 Longefoy 0,6 km none 20mins

**The tree and forest walk**  
 Aime & Longefoy 4 km 50m + 2hrs

**The Superga Chapel**  
 N-D. du Pré 1,4 km 20m - 20mins

### The « Alpagists » trail

Departure DC 3 km 150m - 1hr

The "Alpagists" trail is telling you, through a range of information panels, the history of former shepherds in the mountain pastures in Prajourdan (life, work, Beaufort production...).

From the top of the cable car, follow the path towards the artificial water damming over 400m. The walk and its information panels begin at the chalets.

### Enchanted Pastures walk

Departure DC 3 km 40m + 30m - 2hrs

Who hasn't heard or read a fairy tale during their childhood? Do not think that the wonders of these fairy tales and legends are only for children. You will enter the world of dreams, pleasure and enchantment along the enchanted pastures footpath. At the top of the Fornelet chairlift you can discover a footpath on the theme of the wonderful world of the fairy. All along the path you will find strange figures and information panels will tell you all about the fabulous tales and legends of our mountains.

**Access:** From the top of the Fornelet chairlift, go up 900 m after the reservoir then turn right.

### Mont Jovet footpath

Departure DC 3 km 575m + from 2hrs to 4hrs

The Mount Jovet is 2,558m high; it is the highest point of the district of Aime. During this walk you will discover a large landscape, from the Mont-Blanc chain to the Pelvoux; this makes one of the most beautiful views in the Alps. There is an orientation table at the top which indicates all the surrounding peaks.

**Access N° 1:** Via the Tete du Jarsey: about 900m after the reservoir take the slightly steep path on the right called the "Lac des Grenouilles".

Be Carefull: steep path following the ridges of the mountain.  
**Access N° 2:** Via the Signal pass: follow the signs "Mont Jovet" along the pastoral path for around 3 km; you will then see a windy climb up on your right.

**Access N° 3:** Via the Pas de Brebis: continue on the pastoral path until the hamlet of Etroits where you will find the footpath.

Accessible from the climbing area in Notre Dame du Pré. Park your car in the car park then go back down the road until the first hairpin bend. Turn left in the direction of the botanical footpath. You will arrive in a clearing with a water basin, known as Lavancher. Descend the footpath on the right, go over the little foot bridge, before the fork on the left the footpath goes down towards the Nant Thierry torrent. Cross over this torrent before going back up a slightly steep slope until you meet a forest track.

Departure DB 7 km 130m + 3hrs

### Footpath 15

From the Chaillet car park, the path takes you to La Roche village, where the Olympic Bobsleigh track is arriving, crossing the hamlet of Praz Very and its beautiful meadow. Nice view on the valley.

### Footpath 14

After parking your car in the Maignonne car park take footpath 6 above the road and the Jean Franco holiday centre. You will then have a very pretty view of the Lauziere and the village of Pravin on the other side of the mountain. You will pass behind a little wooden chalet that overlooks the valley.

Departure DB 4 km 106m + 1,5hr

### Footpath 11

From the Maignonne car park, this walk takes you to Praourdan, top of the cable car, through the chalets of Praloudan, les Frasses, les Envers and the hamlet of Praourdan. Take the Bief Bovet footpath to come back. Panoramic view on summits and Mont Blanc. Look around, and if you are quiet, you will see the marmottes.

### Footpath 6

Departure DB 9,5 km 300m + 3hrs

## Advices

### For your security and pleasure

All footpaths are numbered and themed walks are marked with a letter.

- The footpaths are suitable for all ages.
- Do not leave the marked footpaths.
- Tell someone where you are going in advance.
- Do not forget to take suitable clothes also sunglasses, suntan lotion, food/snacks, camera and binoculars.
- Take your rubbish home with you and do not pollute the water.
- Do not drink water from the mountain springs, streams, lakes...
- Dogs must be kept on a lead.
- In case of an emergency call 112.

**The weather can change very quickly in the mountains, check the weather forecast.**



### Our partenairs :



Création & Impression Ledwines - 04 79 07 06 39 - Crédit photos : Philippe GAL

From the Maignonne car park, walk back down the road until the residence Jean Franco. Take the path to your left and continue until you reach a wooden basin. This place is called "Lavancher", the you reach Montgesin. Nice view on the Lauziere mountains.

Departure DB 4,5 km 102m + 1,5hr

### Footpath 5

« la Superga ».

Panoramic view of the village of Longefoy and the chapel forest and meadows and crossing the hamlet of Le Bois. From the entrance of Montalbert, nice walk through the

Entrance of Montalbert 5 km 150m + 1,5hr

### Footpath 4

(Shorter alternative way from the departure point, through the forest). Nice view of the Mont Blanc at the Bief Bovet.

Departure DA 7 km 330m + 2,5hrs

### Footpath 3

From the Chaillet car park, this walk takes you across the village of Plangerland, Planchamps, Montvillers and Longefoy. Remarkable view of the valley and at its end the "Petit Saint Bernard" pass.

Departure DA 7/8 km 250m + 2hrs

### Footpath 2

From the Chaillet car park, follow this path above the resort towards the village of Montgesin and its chapel « Notre Dame des Neiges ». You will have a beautiful view of the valley and the south facing villages of Tessens, Granier, Cote d'Aime and Valezan.

Departure DA 4,5 km 150m + 1,5hr

### Footpath 1

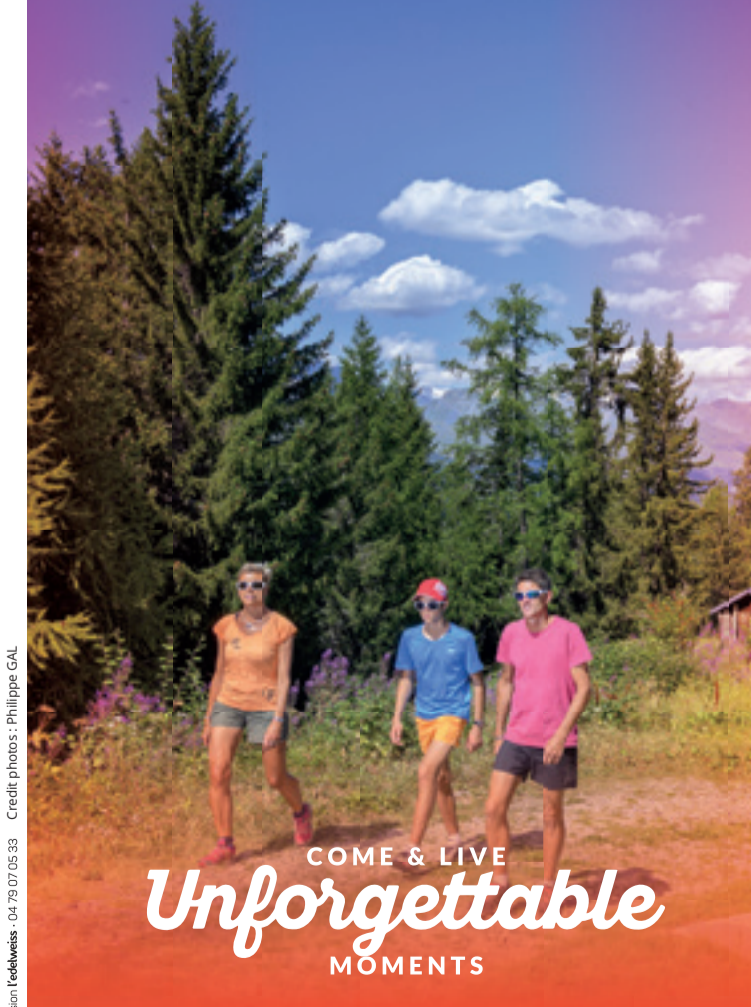
Departure DB 9,5 km 300m + 3hrs

## Walking trails



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