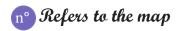


# Hikes on the «Versant du Soleil»



lake of sécheron to come back to Chapieu .

Name	n°	Level	Distance	Time	Start alti	Drop(m)		
MONTGIROD-CENTRON								
Water path	1		5km	2h	1200m	300m		
A walk on the theme of water, among forest and waterfalls.  Go through the village of Montgirod to the signpost «route de la montagne» (sentier de l'eau). The beginning of the path is at the sign "Sentier de l'eau". Walk alongside a small stream.								
Quermoz path	2		7km	5h	1120m	1000m		
Sporty hike, with a great panoramic view when you reach the top From the top of the village of Montgirod, take the path on your left towards Roche Durand (near the cross) and then up to the Quermoz mountain.								
Botanic and ecologic walk of Centron	3		4km	1,5h	590m			
Nature Trail  A walk around the artificial lake in the leisure park. If you want to go further, you can walk to the dam and back.								
Geological route	4	<b>←</b>						
Quermoz, VILLETTE  Glière walking trail  Highlighting the torrent and its facilities.  Set out from the Gliere carpark and cross lowing the signpost. Cross the bridge and ter hike, turn right before the sign for the	d follow the p «sentier balo	ver the Nant	the forest hut.	45 or 1,5h  path to the righ Go past the ora	atory and joir			
Explore the Villette alpine pastures, foest and waterfall.  Start from the Glière carpark and cross the bridge over the Nant Ago. Take the path «Charvaz», «le plan des fougères» and Tsorette waterfall. Follow the sign for «La Combe» (Keep following the path upwards along the stream). On the road continue for 25min until La Combe. Return by the same route.								
TESSENS			7 []	415	067	700		
Chapieu 8 7,5km 4h 967m 700m  Short ascent along the nant de tessens From Tessens Church, take the road to the «sentier balcon», walk along the river «nant de Tessens» to the «Chapieu». Come back on the same path.								
Janatan Rock tour	10		8km	4h	1697m	700m		
Great view from the top of Janathan Rock (particulary impressive at sunrise) Start from the Chapieu carpark (Tessens, turn left at the signpost «Arboretum de Tessens»). Take the path to «La Combe» near a big rock and the little bridge. Follow the path, at the junction «Quatre chemins» go up until you reach Janatan Rock. Follow the ridge that leads to the «Pointe du col» and then the «col de la légette». Return by the «chalet des mouilles», the «boulissoir», the								

#### aime



Feels like a balcony overlooking the town, vineyard and traditional houses.

Set off from the church square, pass the playground, then take the «chemin de la cascade». Keep going along the track past the houses. When you reach the road, follow it up to the bend. Turn right towards «Noyeray-Chavonnes». Before Champ Bernard, take the path climbing on the left (go past the Thais cave). When you see the cross at the top, go back down via Les Chavonnes and Grumailly. Come back to Aime by the road or take a short-cut along the paths.

#### GRANIER

**Laval - Plan Pichu** 15 6km 2h 1650m 300m

Small loop to explore the plateau of Plan Pichu

From the Laval carpark or from Plan Pichu. From Laval, take the path and go up. Go past a waterfall and the Marguerite's Chapel. Discover the Plan Pichu nature trail. Take a time to enjoy the landscapes.

**La Croix du Berger** | 16 | 8km | 4h30 | 1950m | 500m

Enjoy a beautiful view of the Saint Guérin dam and the Grand Mont. Open your eyes at the «Plan des Marmottes», to try and spot some! From the Plan Pichu carpark, follow signs to La Coire mountain refuge. Continue to the «Cormet d'Arêches» mountain pass. Turn right to the crest and stop at the Croix du Berger. Go along the crest and across The «Plan des marmottes» (you can extend your hike to the «Mont Coin»). Go down via «Plan Brunet» et «la chevalière».

**Tour du Crêt du Rey** 12km 5h 1650m 900m

Beautiful view to the Mont Blanc Mountain, Vanoise, Beaufortain..! After this climb to Cret du Rey take a break at the refuge From the Pre Jeune carpark, follow the «Tour du Beaufortain», go up to La Gouille lake. At the signpost, follow «Tour du Crêt du Rey par col de Corne noire». At the col, walk down towards the «lac Gran Gau». Pass below the Crêt du Rey to reach the «Col de Pierre Percée» and «Col de la Grande Combe». Return to Cormet d'Arêches then Pré Jeune by La Coire mountain refuge.

Le Pont de la Barrieux 18 Skm 2h 1230m 230m

A pleasant walk to explore the heritage, the forest landscapes and the mountain streams

From Granier, follow the signpost to «La Côte d'Aime». Pass in front of the St Grat chapel, turn left towards «Bonvillard». In Bonvillard go around the chapel and take the track. At the wooden sign «Pont de la Barrieux», enter the forest and go up. At the chalet, take the path left as far as «Pont Notaire». 2 solutions: return by the path down to the left to Bonvillard, or follow the track then the paved road. Leave this road to take the path down to Granier.



A fun trail where you can delve into the history of this man-made river and discover its unspoilt natural setting.

Set off from the car park of Prachanié. Follow Combe Bénite. The path is 70m further on your right. Take a look at the 12 signs along the trail of Grand Bief traced in the communal forest of Granier and along the irrigation canal formely known as "Bief". Arriving at the last sign, return to the start pointing through the same path or possibility of taking the forest track to make a loop.

A highly instructive trail on agriculture and forestry. Enjoy a picnic break near the la Charmille stadium! Ideal for families.

Starting from the village of La Thuile, take the balcony path. After two turns, go straight ahead and join the forest track. Pass in front of la Charmille stadium and the oratory. Return along the Granier road to La Thuile.

 Combe Bénite Trail running itinerary
 19/27km
 1250m
 1400m/2100m

For experienced sportsmen and woman in search of performance (Competition early September).

19km: From Granier take the direction of la Coire refuge then chalets of Cormet, Gouille lake, mountain pass and Pouprezaz lake. Downstream pass of Crêt du Rey and at the bottom of Pointe de Combe Bénite. Return by Bord-Pas, le Verraret to Granier. 27km: From Granier take the direction of the drag lift then le Verraret, the Pointe de Combe Bénite, mountain pass of Corne Noire, the Pouprezaz, the mountain pass of Cormet, the pathway of Croix du berger. Go down by Plan Pichu, then Bord Pas to Granier.

LA CÔTE D'AIME Path through the vines 1h15 1000m 30m Explore the lower slopes of «La Côte d'Aime», the differents villages and slopes traditionally used for cultivation of vines. From the parking of «chapelle du Villard». Take the path through the vines. Go back to the road by the track Apple path 2h30 1000m 250m Find out the highest part of « La Côte d'Aime », passing through apple orchards, meadow, pastures. From the town hall of La Côte d'Aime. Head towards « La Sciaz ». Follow Montméry. Take the path that goes to « La Bergerie » go past the St. Jacques chapel. Go down until « Pré berard » and reach the town hall. For a longer hike, go through «pré girod» (30 minutes longer). Departure from the town hall direction to Sciaz, Montméry, la Bergerie. At the top of the village take the direction of « pré girod » and reach the « rue des dodes » Foran path 1589m 100m A pleasant walk. Accessible to families with strollers or diasbled people. From St. Guérin chapel. Go through the valley until you reach the Laval bridge, go down as far as the chapel. 24 8km 2h30 1589m La Balme mountain refuge 400m An easy path accessible to any level of hiker at the base of the Pierra Menta and Roignais From St. Guérin chapel carpark. Follow the GR5, go through the valley as far as La Balme mountain refuge. An easy hike to see the impressive Pierra Menta rock. Return by the same route **Tour of Mont Rosset** 1589m 770m Head off on this trail which crosses forests and the alpine pastures of Mont Rosset leading you to a vantage point over the valley. Enjoy a panoramic view over the valley. From St. Guérin chapel parking. Take direction of chalet du Mont Rosset and then direction of Mont Rosset's pass. Go down direction to refuge of La Balme. Go back to the starting point via Laval bridge. 26 Portette lake 5h 1589 700m 10km Amazing walk to find out a beautiful mountain lake. A spectacular view of the Mont Blanc and Pierra Menta from the Charbonnière From St. Guérin chapel. Take the direction of chalet of Mont Rosset. The fork towards the lake is 15 minutes after the chalet of Mont Rosset on the left. Follow this path until you reach the lake. You can also go up until you reach the Charbonière pass. Cerdosse tour through the Mont Rosset 13km mini 5h 1589 1230m 750m chalet 8km Combine cycling and hiking to discover the mountain pastures of Mont Rosset, la Portette lake and the incredible viewpoints. Take a break at the Balme refuge. From St. Guérin chapel parking. Walk or cycle to Mont Rosset chalet. Secure bike rack avaiable. Passage through Portette lake, the mountain pass of Charbonnière and the Balme refuge. Return by the mountain pass of Mont Rosset to the chalet and then the car park. Combine cycling and hiking to discover the Foran valley, Portette lake and the surrounding mountains. From St. Guérin chapel parking. Walk or cycle to la Balme refuge. Secure bike rack avaiable. Passage through la Charbonnière moun-

Cerdosse tour through the la Balme	24		15km	mini 4h	1589	1000m
refuge	27	a) diffe	6,5km			660m

tain pass and la Portette lake. Return by the Mont Rosset mountain pass to la Balme refuge then the car parking.

Lake and refuge of Presset	28		14km	6h	1589	1000m
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The same itinerary as Beaufortain tour. From the lake, an amazing view of the Pierra Menta and the valley. For the more energetic, go up to the a grand fond mountain pass to admire the view of the Mont blanc, the glaciers, la Nova, la Pierra Menta...

From the St. Guérin chapel carpark. Walk towards to refuge of Balme (« la balme mountain refuge » path). Take the path left to « refuge of Presset and the lake ». You can also go to the « grand fond » mountain pass. Go back by the same way.



**Gargan passage** 29 14km 6h 1589m 1100m

Difficult hike, accessible for experienced hikers. An incredible view of the lake and mountains from the Gargan mountain pass! From St. Guérin chapel parking, go to the Balme refuge. Information on access and conditions is avaiable on site. From there, take the path that crosses the refuge then climb to the Gargan pass. You will cross a snowfield and some rocky bars. Return by the Presset lake, then the Balme refuge.

 The forebays path
 30
 7,5km
 2h
 1400m
 200m

Ideal for hot days, enjoy the coolness of this path along the forebays and canals.

Three possible starting points:

1/ From the car park below La Lance. Follow the Valezan canal to La Lance. Then take the path on the left to reach the Valezan canal to the Halles then turn right to take the GR5 along the canal of Les Chapelles. Reach La lance then reach the starting point. 2/ From the Pars car park take the path at the bottom of the chalet in direction of La Lance. Juste before La Lance, turn left and follow the canal of Valezan in direction of the Halles. Return by the Chapelles canal on the GR5, La Lance and the Pars car parking

3/ The loop can be made from St. Guérin chapel parking. Follow the Valezan canal and return by Les Chapelles canal.

Enjoy the alpine chalets and the old canals of versant du soleil on an easy and sunny route. Stop when you see « pauses artistiques ». Why not carry on to the Foran valley?

From «Les Pars » carpark. Go down until you reach the chalet and take the path right in the forest. When you leave the forest, take left and go up to the chalet « la Lance » and « des Fours ». Follow the GR5 trail until you reach the St. Guérin chapel carpark. Go back to the carpark via La Gitte.

#### **МАСОТ**

Enjoy the forest of Macot and many streams

From the multi-purpose hall / tennis court of Macôt. Cross the road and go towards Bonnegarde, then keep going up to the old mine. Follow the stream (Bonnegarde) to the Devil's table (table du diable). Follow « les villards de Macôt », « le couloir de la combe », « Montadry » and go down through « les chacruets » then Macot. At the top of La fontaine Street, take the path on the left to go back to the starting point.

Mine's path 33 2h 735m

Enjoy the entrance to the galleries, the miner chef's house and the pillars of cable transport.

From the multi-purpose hall / tennis court. Take the direction of Bonnegarde through the forest.

### VALEZAN

Cyprien trail 34 5km 2h 1180m 350m

Family walk of 5 km through streams and villages. It has a panoramic table that describes the features of the landscape and identify the different peaks

Fom the basin located in front of the town hall of Valezan. There is a sign « sentier de Cyprien ». When you arrive at « villard de Bellentre », cross the village and follow the signpost « Le Rocheray » then go up the GR5.

#### BELLENTRE

**Doll path** 39 km 3h 1190m 380m

Walk through the small villages, enjoy the quaint stone and wooden chalets called « montagnettes ».

From the church of Valezan, follow the Chapel's «Notre Dame des Lourdes», and take the path « sentier balcon des adrets de Tarentaise » passing through the villages of Picolard and Couverclaz. Before arriving in the village of «Les Chapelles», take left at the junction. When you arrive at the top, take the road on the left. At the next turn, leave the road and take the path to go to the village of Ravines. Follow the path on the left to the village of « La Lance » and go down via the GR5 trail.

## **E-BIKE TRAIL**

