

Quelques balades ...

CONSEILS AUX RANDONNEURS
pour votre plaisir et votre sécurité

RÈGLES DE SÉCURITÉ

- Consultez la météo avant de partir.
- Évitez de partir seul. Prévenez quelqu'un de votre départ et du parcours prévu.
- N'oubliez pas de vous hydrater, de vous alimenter et de faire des pauses tout au long de la randonnée.

ÉQUIPEMENTS

- Équipez-vous de bonnes chaussures et de vêtements adaptés à la montagne.
- Ayez dans vos sacs : crème solaire, casquette, lunettes de soleil, vêtements chauds et de pluie, téléphone portable en cas de problème.
- Munissez-vous d'une carte IGN. Ce plan est donné à titre indicatif, il ne remplace pas les cartes IGN.

LA BONNE CONDUITE

- Restez sur les sentiers tracés et évitez les prés de fauche.
- Respectez l'environnement.
- Attention aux troupeaux, tenez votre chien en laisse.
- Si présence de chiens de protection : gardez vos distances et contournez largement le troupeau
- Faites attention à vos déchets, remportez-les.

EN CAS D'ACCIDENT : 112 OU 18 | MÉTÉO : 32 50



Pour plus d'informations sur les sentiers, consultez les tracés sur notre site internet (scanner et rechercher le sentier souhaité)

** DESCRIPTIONS OF THE WALKS IN ENGLISH ON THE SECOND PAGE **














- ### LÉGENDE
- Auberge
 - Chalet
 - Refuge
 - Chapelle - Eglise
 - Informations - Office de Tourisme ou Syndicat d'Initiative
 - Parking
 - Piste cyclable
 - Base de loisirs des Versants d'Aime
 - Base de loisirs de Centron
 - Rafting, canoë
 - Camping
 - Cave coopérative laitière ou fruitière
 - Fabrication de Beaufort
 - Départ de randonnées
 - Table d'orientation
 - Parcours d'orientation
 - Table pique-nique
 - Rocher d'escalade
 - Pump Track
 - Skate Park
 - Espaces hivernaux
 - Arboretum de Tessens
 - Les lieux dits des alpages de Foran
 - GR5 : Sentier de Grandes Randonnées
 - TB : Tour du Beaufortain
 - Sentier Balcon des Adrets de Tarentaise
 - Accès aux villages
 - Grand Tour de Tarentaise
 - Facile
 - Difficile
 - Moyenne
 - Très difficile



HIKES ON THE "VERSANT DU SOLEIL"



 REFER TO THE MAPS

Name	n°	Level	Distance	Time	Start alti	Drop (m)
MONTGIROD-CENTRON						
Water path	1		5km	2h	1200m	300m
<i>A walk on the theme of water, among forest and waterfalls. You will be able to enjoy the waterfall of Sagellan and at the end the chalet of the Plans. Go through the village of Montgirod to the signpost «route de la montagne» (sentier de l'eau). Continue to the car park (2.5km).The path begins at the sign "Sentier de l'eau".</i>						
Quermoz path	2		17,5km	8h	1120m	1240m
<i>Sporty hike, with a great panoramic view at 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 through "le sentier de l'eau".</i>						
Botanic & ecologic walk of Centron	3		4km	1h30	590m	1240m
<i>Discover the botany of the leisure center and the ecology of the dam of Centron. Go around the lake of Centron (discovery trail). To continue, take the sand road up to the SNCF hopper and turn left onto the road to the dam. Arrived at the dam, turn around. Return by the same way.</i>						
Villaret path	4		3km	1h30	770m	200m
<i>A historic path that crosses the old fields to join the old Sarde path that linked Aime and Moutiers via the Verrou du Siaix. Start from the car park near the public litter bin at the entrance of the village. Cross Villaret and follow the main road to the verger at the end of the village. Follow the green and yellow signposts of the Villaret loop. Go through the undergrowth and the old Sarde path and return to the Montgirod road. After the crossroads of the vines leading to Villette, turn left towards Villaret and the chapel of St Jean Baptiste. WARNING : difficult path, narrow and stony passages to be avoided by bad weather.</i>						
Loop of the forest cabin	5		2,5km	55min	800m	200m
<i>Highlighting the torrent and its facilities. Start from the La Glière carpark. At the bridge, cross the Nant Agot and take the path going up to the right in the forest. Join the balcony trail (directional sign). Then to the right, cross the torrent and follow the trail descending to a forest cabin. Pass in front of the oratory and join the road. Return to point departure. Possibility to do the small loop, taking at the cross on a tree (do not join the trail Balcony). A trail on the right will lead you to a scree then take the road for the return.</i>						
La Combe path	6		12km	5h	800m	1000m
<i>Explore the Villette alpine pastures, forest and waterfall. Start from the Glière car park 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.</i>						
Combe - Chapieu	7		4km	2h	1750m	200m
<i>Enjoyable balcony path and flat for over half of the walk. By car, go to Charves (above Vilette), then Plan Villard. After several bends, leave your car. Just before the village of La Combe, take the path on your right towards the «quatre chemins» 30 min and the Chapieu 1h.</i>						
TESENS						
Hamlet of La Pesée	8		2km		1697m	
<i>From the valley of La Pesée, enjoy a beautiful landscape of the Tarentaise valley and Janatan Rock. Start from the Chapieu car park (follow and cross Tessens, at the second bend, turn left towards the Arboretum and the Chapieu car park). Discover the hamlet of la Pesée and its chalet, you are now in the pastures of Tessens.</i>						
Janatan Rock tour	9		8km	4h	1697m	700m
<i>Great view from the top of Janathan Rock (particulary impressive at sunrise). Start from the Chapieu car park. Take the path to «La Combe» near a big rock and a 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 lake of sécheron to come back to Chapieu.</i>						
Tessens Arboretum			200m		1350m	200m
<i>Small path to observe trees, bushes and plants of Tessens forest. From the church of Tessens, take the road towards Granier. On a very narrow bend, at the «Montagne de Tessens» viewpoint, take the small road on the left. After 2km, you will find a wooden basin, streams and a small car park.</i>						

Name	n°	Level	Distance	Time	Start alti	Drop (m)
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AIME

Grumailly path

10



5,7km

2h30

700m

320m

Feels like a balcony overlooking the town, vineyard and traditional houses. A path crossing grasslands and hamlets.

From the church square, go past the playground and at the top, take the "chemin de la cascade" on your left. Follow the path past the houses. When you reach the tar road, follow it to the bend then turn right, continue for 10 minutes and you will reach the Aime-Granier road. Follow «Noyeray-Chavonnes». Before the Champ Bernard, take the path that goes up on the left (pass the cave of the Thais). When you see the cross at the top, go down via "Les Chavonnes". At Grumilly, follow the road and take the path on the left. At "la Ruaz", go straight on to the church.

Four-season path

11



3km

2h

680m

100m

Ideal for families, presence of playful panels and blocks (set up by the school maternal Pierre Borrione).

Start from the Pierre Borrione school, take the path that goes up and join the road. Go down 100m and take the path on the left. Continue the climb and at the bench, take the descending path to Villarolland. Follow the road for 200m and take the "chemin des Ziguelettes". At the intersection, take left the "chemin des Plantées" then right after the first house. Back to the school path.

Les Esserts path

12



8,5km

2h15

680m

200m

A path that crosses firs, pines, larches, beeches and lime trees.

On the Aime-Macot road, turn right and go under the bridge. Drive past the sawmill and over the bridge. Leave your car. At the crossroads, turn left and go up to the village of Les Esserts. Go back the same way.

GRANIER

Laval - Plan Pichu

13



6km

2h

1650m

300m

Small loop to discover the unmissable Alpage of Plan Pichu, its plateau and its Beaufort manufacturing chalet. Possibility to park in Plan Pichu to discover the plateau and the botanical trail 13 (45min walk).

Start from the Laval car park near the war memorial and climb along the trail. At the waterfall and at the chapelle Ste Marguerite (botanical trail not to be missed 13), cross the stream by turning right on the plateau of "Plan Pichu". Return by the same path.

Croix du berger

14



8km

4h30

1950m

500m

Trail between Tarentaise and Beaufortain. Follow the ridge and observe a beautiful view of the dam of St Guérin and the Grand Mont. Open your eyes at the «Plan des Marmottes», to try to spot one !

From the Plan Pichu car park, follow signs to "La Coire" mountain refuge . Continue to the «Cormet d'Arêches» mountain pass. Turn right to the ridge and stop at the "Croix du Berger". Go along the ridge and across the «Plan des marmottes» (you can extend your hike to the «Mont Coin»). Go down via «Plan Brunet» et «la chevalière».

Crêt du Rey

15



12km

5h

1650m

900m

Beautiful views of Mont Blanc, Vanoise, Beaufortain and Oisans... !

From the «Pré Jeune» car park, 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.

Bridge of la Barrieux

16



5km

2h

1230m

230m

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

From Granier, follow the signs for «La Côte d'Aime-Valezan». Turn left on the gravel road towards Bonvillard. In Bonvillard, at the left of the chapel, take the gravel road for 50m, then take the small path «Pont de la Barrieux». At the bridge, follow the stream. At the chalet, take the path on the left as far as the «Pont Notaire». Follow the gravel path, then the tarred road to go back to Prachanié, then go down to Granier.

Grand Bief path

17



4km

1h30

1410m

150m

Playful course offering you a dive into the history of this celestial watercourse and discover a preserved nature.

Start from the Prachanié car park. Direction Combe Bénite, the trail is located 100m after on your right. Follow the 12 signs that punctuate the Grand Bief trail, laid out in the communal forest of Granier and along the irrigation canal formerly called "Bief". Arrived at the last panel, return to the point of departure via the same trail or possibility to take the forest track to do a loop.

Notre-Dame-du-foyer Chapel

18



4km

1h30

800m

200m

Family walk in the forest and meadows of Granier by a balcony path.

Start from the village of Granier, follow the D218 towards the chapel of Notre-Dame-du-Foyer. Take the path at the hairpin turn and follow the forest track. After 500m, take the path on the right that follows a small river. Arrived below the Traitaz, go down to the refreshment bar of Prachanié and return to the village by the marked path.

Combe Bénite & trail course



19/30km

1250m

1300m
2300m

Sporty trail that will take you to the unmistakable peaks of Granier.

Two trail routes of choice for experienced athletes: 19km or 30km. More information on combebenite.fr (Competition early September)

Possibility to climb to the top of the "Pointe de Combe Bénite" from the parking lot of Prachanié. Follow La Chavonne, Le Verraret, Thiabard and Combe Bénite. Return by the same path. Round trip: 14km - climb 1150m D+ - 5h to 6h.

Name

n°

Level

Distance

Time

Start alti

Drop (m)

LA CÔTE D'AIME

Path through the vines

19



3km

1h15

1000m

30m

Discover the lower slopes of the Côte d'Aime, the different villages and the traditional vineyards.

From the Chapelle du Villard car park. After the Auberge de Cassiel, take the path through the vineyards. At the bend, turn right and take the gravel path back to the Villard road. Follow the road up for 200m (be careful) to the car park.

Apple path

20



6km

2h30

1000m

250m

Find out the highest part of « La Côte d'Aime », passing through apple orchards, meadow and 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 back the town hall.

For a longer hike, go through «pré girod» (30 minutes longer). Departure from the hamlet of la Bergerie. At the top of the village take the direction of « pré girod » and reach the « rue des dodes ».

Foran path

21



3km

1h30

1589m

100m

A pleasant walk. Accessible to families with strollers or person with reduced mobility.

From St. Guérin chapel. Go through the valley until you reach the Laval bridge, go down as far as the chapel.

La Balme mountain refuge

22



8km

2h30

1589m

400m

An easy path accessible to any level of hiker at the base of the Pierra Menta and Roignais peak.

From St. Guérin chapel car park. 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

23



10km

5h

1589m

770m

Discover the forest and the pastures of the Mont Rosset.

From St. Guérin chapel car park. Take the direction of "chalet du Mont Rosset". Then follow Mont Rosset's pass. Go down direction of refuge of La Balme. Go back to the starting point via Laval bridge.

Portette lake

24



10km

5h

1589m

 Lake : 700m
 Col : 850m

Amazing walk to discover a beautiful mountain lake. Spectacular views of Mont Blanc and Pierra Menta from the Charbonnière pass.

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 Charbonnière pass in 30 min.

Buckle : go back by the Mont Rosset pass, refuge of la Balme and the valley of Foran 11km/ 800D+.

Lake and refuge of Presset

25



14km

6h

1589m

 Lake : 900m
 Col : 1000m

Itinerary on the tour of beaufortain. From the Lac du Presset you can enjoy a splendid view of the Pierra Menta and the valley. For the more courageous, climb up to the Col du Grand Fond mountain pass to admire the view of the Mont blanc, the glaciers, la Nova, la Pierra Menta...

From the St. Guérin chapel car park. 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.

The forebays path

26



7,5km

2h

1400m or 1589m

200m

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

Two possible starting points :

1/ 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 park.

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

« Fours »'s Canals and pastures

27



7km

2h

1410m

300m

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 » car park. Go down until you reach the chalet and take the path left 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 car park. Go back to the car park via "La Gitte" or "Bon Pas".

Name	n°	Level	Distance	Time	Start alti	Drop (m)
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MACOT

Lime kiln loop	28		3km	1h15	820m	250m
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Discover an old lime kiln by following this short loop in the forest.

Start from the Sangot car park. Take the path entering the forest and along the river. Cross it by taking the small bridge then follow the path going up to the lime kiln. The return can be done in loop by the trail on your left following the direction of Sangot.

Grand Bochet path	29		6km (go&back)	2h	800m	140m
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Between forests and clearings, this trail will lead you to the GR5.

Take the path entering the forest, on the right of the road, at the exit road sign from the hamlet of Sangot (towards Bourg Saint Maurice). The route alternates between forests and clearings. Pass along the Barbottaz chalet. After crossing the stream in the forest, you will arrive on the GR5 which will allow you to join the villages of Bellentre or Montchavin.

VALEZAN

Cyprien path	30		5km	2h	1180m	350m
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Family walk of 5 km through streams and villages. A panoramic table describing features of the landscape will help you identifying the peaks.

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

Path of the 3 villages	31		4,5km	2h	1100m	200m
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A walk across villages through forest and pastures.

Start the walk from the car park of the centre in Valezan village. Walk down by the small alley on the right. At the school turn right on "chemin de la Montaz". At the turn, follow Montméry and the Inversets path then the one entering the forest. Cross the forest, the Nant des Moulins to reach Montméry. On the departemental road, take the up hill path next to the house: "sentier balcon des Adrets". Pass the chapel St-Jacques and on your way to la Bergerie, turn right on "sentier des Rottes". Climb up to the summit. Turn right on the road and after the bridge of la cluse, go down following the GR to Valezan.

BELLENTRE / BONCONSEIL

Doll path	32		4km	2h	880m	190m
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Walk through the small villages and enjoy the panoramic views of the valley and beyond.

Starting from the water tank of Bonconseil, follow the path as far as « Les Rottes ». At the crossroads of Les Rottes, continue along the same path towards the bus stop near the main road. Return by the same route. You can also start from the Grange de Bellentre (2/3 of the car park in the bend).



VISIT THE VILLAGES WITH OUR ORIENTEERING MAPS

Villages to discover: Aime / Macot /
La Côte d'Aime / Valezan / Centron.

More information on the QR code or on
the carto-guides available at the Tourist
Office of La Plagne Vallée

GO ON AN ELECTRIC MOUNTAIN BIKE TO DISCOVER THE VERSANT DU SOLEIL

Enjoy varied itineraries between typical
villages and mountain trails.

More information on the QR code or on
the carto-guides available at the Tourist
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