

WALKING HIKING GUIDE

HAUT-CHABLAIS



CCHC
COMMUNAUTÉ DE COMMUNES
HAUT-CHABLAIS

STAYING WHILE OUT HIKING SAFE

9 **The mountains are a natural setting.** There are always risks but these walks are not technically difficult and do not follow dangerous routes (rocks, aerial passages...). You are responsible for yourself: you must be equipped to help yourself and those with you. Choose a route within your capabilities and be prepared to turn back if the weather deteriorates (storms, fog...).

BE PRUDENT BEFORE SETTING OFF

Tell someone of your planned route and the time you expect to return (family, host...).

Make sure you are well-equipped: take good walking boots, hat and sunglasses, warm clothes (it could be windy and cold at altitude), food and drink.

Do not take any short-cuts; leaving the marked trail is often the quickest way to get lost!



Easy*



Average difficulty*



Total change in altitude



Times



Mountain lifts

USEFUL MAPS

IGN: TOP 25-3528ET (Morzine)
TOP 25-3428ET (Thonon)
TOP 25-3429ET (Bonneville)
TOP 25-3530ET (Samoëns)

Maps of Portes du Soleil on sale at tourist offices.

SOMEONE TO WALK WITH

Local guides offer a range of supervised outings to explore the mountains safely. *List tourist offices (page 7).*

USEFUL PHONE NUMBERS

9 Chamonix weather forecast:
00 33 (0)8 99 71 02 74 or online:
www.chamonix-meteo.com
The weather forecast is on display in tourist offices.

9 International rescue services: **112**
(dial from a mobile).

HOW TO USE THIS GUIDE



D Starting point

D Optional detour

I Indicates orientation info (intersections, vistas)

I Disregard this footpath

Footpath described in the itinerary

Optional

Other footpaths to use as points of reference



Geopark of Chablais



Multi Pass



*Difficulty: the level is based on the length of the hike, its total vertical climb, but also on how rugged or far from help it is.



Walks for young children or with pushchairs.



FROM 10 JUNE
TO 3 SEPTEMBER 2017

With the **Multi Pass Portes du Soleil**, access to more than 50 activities or facilities for the whole family, especially mountain lifts that you can use in conjunction with the walks in this guide.

www.portesdusoleil.com





BELLEVAUX - LULLIN - VAILLY - REYVROZ

1- LE LAC DE VALLON	★★	Bellevaux	+110m	3h	8
2- LE MONT FORCHAT	★	Lullin	+160m	2h	10
3- DES CHALETs DE LA BUCHILLE AUX CHALETs DE PERTUIS	★	Vailly	+180m	1h	12
4- L'ORATOIRE DES PAS	★	Reyvroz	+50m	1h15	14

LA FORCLAZ - LA VERNAZ - SEYTRoux - SAINT JEAN D'AULPS - LA CÔTE D'ARBROZ - MONTRIOND

5- LA POINTE DE TRÉCHAUFFÉ	★★	La Forclaz	+400m	2h35	16
6- LE SENTIER DÉCOUVERTE DE LA VERNAZ	★	La Vernaz	+190m	1h40	18
7- LE PETIT TOUR DES CRÊTES DE SEYTRoux	★★	Seytroux	+350m	2h20	20
8- À LA DÉCOUVERTE DE SAINT JEAN D'AULPS	★	Saint Jean d'Aulps	+55m	1h35	22
9- LE TOUR DU CHAR DES QUAIS	★	La Côte d'Arbroz	+300m	1h50	24
10- LE LAC DE MONTRIOND	★	Montriond	+150m	1h45	26
11- LA CASCADE DES BROCHAUX ET LES LINDARETS	★	Avoriaz ou Montriond	-350m	1h50	28
12- ESCAPADE À CHAMPÉRY EN VALAIS SUISSE	★★	Montriond	+100m	2h30	30



MORZINE

13- LES DÉRÊCHES	★	Morzine	0	40 mn à 1h20	32
14- LE SENTIER DU RENARD ET LA CASCADE DE NYON	★	Morzine	+180m	2h30	34
15- LE LAC DE NYON GUÉRIN PAR NYON	★	Morzine	+200m	1h10	36
16- LE TOUR DES ALPAGES DE FRÉTEROLLE	★	Morzine	+190m	1h45	38

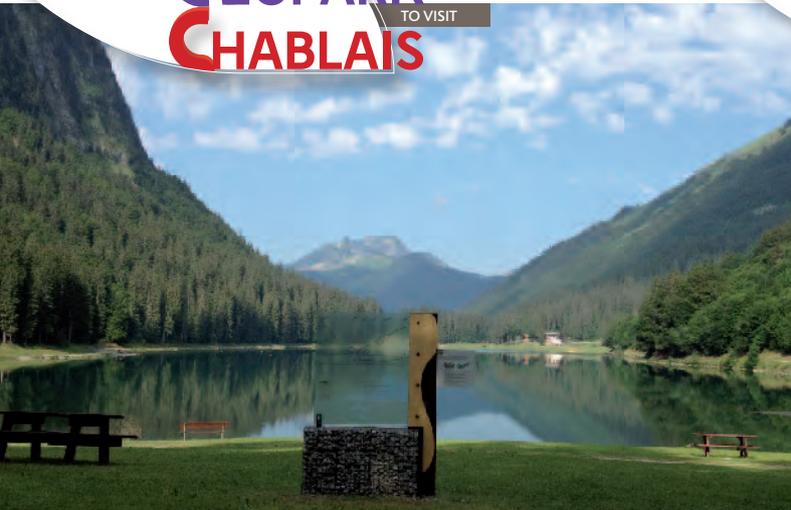
AVORIAZ

17- LA MINE DE LA LAPPYAZ	★	Avoriaz ou Morzine	+135m	1h45	40
18- LE LAC VERT PAR MOSSETTES	★★	Avoriaz	-774m	3h30	42
19- MORZINETTE PAR LES GRANDES SUTES	★★	Avoriaz ou Morzine	-650m	2h35	44
20- LES CRÊTES DE SUPER MORZINE ET LE BELVÉDÈRE DU LAC	★★	Avoriaz ou Morzine	+200m	2h30	46

LES GETS

21- BALADE AUX CHAVANNES	★★	Morzine	+100m -600m	3h	48
22- LE MONT CALY	★	Les Gets	+199m	1h45	50
23- LE CIRCUIT DES CHÈVRES	★	Les Gets	+40m -410m	1h30	52
24- LA BOUCLE DES CLARINES	★	Les Gets	+190m	2h	54

GEOPARK TO VISIT CHABLAIS



GEOSITES IN HAUT-CHABLAIS TO VISIT!

- **§ LE LAC DE VALLON (BELLEVAUX)**
- § LA FORÊT IVRE (VAILLY)**
- § LE BELVÈDÈRE DE REYVROZ**
- § LE BELVÈDÈRE DE TRÉCHAUFFÉ (LA FORCLAZ)**
- § LES GORGES DU PONT DU DIABLE (LA VERNAZ)**
- § LE LAC DE MONTRIOND**
- § LES ARDOISIÈRES DE MORZINE**
- § LE ROULEAU DE BOSTAN (MORZINE)**
- § LES REMONTÉES MÉCANIQUES D'AVORIAZ (MORZINE)**
- § LE LAC DES ÉCOLES (LES GETS)**

TOURIST INFORMATIONS OFFICES

HAUT-CHABLAIS

→ LES GETS

89, Route du Front de Neige
BP 27 - 74260 Les Gets
04 50 74 74 74
www.lesgets.com

AVORIAZ

44, Promenade du Festival
74110 Avoriaz
04 50 74 02 11
www.avoriaz.com

MORZINE

26, Place Baraty
74110 Morzine
04 50 74 72 72
www.morzine-avoriaz.com



→ VALLÉE D'AULPS

1959, Route des Grandes Alpes
74430 Saint Jean d'Aulps
04 50 79 65 09
www.valleedaulps.com

LES ALPES DU LÉMAN

Chef-lieu
74470 Bellevaux
04 50 73 71 53
www.alpesduleman.com

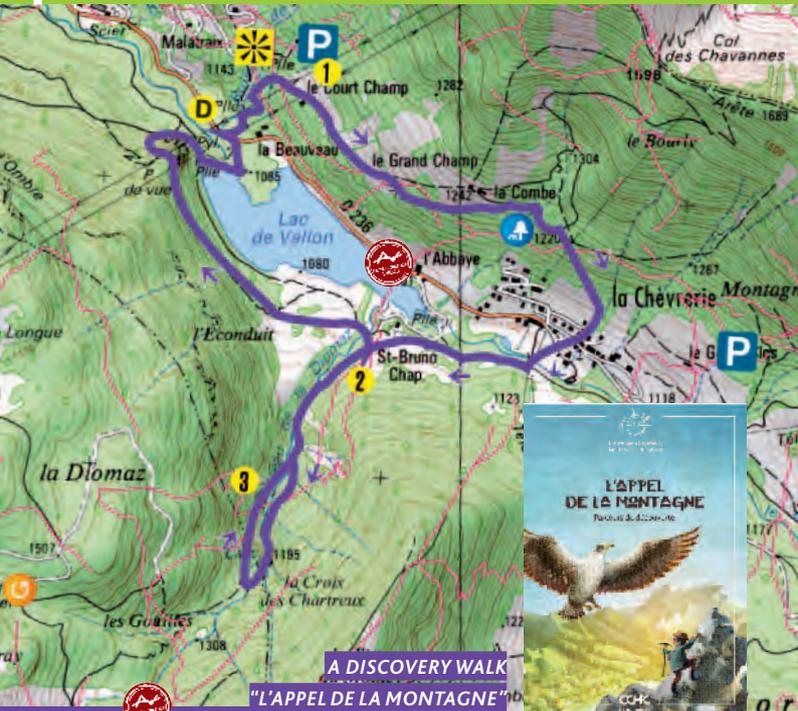
LE LAC DE VALLON

1

Section to access the waterfalls can be a little steep and slippery

+110 m

3h



LAKE'S EMERALD-GREEN WATERS HAVE A SURPRISING PAST...

- ➔ **D** At Bellevaux, head for the Vallon lake (6 km) and park in the car park when you arrive. Cross the road and walk up the forest path which passes the hamlets of Court Champ and Grand Champ.
- 1** Carry on along the forest path to the fork in the path, taking the path on the right that heads down into the forest as far as the Chèverrie. Then cross the road and head to “the Tête au Moine” restaurant, before continuing downhill through the field between two ski lifts, to the Brevon river where the path heads to the right, leading to the Chapelle Saint-Bruno esplanade.
- 2** Continue towards the Croix des Chartreux but watch your footing, and children’s, as the path can be slippery when it rains. The path heads uphill into the forest, as far as the Cascade de Diomaz waterfall (1 195 m). Have a look for the cross carved into the rock by the monks, which signals the limit of their domain. Look hard, and remember you could be standing on it!
- 3** Turn round and head back the way you came to Chapelle Saint-Bruno. Take the path on the left which will take you along the lake and back to the car park where you set out.



A DISCOVERY WALK
“L'APPEL DE LA MONTAGNE”

The Vallon lake is one of the Geosites in the Chablais Geopark. Explanatory panels tell the story of the Geopark and Vallon lake.

In the heart of Bellevaux, a discovery trail “The call of the mountains” awaits (L'Appel de la Montagne). Answer the call (suitable for families) using the booklet and the 7 resort “trials”. Information and booklet sales (5€) from the Alpes du Léman Tourist Offices.



LE MONT FORCHAT

2



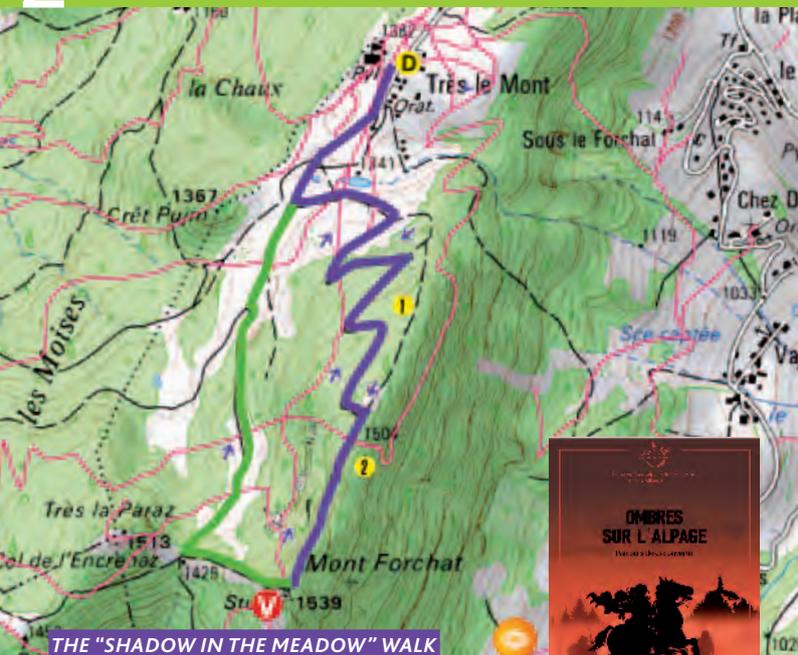
Optimal detour is not recommended with children.



+160 m



2h



THE "SHADOW IN THE MEADOW" WALK

What might the sound of galloping be in the night? Who are these shadowy figures rising from the bog? "Fanfoué du Terrebout" tells the strange story of the black rider and the surprising events that are linked to the Très le Mont meadows. In fact, the pasture lies at the foot of Mont Forchat and is a place climbers headed for before going on to conquer nearby summits. The 2 hour walk takes visitors deep into this magnificent venue, which is as grandiose as it is accessible for all. Experience what it used to be like in this Alpine meadow where people lived and worked for four months of the year.

Booklets available for sale 5 € in Tourist Offices of Alpes du Léman.

A MAGNIFICENT WALK AND A BREATHTAKING VIEW FROM LAKE GENEVA TO MONT BLANC!

- **D** From Lullin, head to the car park at Très le Mont, passing by the Col du Feu (6 km). From the car park, follow the dirt track, then take the path to the left that goes up towards the forest of pine and beech trees. Stay on the main path, follow the Black Rider.
- 2** Return by the same route.
- V** **OPTIONAL DETOUR (harder)**
At Mont Forchat, you can take the steep track towards Col de l'Encrenaz (1 429 m). At the col, head to the right and continue until the Très le Mont meadows. It should take about an hour's walk.
- 1** After a 50 minute walk, you will arrive in a clearing (where an annual mass for the pilgrimage of St-François of Sales is held). After another 10 minutes' walk, you'll reach Mont Forchat (1 539 m) where there is a breathtaking 360° panorama including views of Lake Geneva and Mont Blanc.



DES CHALETS DE LA BUCHILLE

3



A PRETTY WALK IN ALPINE MEADOWS

→ **D** At Bellevaux, head towards the chalets at Buchille, via the hamlet at Bossons. The track rises to the meadows at Buchille (6,5 km); leave your car below the chalets in the little parking area and take the track that heads up and to the right, towards the Pertuis chalets.

- 1** The path heads gently uphill through Alpine meadows to the Pertuis chalets (alt. 1 585 m) where you'll be able to see the Mévonne chalets at the foot of the sheer face of Mont Billiat and the Rocher du Jotty. Far away, from north to south, are the peaks of the Mémises, Dent d'Oche and Cornettes de Bise. Further away still you'll see the Swiss Valais mountains.
- 2** Return to the Buchille chalets by the same route.

AUX CHALETS DE PERTUIS

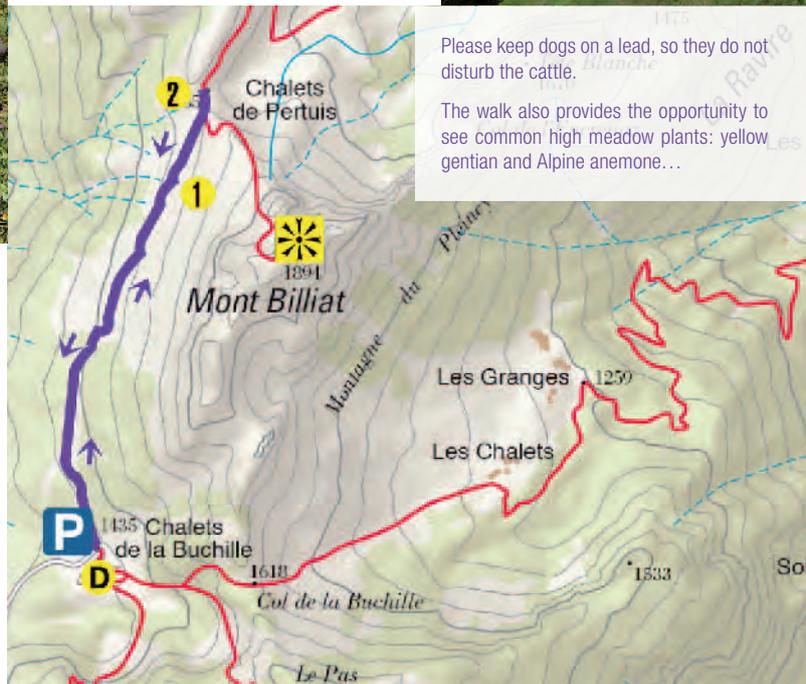


This walk explores the high altitude meadows of la Buchille, between Mont Billiat and Ireuse summit. In the old days some 300 cows were kept here. Today, dairy farmers live here from June to September so they can milk the cows twice a day.



Please keep dogs on a lead, so they do not disturb the cattle.

The walk also provides the opportunity to see common high meadow plants: yellow gentian and Alpine anemone...



L'ORATOIRE DES PAS

4



A SHADED WALK WITH A LAKE GENEVA VIEW

- **D** From Reyvroz church, take the road uphill to the Chapelle des Pas and follow the GR5 route signposted in red and white.
- 1** Once you arrive at the first oratory, carry on straight ahead to the next one, the Chapelle des Pas. The route meanders nicely in the shade of spruce and beech trees for around 30 minutes until you reach the Chapelle

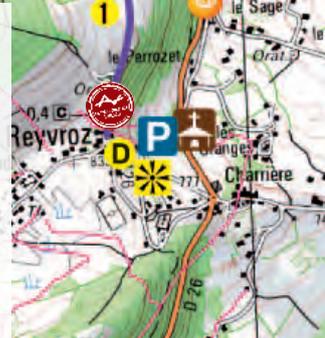
- 2** Head back the way you came and take a few minutes to find out more about the Chablais Geopark from the details posted on the information panel near the church, which indicates the "Belvédère de Reyvroz" Geosite.



THE GEOPARK AND GEOROUTE

The Chablais Geopark stretches from the southern shore of Lake Geneva to the peaks of the Portes du Soleil. It explores man and the Earth's shared history.

23 emblematic geosites that are independent yet complementary help explain how the Alps were formed, while also showing the countryside in a new light and helping us enjoy the riches on our doorstep.



LA POINTE DE TRÉCHAUFFÉ

5



The summit of the Tréchauffé Peak is very aerial!



+ 400 m



2 h 35



A PRETTY CIRCUIT OFFERING A MAGNIFICENT VIEW OF LAKE GENEVA

→ **D** Leave your car at the Col de Tréchauffé car park near the goat farm (6 km above La Forclaz village). From the car park, head back 300 m or so along the road towards Tréchauffé chalets.

When arriving at the top, you can leave the path to climb up, by going on your right, to the top of Tréchauffé Peak*.

2 Take the path to join the Col de Nicodex (alt. 1436 m) in about 45 minutes. There, the Poisat Alpine pasture is still occupied by local cows. Follow the sign (direction Col de Tréchauffé) to the car park by taking firstly the forest road and secondly a small path in the woods.

1 Take the track on your right towards Tréchauffé summit ("Pointe de Tréchauffé"), which you should reach in 1 hour 15. The track is steep to start with as far as Col de l'Aiguille (alt. 1400 m), but it gets easier through the woods, before arriving at a metal staircase which is there to help you make quicker progress uphill.



* Be careful!
The summit is very exposed as the southern and eastern side are cliffs (hold children's hands). It's definitely worth climbing up to the Tréchauffé Peak as there's a breathtaking view: Lake Geneva, the Jura mountains, the lower part of the Vallée d'Aulps (La Vernaz and the Mévonne cliffs).

TRÉCHAUFFÉ ALPINE PASTURE

These 50 ha of woods and alpine pastures constitute an unspoilt natural area that's home to a goat farm. Goat cheese is made here and you're free to visit the farm or to have a meal at the farm restaurant. The Tréchauffé goats are real Alpine goats from the "chamoisée" breed. They produce an extremely rich milk which is transformed into cheese right after milking time at the Tréchauffé farm. This cheese is called "chevrotin" and it is officially protected to guarantee its quality. Three other Alpine cheeses share this accolade (Tomme, Abondance, Beaufort). The architecture of the Chalets in the Vallée pasture is typical of the Chablais: the lowest part of the building is made of stone. The rest of is built of wood. In the past, families used to stay in these chalets for 5 or 6 months to allow goats and cows to graze peacefully on the lush grass.



LE SENTIER DÉCOUVERTE

DE LA VERNAZ

6



+190 m



1 h 40

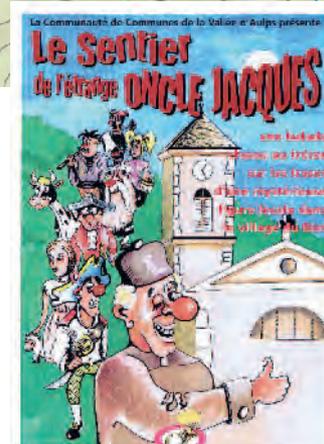


THEMED NATURE WALK: FAUNA, FLORA AND FORESTRY...

- **D** At the town hall, go to the wooden information panel that describes the walk and follow the Tarmac road to the Plan de la Chau. You can admire the lovely view of La Forclaz village, Ouzon, Reyvroz, Mevonne and Hermones. Continue on the forestry track for 500 m after the first panel about the Chablais peaks.
- 1** Follow the forest path, then go behind the concrete building and head down to the right. Along the way there are information panels explaining how to identify different trees and work out their age.
- 2** The path snakes through the forest until the pink marble quarry of La Vernaz. Continue on the forest track until you come to the Tarmac road and follow it until the first big bend. Take the path on your left which cuts across country, following the edge of the forest until you come across a little stream and cross an orchard. In La Villaz with its typical architecture, take the first road on your left which leads to La Vernaz.

THE PINK MARBLE QUARRY OF LA VERNAZ

Worked since the beginning of the 19th century, the quarry has always had a small output (max. 75 m³/year). On the other hand, this marble is of rare beauty: it can be found in churches or chimneys of the valley, like Aulps Abbey or in La Vernaz town hall, where the Marianne statue is in pink marble.



THE HUNT FOR ONCLE JACQUES TOUR

For children, a mystery tour following in the footsteps of a mysterious character from the village of Le Biot... Use this guide to find hidden clues to track down the identity of this person. You'll need to look all over the village! The game, which will take you about two hours, is suitable for children and adults and is nothing more than a gentle stroll. It's a great opportunity to find out a little more about the history of Le Biot too!

On sale in Vallée d'Aulps Tourist Office of Saint Jean d'Aulps to 1,50 € (reduced price for Multi Pass holders).

LE PETIT TOUR DES CRÊTES

DE SEYTRoux



Route can be wet underfoot if it has rained recently



+ 350 m



2 h 20

7



THE "HAUT-CHABLAIS" LAND AND KNOW-HOW ARE AN INVITATION TO HEAD UP THE MOUNTAIN FOR REAL!

Traditionally, the Alpine pastures in the Haut-Chablais have been used by many local farmers, and so they hold a fundamental place in the region's economy and the identity of the "terroir". Every year, farmers still give visitors the chance to take part in a real cattle drive up the mountain. This is no folkloric invention or recreation, as many farms open their doors to visitors for this fabulous event. It's an exceptional chance to share an experience with a farming family, which involves an early morning milking and cheese-making before the cattle drive gets under way to the meadows.

In May: "emmontagnées" and cow battle with the Herens breed; at the end of September to early October, the cows are brought down the mountain again ("démontagnée").

Information available from all Vallée d'Aulps and Alpes du Léman tourist offices.



A GENTLE STROLL THROUGH MEADOWS AND WOODS

- **D** Start from Les Culées, 5 km from Seytroux village. Drive to the end of the Tarmac road and then follow the forest road for 600 m. Park your car next to the wooden signpost.
- 1** Follow the forest path, towards Col de La Balme. At l'Avanchère, take the path on your right, towards Col de La Balme (alt. 1 445 m). Before heading uphill through Alpine pastures, cross the little wooden bridge (called "mouilles" locally), which is a handy way to avoid walking in the boggy terrain.
- 2** At the Col de La Balme, stop a moment so you can admire the astonishing view: in front of you stand the main summits of the Vallée d'Aulps (Pointe de Nantaux, Roc d'Enfer...). Follow the path to Les Culées along the ridge (Les Culées par les Crêtes). The path goes through woods until it reaches La Chette (alt. 1 458 m). Walk down to the chalets of Hautes Culées.
- 3** In Hautes Culées, turn right at the chalets to come back to the Culées but be careful if it's raining as the wooden planks can be slippery when crossing the ford.



À LA DÉCOUVERTE DE

SAINT JEAN D'AULPS

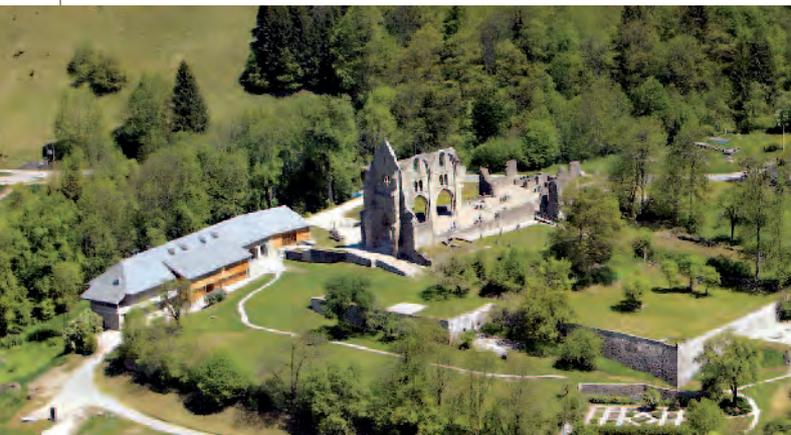
8



A WALK THAT EXPLORES THE VILLAGE'S HERITAGE

- **D** From the tourist office car park, go along the D902 road towards Morzine, then take the little path that heads down to the right (just after the MGEN building) and take the bridge across the Dranse river.
- 1** Next, head towards Moussière with its fine church. Then head to the left to Solféléry hamlet where the road becomes a track.
- 2** Once you arrive at Pont de la Tassonnère, head towards Bas Thex and Le Biot village. Go over the bridge and cross the D902 again, before heading up the minor road to Bas Thex.

- 3** At Bas Thex hamlet, head towards Saint Jean d'Aulps. After 15 minutes' walk, you'll arrive at the ruins of Aulps Abbey, with its a Visitors' Discovery Centre. Continue along the road to the centre of Saint Jean d'Aulps and back to the tourist office car park.
- V** At Bas Thex, head towards Le Biot for 10 minutes until you reach the Saint Guérin oratory. Saint Guérin was one of the main abbot of Aulps Abbey.



LE DOMAINE DE DÉCOUVERTE DE L'ABBAYE D'AULPS (Discovery Centre)

The Aulps Abbey is a unique site, steeped in history, in an enchanted setting whatever the season. This site features the remains of the Cistercian Abbey "Notre-Dame d'Aulps" with nearly 3 acres of green space, cellars, a former cloister and two gardens (a botanical garden and a medieval kitchen garden). The old monastery farm now houses a discovery centre that is unique in France, dedicated to the daily life of the monks who lived in the mountains in the Middle Ages.

Open every day from 15 June to 15 September from 10 am to 7 pm.

LE TOUR DU CHAR DES QUAIS

9



ALPINE MEADOW WALK WITH A MONT BLANC VIEW

- **D** From the Col de l'Encrenaz (alt. 1433 m), 4 km beyond the village of La Côte d'Arbroz, take the track behind the restaurant-bar (l'Encrenaz Bar).
- 1** At the fork in the path, go right towards Praz. Once you arrive at the signpost for "Les Pâquis" (alt. 1475 m), head left along the track lined with wild raspberries and blackberries up to Col de la Basse (you should allow 40 mins to walk up this 160 m section). From here you can see the Mont Blanc range in front of you and to your right, the Aravis range with its highest peak, La Pointe Percée.
- V** For an even better view, walkers with lots of energy can continue across the meadows to the right of the Col de la Basse and up to Char des Quais summit.
- 2** From Col de la Basse (alt. 1636 m), the forest track goes downhill through lush Alpine meadows bursting with Alpine flowers. During the summer months, local Abondance cows graze in these quiet surroundings. You should come across the Aup chalets before arriving back at Col de l'Encrenaz.

This walk goes through the Roc d'Enfer's Natura 2000 site; the aim of this initiative is to protect natural habitats and animals for the common good, while also respecting the economic activity that happens there too.

UNDERSTANDING PLACE NAMES

Le Char des Quais: the word char means a little promontory.

Quais are plants from the dock family; their leaves look like spinach.

Les Pâquis: pasture, meadow.

L'Encrenaz: mountain pass, or breach.



LE LAC DE MONTRIOND

10



This stretch of water is the third largest in the county at 33 ha (only Lake Geneva and Lake Annecy are bigger). Montriond's lake was created after a landslide from Nantaux mountain to the northwest. The Geopark information panels detail how the lake was formed (at the car park and in Ardent, with further "Payscope" information at the far end of the lake).

Lots of activities take place at the lake all year. In the summer, the lake becomes a focus for adventure activities with canoeing, kayaking, paddle, swimming (lifeguards from 1st July to 31 August), fishing, pony rides...

Fireworks show: every Saturday on August, a free light and sound spectacular is a hit with thousands of spectators.

A WALK AROUND A LARGE MOUNTAIN LAKE

- **D** From the car park of the lake, start walking to the far end of the lake. Follow the path along the lake under the cliffs (side of forest). Attention! You can cross VTT and rider.
- 1** At the end of the lake, follow the path which leads you through the forest, towards Les Albertans hamlet, which you'll reach in 10 minutes. Once there, take a moment to admire traditional and local architecture.
 - 2** Carry on walking until Ardent waterfall; you can gaze at it from the bridge which rejoins the main road. The waterfall is a 3rd category listed site (alt. 1 170 m). In the spring, the huge amount of water creates an impressive sight!
 - 3** Head back to the lake taking the same path and take a moment to admire the Roc d'Enfer in the distance. Carry on to the car park, taking the path on the other side of the lake. Allow 55 minutes to walk to the waterfall and 50 minutes to head back.



In winter, ice diving enthusiasts take advantage of the lake freezing over; the ice can measure up to a metre thick. There's also cross-country skiing, snowshoeing and other walks to do.

Take the Bus
to the lake.



LA CASCADE DES BROCHAUX

ET LES LINDARETS

11

BROCHAUX WATERFALL AND LINDARETS VILLAGE

Downhill

- 350 m

1h 50



A REINVIGORATING WATERFALL AND GOATS ROAMING FREE!

- ➔ **D** The footpath sets off from the Avoriaz plateau with quite a steep climb (70 m uphill) up onto the Avoriaz ridge.
- 1** This itinerary then continues downhill, indicated by the words Cascade des Brochaux on signposts. You'll reach this waterfall in about an hour.
- 2** At the waterfall (alt. 1 576 m), why not have a break (picnic or lunch) at the Abricotine refuge). Then continue along the route via the flattish footpath who follow the river, signposted to La Lécherette which you'll get to in about 20 minutes.
- 3** Walk down to the village of Lindarets to see the goats (see opposite). From Lindarets village (1 467 m), retrace your steps back to la Lécherette to take the "Lindarets" chairlift which will take you back to Avoriaz.

D V By car from Morzine to Montriond: start the circuit by parking at Lécherette (after visiting Lindarets). Take the Lindarets chairlift and start the itinerary at **1** in Avoriaz.



PUBLIC WORKS PLANNED DURING SUMMER 2017

12



AN EASY WALK WITH CHAIRLIFTS AND A CABLE CAR



You can reach Switzerland on this day-long outing and enjoy the diversity of the Portes du Soleil's countryside thanks to the lifts, which operate every day in July and August for uphill and downhill journeys (dates and times from tourist offices). And remember, Switzerland isn't only about chocolate and private banks...stop for lunch in Champéry and try local specialties including a rather special cheese toasty (la Croûte au fromage) and le Fendant, a gently effervescent white wine that grows on the terraces and hills above Lake Geneva.

→ **D** At Lindarets (Montriond), parking is advised just above the hamlet on Lécherette plateau. Continue in the direction of the Cascade des Brochaux (Brochaux waterfalls), which can be reached in 20 minutes.

1 You should take the following 3 chairlifts: Mossettes (uphill, French side), Mossettes (downhill, Swiss side) and Crossets II. From the top of the first chairlift (alt. 2277 m), there's a glorious 360° panorama of the French peaks (Roc d'Enfer, Hauts-Forts...) and the Swiss mountains called the Dents du Midi (alt. 3257 m).

2 From the top of Crossets II, walk about 10 minutes to the Croix de Culet cable car which will take you to the centre of Champéry. Return by the same route (remember to take note of lift opening times)!



Stop!
Passport please!
You are going to Switzerland, so don't forget your ID for customs checks at the border...

D V Starts from the same point in Avoriaz as walk n°11 (p. 28).



LES DÉRÈCHES

13



Flat route



40 mins small loop

1h 2nd loop

1h 20 3rd loop



A STROLL ALONG THE DRANSE RIVER

D From the Palais des Sports in Morzine, take the path between the swimming pool and the river Dranse, (where there is a marked fitness trail) with three possible loops.

1

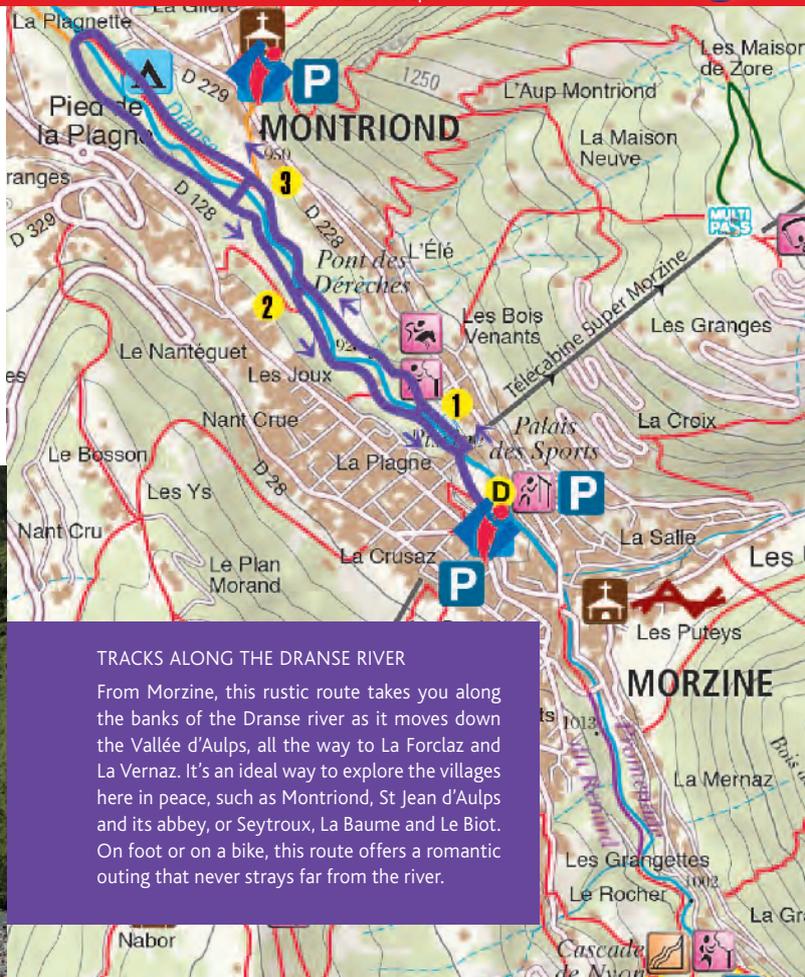
The 1st loop passes in front of the horse riding centre. You can take the first bridge and come back by via the other side of the river.

2

The 2nd loop: you can also continue on to the Dérèches bridge and return as before on the other side of the river.

3

The 3rd loop: after passing through the big field, the track goes into the forest, next to the Dranse river, and carries on past the football ground to the bridge (alt. 890 m), which you should cross to come back the other way.



TRACKS ALONG THE DRANSE RIVER

From Morzine, this rustic route takes you along the banks of the Dranse river as it moves down the Vallée d'Aulps, all the way to La Forclaz and La Vernaz. It's an ideal way to explore the villages here in peace, such as Montriond, St Jean d'Aulps and its abbey, or Seytroux, La Baume and Le Biot. On foot or on a bike, this route offers a romantic outing that never strays far from the river.

LE SENTIER DU RENARD

ET LA CASCADE DE NYON

14

+180 m
to l'Erigné

2h30



You can also reach the Mines d'Or lake
(allow 1 hour 30 there and back from Erigné).

For summer, a free shuttle bus linking the centre of Morzine and the Mines d'Or (gold mines) lake, with several stops along the route de la Manche. See the timetable at the Tourist Office of Morzine.



A WALK INTO THE VALLÉE DE LA MANCHE



D From the church, cross the old bridge and pass in front of the library to Rue Bidon. Pass below the road via the metal bridge. The footpath follows the river Dranse and passes the new fire station. Along the path are signs with information about foxes, the riverside environment and the valley's geology.

1

When you arrive at the car park for the Nyon cable car, head up to the right until you reach the Nyon waterfall (+ 15 minutes there and back). Follow the same path back down to the car park and continue following the Dranse along the riverbank.

2

Arrival at Erigné flat meadows. Return by the same path.



EXPLORING NYON'S ALPINE MEADOWS

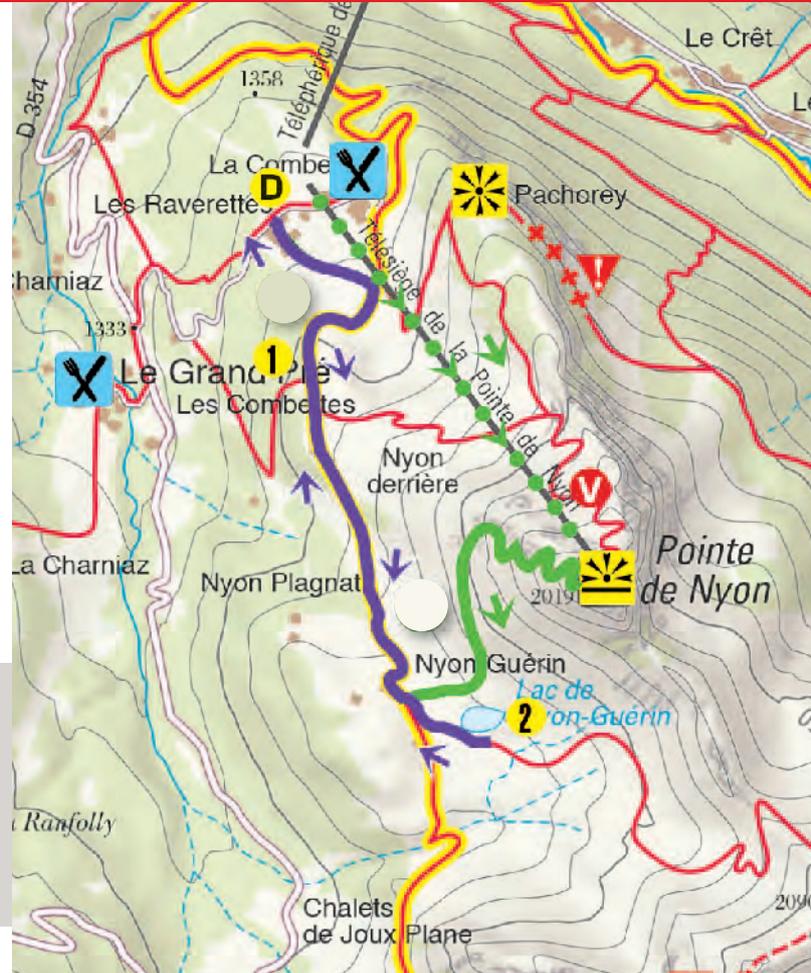
- **D** From the Nyon plateau (access by car via the Joux Plane road) take the path that goes through the meadows and up towards the Pointe de Nyon (start from the path opposite the sign at the top of the Pré Favre chairlift, follow the sign for the Nyon Guerin lake/ Col de Joux-Plane / Pointe de Nyon).
- 1** At the sign for Le Creux du Lavouet: 1 480 m, keep to the right on the path marked Col de Joux-Plane.
- 2** You'll arrive quickly at the Nyon Derrière chalets (alt. 1 530 m) and Nyon du Creux (alt. 1 620 m). The Nyon Guerin lake (an artificial lake created to supply the snow makers in the Morzine ski area) is just behind these chalets. Return by the same route.



You could also take the Pointe de Nyon chairlift to take in some spectacular 360° views. At the summit of the Pointe du Nyon, you can take a new and completely downhill path to the Nyon Guerin lake. This option offers stunning views of Morzine and the Vallée d'Aulps.

PROTECT YOUR CHILDREN!

In the mountains, children are more vulnerable than adults because they can get dehydrated and tire quickly, and are more sensitive to the cold and the sun, even when it's cloudy. Don't forget to cover their shoulders and neck, which get very exposed when walking! Sun cream, sunglasses and sunhats are strongly recommended as are solid walking boots with good ankle support.



16

★ Sections can be wet under foot

+190 m

1h45



THREE ROUTES IF YOU'RE GOING IN SEARCH OF COWS... AND LOCAL PRODUCE!

- D** Start from the Mines d'Or lake and walk up to the Fréterolle chalet (allow 20 minutes).
 - 1** This is your first pit-stop: try some goat's cheese or cow's cheese (bar and mountain restaurant). Rejoin the path signposted "Col de Cou par la forêt" (Cou pass via the forest). After 5 minutes' walk, turn right towards the Chardonnière refuge (allow 45 minutes). Take the log pontoons across the river (marshy sections).
 - 2** At Chardonnière river (alt. 1500 m), continue to follow signs for Chardonnière. You are at the foot of Terres Maudites, this great rock face who closed the landscape to the Dents Blanches. Here, in Plan des Heures, it is not uncommon to see roe deer, marmot or chamois!
- 3** Walk for 10 minutes to the Chardonnière bridge following the stream; keep walking and bearing right to join the footpath on the left which will take you back to Mines d'Or lake (25 minutes). The tour of the Mines d'Or lake: themed Geopark route, equipped with walkways to cross the marshy land where the orchids grow. If you are feeling peckish, the restaurant is your third (gastronomic) stop!



For summer, a free shuttle bus linking the centre of Morzine and the Mines d'Or (gold mines) lake, with several stops along the route de la Manche. See the timetable at the Tourist Office of Morzine.



LA MINE DE LA LAPIAZZ

ET LA FERME DE SÉRAUSSAIX

17



Steep and slippery section
in wet weather to get to the mine



+135 m



1h 45



MORZINE SLATE

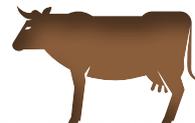
This is an informative walk: with information panels explaining Morzine slate, local grey gold that's been mined since 1732 in the cliff that dominates the Vallée des Ardoisières.

SÉRAUSSAIX ALPAGE

The Séraussaix Alpage was the first Alpine school in France! Every summer it hosts young students learning about mountain farming, and offering them a chance to learn in detail about sheep and the life of a shepherd.



Information
from Morzine and
Avoriaz Tourist Offices.



HISTORY AND TRADITION CLOSE TO AVORIAZ

- ➔ **D** From Avoriaz, go to the Falaise sector and walk through the Malinka and Saskia buildings, following signs for Proclou, then below the golf course and into the woods until you reach the mine and its vista.
 - 1** From the mine, retrace your steps and turn left onto the footpath that runs below the golf course. Follow the orange and yellow markers through the woods then the wooden signposts for Ferme de Séraussaix where, depending on the time of day, you can watch cheese being made (Tomme and Reblochon), buy cheese and even have a snack.
 - 2** From the farm, take the footpath that heads off towards Avoriaz through the meadows, where the flora is abundant and varied. You should get back to the Avoriaz golf course clubhouse in about 40 minutes.
 - 3** Once at the golf course, continue straight on and back to Avoriaz, about 20 minutes.
- D** At the Col de la Joux Verte (on the Avoriaz road), go back to the clubhouse and follow the path towards Avoriaz until you reach a turning on your right with a signpost for the mine.



LE LAC VERT PAR MOSSETTES

18



Mainly downhill



-774m

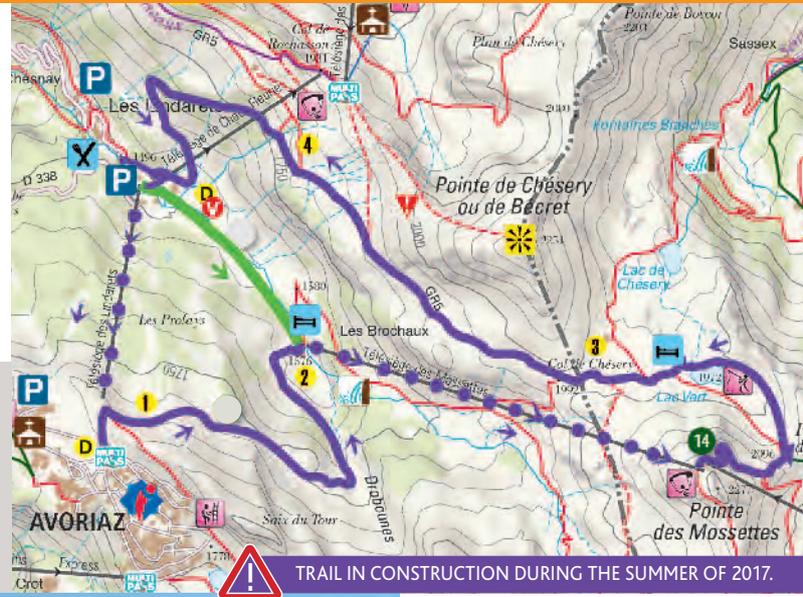


3 h 30 + chairlifts



AN ALTITUDE WALK AT THE BORDER SWITZERLAND...

- **D** The footpath sets off from the plateau in Avoriaz with quite a steep climb (70m vertical climb) up onto the Avoriaz ridge.
- 1** This itinerary then continues downhill, with wooden signposts for Cascade des Brochoux. You'll reach this waterfall in about an hour. After stopping at the waterfall, take the Mossettes chairlift.
- 2** At the top of the chairlift (alt. 2277 m) you'll be in Switzerland (yellow foot-path signs). Walk down towards the Lac Vert (alt. 1972 m) and the refuge (40 minutes). You might bump into the local shepherd with his flock of sheep. From the lake, walk up to the Col de Chésery (alt. 1992 m), which marks the French-Swiss border.
- 3** From the pass (col in French) follow signs to the Col de Rochasson (watch out for mountain bikers!).
- 4** At the 1805 m altitude marker, fork left towards Lécherette and Lindarets. The footpath crosses a small stream then continues in wide loops down to Lécherette (40 minutes). Return to Avoriaz by the Lindarets Express chairlift.
- D** By car from Morzine or Montriond: start the circuit by leaving your car at Lécherette (above Lindarets). From here, follow signs for Brochoux and catch the Mossettes chairlift (20 minutes' walk) and take up the itinerary from **2**.



Stop! Passport please!
You are going to Switzerland,
so don't forget your ID
for customs checks
at the border...

MORZINETTE PAR LES

19



Downhill trail

GRANDES SUTES



-650 m



2h35



ESCAPE TO HAUTS-FORTS TO SEE BLUEBERRIES AND MARMOTS

- **D** From Jean Vuarnet square in Avoriaz, walk up towards Hauts-Forts until you reach La Bec (alt. 1770 m), the starting point of the footpath called "Morzinette via les Grandes Sutes", indicated by a signpost fixed onto the rock.
- 1** Follow the track which rises gently next to the cliff face (hold onto children's hands) and follow the round yellow ground markers leading to Combe du Machon (1775 m). Continue to La Chaix (1750 m) and Plan du Vieux Chalet (1710 m). You might see, and you'll definitely hear, whistling marmots! Another 20 mins downhill and you'll arrive at the Morzinette chalets.
- 2** Morzinette (alt. 1600 m) is a summer mountain pasture with traditional chalets and pretty views over the Ardoisières valley. Return by retracing your footsteps and then follow signs to "Pied de la Sutes". This footpath goes quite steeply downhill through the forest, to Covagnes via the Plan des Rochers (forest path).
- 3** At Covagnes, catch the cable car back up to Avoriaz.
- D** **V** This circuit can be done from Morzinette: take the shuttle bus to Prodains, catch the cable car up and start at **1**.

LES CRÊTES DE SUPER MORZINE

ET LE BELVÈRE DU LAC

20



Elevated section at belvedere
Keep hold of your children!



+200 m



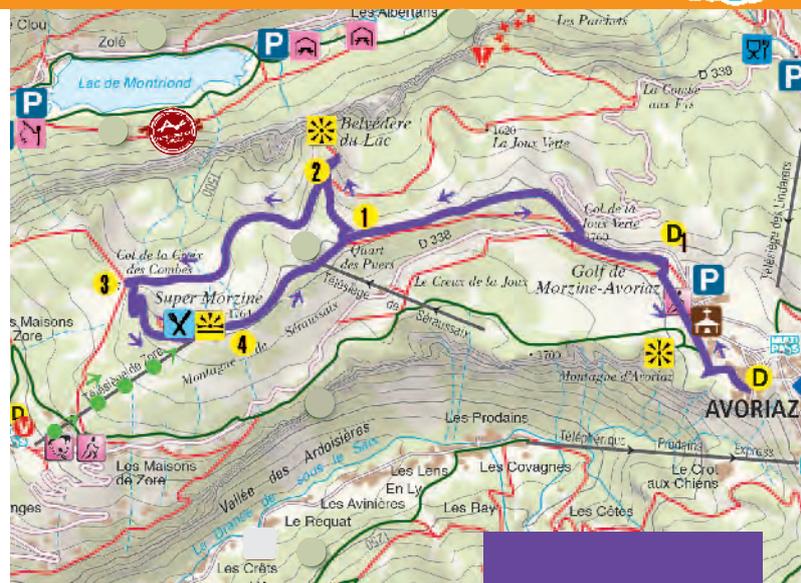
2h30



A WALK IN THE GREAT OUTDOORS... WITH CHAMOIS DEER TO SEE IF YOU'RE LUCKY!

- D** From Avoriaz, go to the Falaise sector and walk between the Malinka and Saskia buildings, following signs for Proclou, then by the golf course, continuing uphill to the Col de la Joux Verte.
- D** At the Joux Verte pass, park near the restaurant and cross the road and walk along the footpath that leaves from the bank at the roadside and heads towards the Crêtes de Super Morzine ridge. The footpath follows this ridge for about 30 minutes amid an abundance of Alpine flowers...
- 1** At Quart des Puers (alt. 1756 m), turn right onto the footpath that goes downhill towards the viewpoint (20 mins).

- Keep alert because this place is home to chamois deer and black grouse. Watch out! There is a sharp drop down to lake Montriond 600 m below! Hold onto children's hands.
- 2** From the viewpoint, retrace your steps uphill and turn right at the first path signposted Col de la Croix des Combes that passes through this pretty flower-filled coomb.
- 3** On arriving at the Col de la Croix des Combes pass, walk back towards Super Morzine around the wide hairpin bends that lead to the Zore chairlift and the Crêtes de Zore restaurant (beautiful panoramic view and orientation table).



- 4** From the restaurant, continue on the path to Quart des Puers, before rejoining the Col de la Joux Verte by the same path that brought you there, for return to Avoriaz.



This circuit can be done from Morzine by taking the Super-Morzine gondola lift and the Zore chairlift. Pick up Route **4** to do the circuit.

TRY NORDIC WALKING!

Special routes have been created for Nordic walking in this area. Please ask for the accompanying booklet at Tourist Offices.



BALADE AUX CHAVANNES

21



+100 m
-600 m

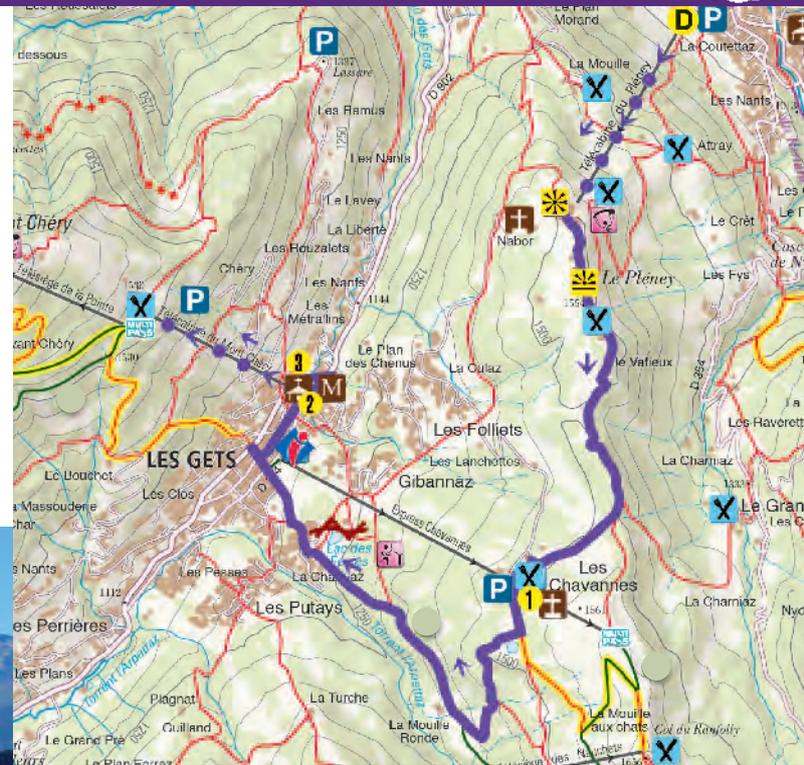


3h
+ 10 mins Balad'Aulps Bus



AN ESCAPE TO LES GETS, USING THE MULTI PASS...

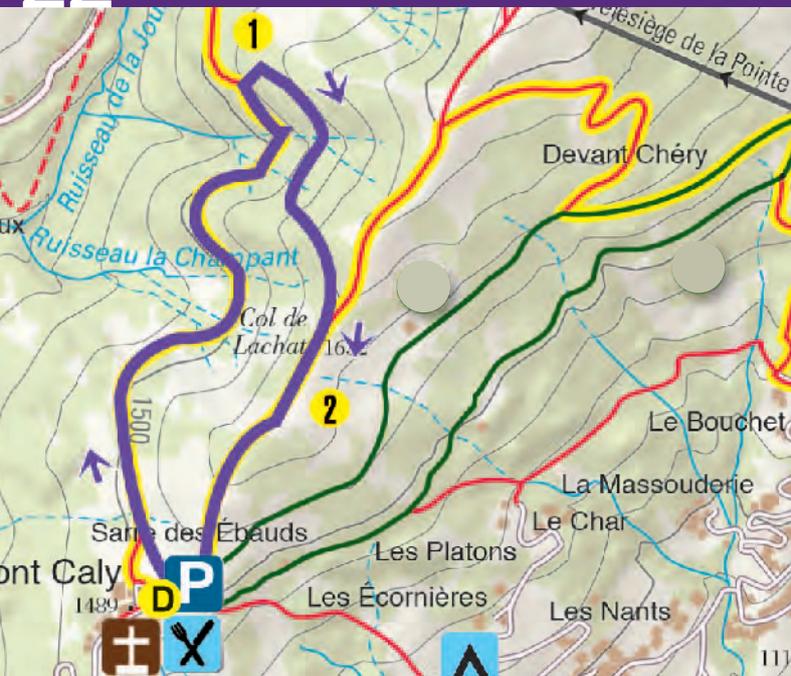
- **D** After you have taken the Pleney cable car up the mountain (10 mins), take the track opposite, signposted "Les Gets par les Chavannes". Go as far as the orientation table and Belvedere chairlift (10 mins). Keep going straight on alongside the golf course, as far as Chavannes (about 1 hr).
- 1** From Les Chavannes cable car (alt. 1484 m), head towards Les Gets village by following signposts marked Tour des Portes du Soleil. At La Mouille au Blé, take the right-hand path and continue, descending via La Mouille Ronde (1 hr 10).
- 2** In Les Gets, you may wish to visit the village, the Mechanical Music Museum (Le Musée de la Musique Mécanique) – allow about an hour – and you may also want to take the Mont Chéry cable car for a mountain walk fantastic views of Mont Blanc.
- 3** From Les Gets, take the Balad'Aulps Bus back to Morzine (leaves from la gare routière).



For this walk, remember your Multi Pass for free access to cable cars, the museum and Balad'Aulps Bus.

LE MONT CALY

22



A FINE VIEW OF THE MONT BLANC MOUNTAIN RANGE

➔ From Les Perrières roundabout (on the outskirts of Les Gets, Taninges side), take the road up to Le Mont Caly (5.5 km) and park in the small car park on the right, near the water trough.

D From the car park, follow signs for Le Col de l'Encrenaz and take the path just below the cross. This route has great views of Le Marcellly summit.

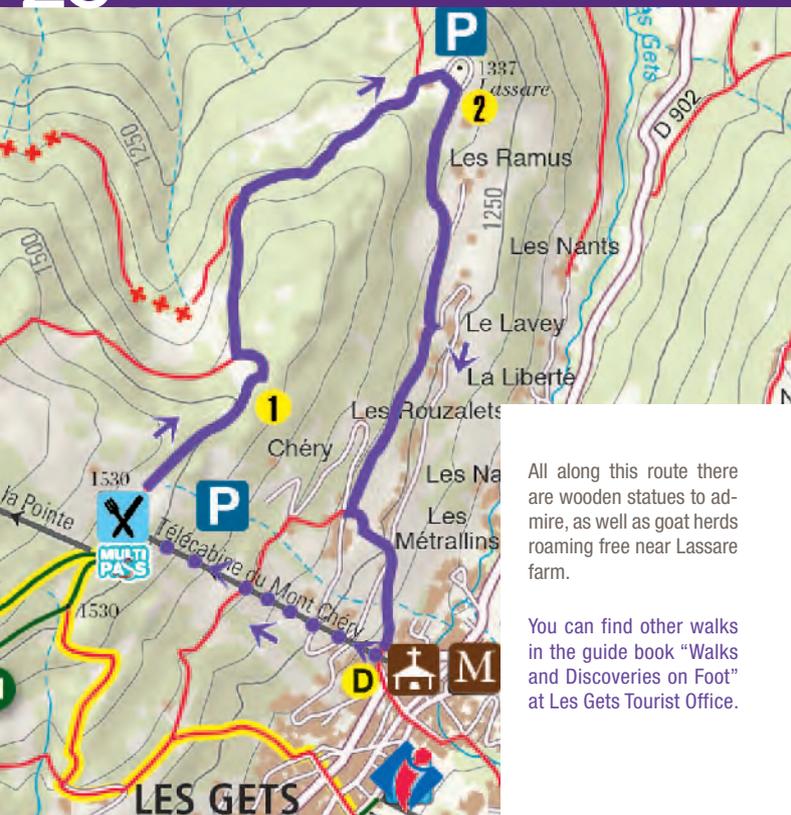
➔ **1** After a few minutes, you'll reach a fork in the path (Les Quenes, 1530 m) where you need to bear up and to the right, climbing up towards Le Col de Lachat (take care, the start of this climb can be a little steep for children). Reaching the col should take 30 minutes, via a forest path, crossing several streams and admiring

views of Praz-de-Lys resort, as well as the mythical Roc d'Enfer.

2 At Le Col de Lachat (1632 m), there are fantastic views of Mont Blanc to take in, before following the ridge on your right. After a short climb, head back down towards Le Mont Caly; this should take about 20 minutes.

LE CIRCUIT DES CHÈVRES

23



AN ENJOYABLE WALK WHERE CHILDREN CAN GET CLOSE TO GOATS

- **D** From the centre of Les Gets village, take the Mont Chéry cable car up the mountain. At the top, before setting off on the walk, you can head over to your left to the observation telescope and the orientation table which will help you identify and appreciate the surrounding peaks. Once finished here, head back to the cable car station and take the path to the right that heads down towards Plan Bôdit.
- 1 At Plan Bôdit, head to the left and follow the forest path towards Lassare (alt. 1337 m).
 - 2 At Lassare, head down to the hamlet at Le Cry, then carry on straight towards the hamlet of Longues Poses. Then walk to the left towards La Casta and keep going until you reach Mont Chéry cable car bottom station.

All along this route there are wooden statues to admire, as well as goat herds roaming free near Lassare farm.

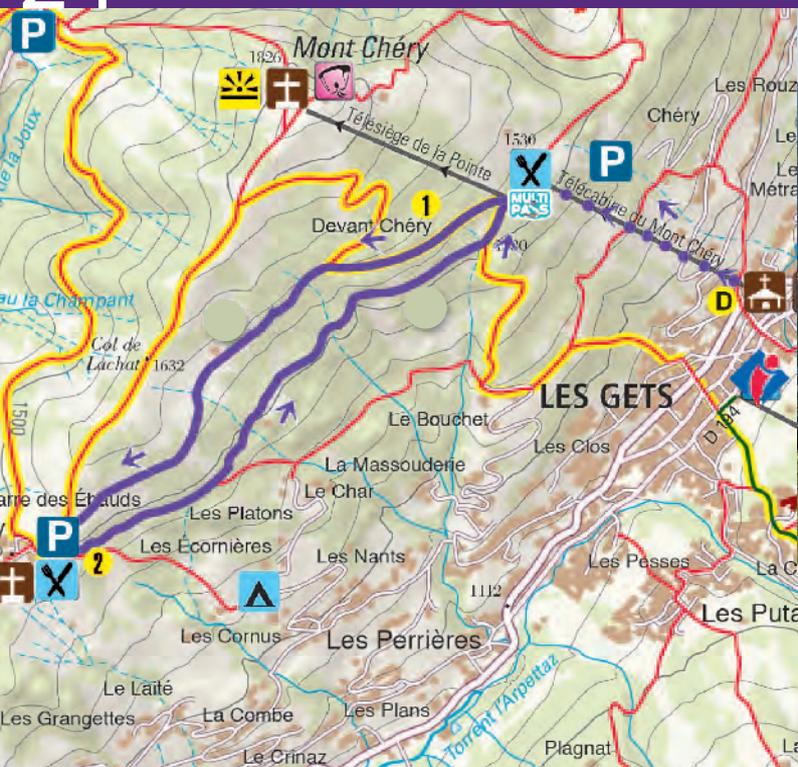
You can find other walks in the guide book "Walks and Discoveries on Foot" at Les Gets Tourist Office.

You can use the Multi Pass on this walk for a free ride in the cable car.



LA BOUCLE DES CLARINES

24



You can use the Multi Pass on this walk for a free ride in the cable car.



A WALK FOR CHILDREN AND ADULTS TO SEE MONT BLANC

- ➔ **D** Take the Mont Chéry cable car and at the top go left to the Pointe chairlift. You'll pass an observation table and telescope providing an excellent view of Mont Blanc.
- 1** At the fork in the path behind the chairlift, head up to the right to "Devant Chéry" and carry on along the flat towards Mont Caly.
- 2** At Mont Caly, go right to the panoramic viewpoint then continue straight on the main path taking you back to Mont Chéry cable car, which you can take to return to the village centre below in Les Gets.

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