



TO SEE ON THE WAY...

Montriond lake...



Montriond's river Dranse...



Les Albertans



USEFUL INFORMATION

This route follows a suggested itinerary which participants undertake at their own risk.

Before you go:



Check the forecast because the weather can change quickly in the mountains.
Tel. Chamonix weather station: +33 (0)8 92 68 02 74



Let someone know where you are going.
Avoid walking alone.

EMERGENCY NUMBER: 112



Take water and food, warm and waterproof clothing, suitable shoes and a map showing footpaths.

During the walk:

To ensure you enjoy your walk or ride to the full, in complete safety and with total peace of mind, please observe the following guidelines:



Please be mindful of private property.
Please try not to disturb wild animals.
Dogs should be kept on a lead.



Out of respect for the beautiful surroundings, please stay on marked routes and take your litter home with you.



For more walks or to contact the Vallée d'Aulps Tourist Office, telephone:
+ 33 (0)4 50 72 15 15
info@valleedaulps.com
www.valleedaulps.com



Monique et Pascal Sequin
RESTAURANT HÔTEL
Les Sapins
Le Lac - 74110 MONTRIOND
Tél. 04 50 75 90 56 - Fax 04 50 75 96 43
http://www.hotel-les-sapins74.com
e-mail : hotel-les-sapin@orange.fr



Lake to Les Albertans



Difficulty level: easy



Duration: 50 mins



Altitude change: 30 m



Weather guide: suitable any time



Starting point: car park at the end of Montriond lake



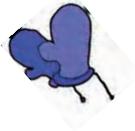
Signposts: coloured markers indicating route



Map: IGN TOP 25, 3528 ET, Morzine

Snowshoeing in Vallée d'Aulps





At Les Albertans, snowshoe enthusiasts can continue on a second route:
"Des Albertans à Ardent" (Les Albertans to Ardent)!



Please note: the route may be subject to change depending on snow levels.
The mapped route above is purely indicative.



Lake to Les Albertans

Directions ...



Starting point: car park at the end of lake

This snowshoe walk is signposted with green markers.
The markers indicate which way to go.



- 1** The circuit starts by an information panel showing the different snowshoe routes in Montriond.
Look for the first marker to the right of the stream and take your time as you walk up through the forest, alongside the Dranse river.



Please note: there is a rope to help you through one tricky section in the forest.

- 2** At Les Albertans, the route heads back towards Montriond lake.
- 3** After you have gone downhill for a few minutes, you'll rejoin the route that took you uphill.

Please try to avoid walking on any cross-country ski tracks you come across.

