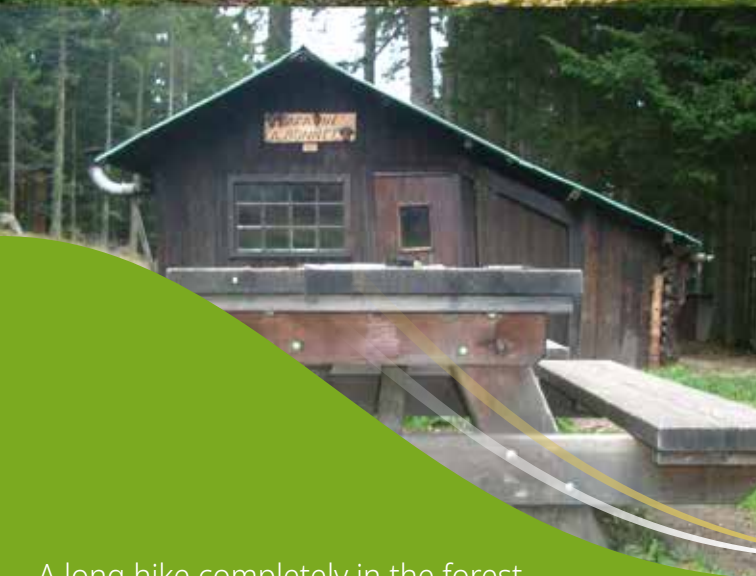








8

Circuit des 5 cabanes



A long hike completely in the forest during which you'll discover some local curiosities and old mountain huts.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 16km	 640m	 6h30	 3	 2	 2

FFR rating system - See last page

Uriage
LES-BAINS

The footpaths

A forest circuit where you'll come across some typical local curiosities and very isolated old mountain huts in good condition, reminders of the tough and austere lives of the lumberjacks for whom they once served as refuge.

Departure ➤ Les Seiglières.

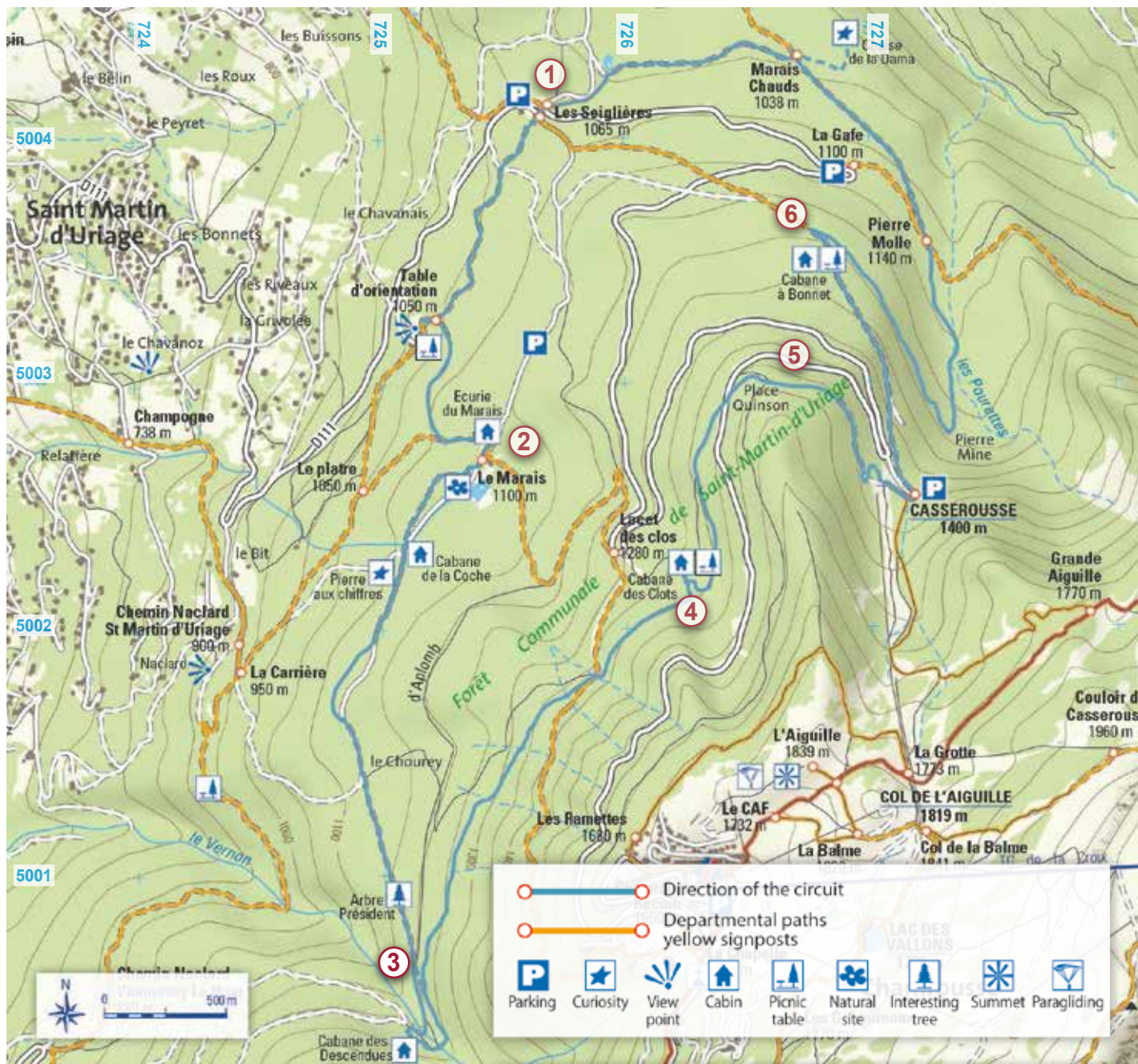
Access: at the Uriage roundabout, take the D 280, direction "Saint-Martin d'Uriage/ Chamrousse 1650 (par les Seiglières)". After passing through the village of Saint-Martin d'Uriage take the D 111 towards Chamrousse for 6 km to the Auberge des Seiglières where you can park on either side of the road.

- ① **Alt. 1065 m** ➤ Behind the Auberge, take the path in the woods towards the Marais (sign-posted). Stay on the path avoiding the forest track on your left. Continue downhill to the next crossing. Continue straight for 1 km until you arrive at a meadow. Before turning left to continue the path, continue 20 m further down on the right. Here you'll find an orientation table explaining the beautiful panorama in front of you. Return to the track, which climbs steeply until it crosses a wide forest track to continue through a clearing. At the clearing exit, take the small path on the left, following it uphill to an embankment which you'll climb to find yourself in front of a forest house. At this point you'll join the Marais circuit trail. Next to this forest house you'll discover the first hut of our circuit, an old stable called "Ecurie du Marais".
- ② **Alt. 1119 m** ➤ After visiting this former stable, within which you'll find an explanation of its history, follow the path bordered by a retaining wall which runs along the road and then turns right. After a few metres you'll come to a crossroads. Take the wide path on the left and leave it after 100 m to turn left and climb a small hill. From here you'll discover the Marais pond and the remains of a former leper colony, La Maladrerie. After going around this hill, take the rather rambling path on the left (look for an arrow). This path zigzags between various ruins eventually finding the more defined path you left a little before. Take this to the left and continue to a small road. Take this road to the right and after a few metres, cross it to head towards the Cabane de la Coche.

After visiting this second hut on the circuit, take the road to the left and about 60 m further on follow the steep path that goes downhill to the right. Here you'll discover the first curiosity, the enigmatic "Pierre aux Chiffres", or "Rock with Numbers", the second large rock. Retrace your steps to the road and continue following it for 300 m before taking a slight downhill path to the right. This path through the undergrowth branches off slightly left; leave another path coming from the right before finding the small road which you'll take on the right to arrive in a clearing called Le Chourey. Take the track on the opposite side of this clearing, initially flat then quite steep. After 500 m on your left, you'll admire the second curiosity on this circuit, the huge "President Tree", at 44 m high and 4.5 m in circumference at its base, said to be the tallest in the forest. You'll find an explanatory plaque.

Continue until you reach a horizontal path (the Aplomb or Level trail) which you'll take to the right. After about 30 m, leave the track that climbs on the left (variant 8a which shortens the route but you'll miss the third hut) and continue on the flat path to the Vernon stream. Cross the stream and continue for 150 m., then take a wide steep track to the left which intersects the path. After 50 m., you'll discover the third hut, the Baraque des Descendues, a typical black hut once occupied by lumberjacks. Just after, take the path that goes horizontally on the left. This winds through the forest on its way up before crossing the Vernon again on a footbridge to join a track via a fairly steep switchback. Once you have reached the track, take it to the left downhill for about 300 m.

- ③ **Alt. 1230 m** ➤ Leave the track (meeting point with variant 8a), to take a very small path to the right which climbs the embankment. This ascending path is 1.5 km long and intersects with two other wide tracks. After the first, pay attention to the very muddy stretch (gravel helps) and small footbridge. This then leads to the large forest track that connects the hairpin bend at Les Clots (Lacet des Clots) to Le Recoïn at Chamrousse and also used by the Cimes circuit (N°10). Descend along it to the left for a few tens of meters, then ascend on the steep track which goes to the right. After climbing, walking on the flat and descending you'll emerge in a vast clearing. Take the path downhill on the left to discover the charming Clots hut and picnic spot nestled further down on the edge of the forest.
- ④ **Alt. 1380 m** ➤ Retrace your steps for a few meters before taking a path on the left which descends through the woods then goes uphill to join a wide track. Take this track to the right going up through a clearing. The route forks to the left up a steep climb then levels a little eventually turning into a path and leading to another track. Continue to the right uphill before crossing the road to Chamrousse where you'll take the track opposite and arrive on a vast flat area called "Place Quinson," the highest point of the circuit.
- ⑤ **Alt. 1470 m** ➤ Take the wide forest track to the left and descend to the Casserousse car park. Continue down, taking the road which passes below and left of the chairlift. As you turn left at the bottom, take the path that goes down to your right in the direction of Seiglières, as far as the very beautiful "Baraque à Bonnet" (fifth cabin). Ignore the forest track to the left of the cabin and continue on the path which descends to the right.
- ⑥ **Alt. 1260 m** ➤ After 150 m, leave the main path (and circuit No. 10 which leads directly to Seiglières, crossing the Chamrousse road for those who wish to shorten the circuit) to take a small horizontal path sharp right. The continuation of the circuit is common with the circuit N°9 "Les Gardes" (which is followed in the opposite direction). After about 1 km on this natural balcony, you'll reach a hairpin on the left at a place called Pierre-Mine. Here you'll begin a steep descent with the Pourrettes stream below on the right. At the bottom, in front of a reservoir, take a wide track to the left until you reach a fork where you'll join the Gafe track leading to the Oursière Waterfall. Turn left and after 200 m leave the track on the right, taking a path that descends to a crossroads called the Carrefour des Marais Chauds, where other signposted circuits meet. You'll find N°7 Tour de Montrond circuit which continues in the direction of Les Royets. Take the wide horizontal track which goes to the left and follow it for 800 m until you reach the start of the path which ascends to the left, opposite the Marais-Chauds pond (which is hardly visible on the right). This path takes you back to Seiglières.



The blue crosses correspond to the UTM-WGS84 kilometric grid - Mogoma map

In and around Uriage, many rural paths have been restored and incorporated into circuits of varying difficulty and length. Some can be walked in half a day, others take longer. They may be interesting for their views, for nature or for local heritage. Most are in the forest in a wild environment, despite the nearby urbanisation. Trail runners will be quick to realise that these circuits can be combined to create alternative routes to suit every level of runner.

Please respect nature and leave no trace of your passing. Nature will thank you!
 Don't over-estimate your capabilities - these circuits are, after all, hiking trails.
 Please help us maintain our circuits by reporting any work which needs to be done.

[asso-des-sentiers-de-smu.eklablog.com]

Rating system of the FFR*

To rate the difficulty of a hike, three characteristics are graded from 1 to 5



Effort - the length and climb involved in the hike



Technicality - need to use hands or place feet carefully



Risk - consequence of a fall

*Fédération Française de Randonnée pédestre

The Signposts

7

Circuit number

7a

Circuit variation number



Direction to follow



Continue



Alternative route



Turn right



Turn left



Wrong direction

The editor and author of this document cannot under any circumstances be held responsible for any incident or accident which may occur on the hike, no matter how it occurs.

In an emergency call 112  beware signal dead zones

Uriage

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