



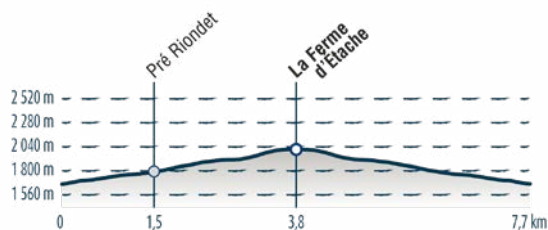
Access to start point

Val Cenis - Bramans, Le Planay.

From Bramans, D100 towards Val d'Ambin to Le Planay car park.



Scan and follow the route with your favourite app



Raw nature!

Here's a sample of Haute Maurienne Vanoise in its raw natural state. This secret valley will enchant you with its kaleidoscope of atmospheres. At each different mountain zone you pass, a new journey begins...



Along the way

Setting off in the early hours, when dew still lingers on the forest floor, you soon feel the gentle caress of the morning sun's first rays.

As the trail gradually winds its way through the woods, the mild, soothing sound of the Étache stream follows your steps. You spot wild strawberry and raspberry bushes. If they're in season, you might even treat yourself to a taste.

What a luxury! But you're not about to forget that you're sharing the space with alpine herds that are often fenced in. So, you carefully shut the gates behind you as you make your way along, and suddenly, you're struck by the magic of the high-altitude Arolla pines. Take a closer look at these Arollas, also known as Swiss pines. Here's a trick to recognise them: Their long and soft dark green needles are grouped into small clusters by groups of five.

Oh, look over there! The great beak of the Étache can already be seen in the distance. After a rest at the Étache farm, you figure that, this time you've really done it... you've finally uncovered the valley's secret.

A harmonious blend of farmland and nature opens up to you.

The little extra

The start point at Étache car park gives you direct access to the gastronomic part of the walk.

A condensed version of local dishes for all ages. From June to October, you can add an extra touch to your picnics in the valley: cheeses sold directly at Étache farm.