







10

Circuit des Cimes

This circuit is named after the magnificent climb to the Aiguille at 1839m, where you'll enjoy a breath-taking view of the surrounding peaks.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 13km	 850m	 5h00	 4	 3	 4

FFR rating system - See last page

*On this rather tranquil circuit, the section between Recoïn and Casserousse car park requires great care as it crosses some very steep couloirs.**

Departure → Les Seiglières.

Access: From Uriage, at the first roundabout coming from Gieres, follow signs "Chamrousse 1650 / Saint-Martin d'Uriage". Pass through Saint-Martin d'Uriage and continue on the D111 towards Chamrousse for 6 km to the Auberge des Seiglières where you can park in the large space opposite..

This circuit can also be started from Le Recoïn de Chamrousse, either in full, or with the option of a shorter variant.

- ① **Alt. 1065 m** → Starting on the "Auberge" side of the road, head in the direction of "Marais des Seiglières". After 200m, when the road bends to the right, take the wide uphill path opposite. After 600m cross the Chamrousse Road and continue climbing on the opposite side. You'll arrive at a junction with other circuits, the Gardes (N°9) and "Les Cinq Cabanes" (N°8). Continue straight on the section shared with "Les Cinq Cabanes" circuit N°8. Climbing again, you'll come out into a clearing to discover the rustic "Baraque à Bonnet" cabin. Continue following this undulating path until you arrive at the Casserousse car park situated on the hairpin bend just below the chairlift.
- ② **Alt. 1420 m** → At this point, you have the option to take a variant which shortens the route. To take the variant, turn right and go up the car park to find the track to follow. To follow the normal route, take the path immediately opposite at the edge of the forest (also marked with a yellow sign). This path zigzags through the undergrowth. After a small waterfall it crosses a very steep portion in successive zig-zags, becoming almost flat just before turning left and crossing the stream. Continue east on the path which now climbs gently at first, then more steeply into a sparser forest to a ridge where you ignore a path on the right (wrong direction indicated). You'll then begin a short descent and a hairpin turn right. After a climb, you'll reach a crossroads of paths marked "Grande Aiguille". Turn right in the direction of the Col de l'Aiguille on the route of the GR 738 which will be followed until the Col. This is a magnificent stretch, a little chaotic in places. On the left there's an interesting sign with details of the Black Grouse (Tétras lyre), just before a discreet little lake. You'll then arrive at open pasture land. Cross a first ski slope then climb to a second slope, while remarking upon the dark Balme cave (Grotte de la Balme) which you avoid by taking a path that passes under the chairlift and arrives at the Col de l'Aiguille at 1,819m. Follow the ridge to the right and climb to the Aiguille, which offers a magnificent and increasingly "aerial" view. This is also a site where paragliders take-off.
- ③ **Alt. 1839 m** → Having enjoyed the panorama of Le Vercors, Chartreuse, Bauges and Aravis, descend due north via a small path in the mountain pastures. Where the slope eases off, take a path on the left (south-west) leading to the arrival of the Aiguille ski lift. In the middle of the meadow, this path turns slightly to the right, then plunges straight back towards the edge of the forest. The path leads to a forest track below you which you'll cross to take a path opposite descending to the left and arriving at the end of rue des Primevères. You are at Recoïn.



Follow this road which leads to the Route de la Cembraie. Turn right and descend to the intersection with the departmental road to Uriage (D111). The variant joins this route 200m before the intersection. Cross this road turning left towards the petrol station. You may want to stop at the Centre for Heritage and the Environment where you'll find information on local flora and fauna.

- ④ **Alt. 1650 m** → Just a few short steps lead us below old Chapel of Notre-Dame des Neiges (which in future will become a museum of ski lifts). This is also where the Fougères circuit (N°14) starts. Take time to discover a very beautiful arboretum on your left. After this visit, cross the car park and take a small road along the edge (rue des Anémones) which descends towards the reservoir which you bypass on the left as you head up again to a car park and pass in front of the small chalet belonging to the "Club Alpin". Continue downhill where, after two zig-zags, the descent becomes gentler. Continue straight on this gently descending path for quite a while. You'll eventually find the circuit of "Les Cinq Cabanes" (N°8) arriving on the left. Continue the descent to the "Lacet des Clots".
- ⑤ **Alt. 1280 m** → Take the downhill path on the left. After having again encountered the circuit of the Guards (N° 9) which cuts across our path, continue for quite a long while to eventually arrive on the Marais Road. Cross this and take the path that descends opposite. Continue the descent until you'll arrive on a wide forest track. Follow this track for 20m and as it turns right, take the path opposite which descends and arrives at a crossroads of paths. Follow the path to your right, common to several circuits ("Les Cinq Cabanes", "Gardes" and "Cimes"), to return to your starting point behind the Auberge des Seiglières.

Variant

The variant makes it possible to shorten the route in one of two ways. Either take it uphill from the Casserousse car park, then onto the forest track to Place Quinson where you have to take the track on the left and follow it without changing direction. Or, go downhill along Rue de la Cembraie in which case when you arrive at Casserousse car park take the same path as the classic circuit to find the starting point. This variant also allows you to make a loop from Recoïn without going down to Seiglières.

*** This circuit is strongly discouraged in winter conditions. Some passages cross steep couloirs and slopes which can be treacherous when snowy or icy. Another risk is preventive avalanche triggering to protect the access road to Chamrousse.**

Pedestrian paths



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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