

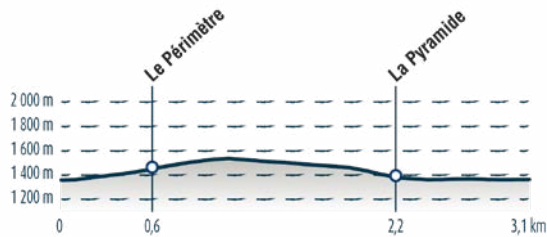


Access to start point

La Norma, Base de loisirs (leisure centre).
Chemin des Tufs. Parking nearby.



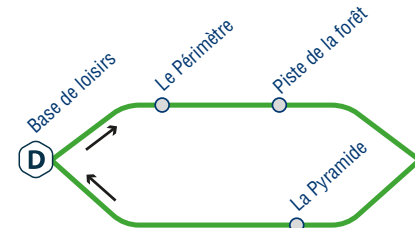
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A stroll through the forest



This is the ideal route for a nice stroll through the forest at any time of day. Leave your everyday worries behind and take an easy walk at your own pace under the cool shade of the spruce trees... Sheer delight for the whole family!



Along the way

A south-facing slope, of the most pleasant kind, that dons the muted tones of springtime as soon as the snow melts. When shafts of light pierce through the tops of the pine and spruce trees, it's a sign the sun is out and a beautiful summer's day awaits you.

Here's the perfect recipe for a refreshing walk: fragrances of sap, squirrels scurrying about, playful and sly under your watchful eyes, pine needles partly carpeting the path, soft and light underfoot... Deep in the woods, it's easy to forget that these luxuries are shared with mountain bikers and forest bathers.

The Avenières leisure centre, a true oasis of freshness at the heart of the forest, incites you to take some time out. Have you counted the peculiar "marches" (trails) you've followed? One thing's for sure, this water basin is packed with activities!

Did you know?

In Haute Maurienne Vanoise, 80% of forests are public. Owned by municipalities (communales) or the state (domaniales), they're managed by the National Forestry Office.

When you're walking in the forest, you're always on someone's property. But the forest is our common good! To respect the forest, stay on the path and take away your rubbish.