

# From Plume Fine To La Femma Refuge



12.5 km



210 m



3 h 45

2,352 m  
2,162 m

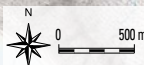
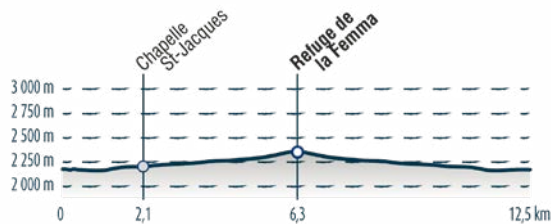
## Access to start point

Val Cenis - Termignon, Plume fine.

From Termignon or the Bellecombe car park, take the shuttle bus to Plume Fine.



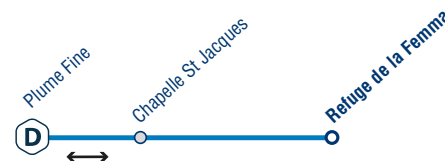
Scan and follow the route with your favourite app



## At the world's end



As you joyfully step through the gates of the Vanoise National Park, the merry mood of the Rocheure torrent embraces you, accompanying you throughout your adventure. Sometimes you're on the left bank, sometimes on the right, heading to "the world's end"!



## Along the way

What a boon in the summer, to have a bus that drops you off at your start point!

For the more athletic, the route that goes via the Plan du Lac refuge from Bellecombe is a good warm-up. In full view of those glaciers that have inspired made so many seasoned mountaineers, the miles just go flying by.

Pay close attention to these oversized scree slopes, they are home to chamois and ibex. And what's that little black spot in the sky? Could it be a bearded vulture, eyeing you from the heights of a thermal air current or one of its favourite nesting perches? If you're lucky, you might get a photo of this species, very rare in Haute Maurienne Vanoise. Standing at attention in front of its burrow, a marmot sentinel announces your arrival.

By the time you get to the refuge, your thirst for adventure has been awakened. Next time, you'll definitely spend the night here... But for now, why not order a refreshing homemade kefir to quench your thirst?

## Life around here

Kefir is a drink from the Caucasus. It's obtained through the fermentation of kefir grains, a natural leaven, in milk or in fruit juice.

Though it's not exactly a magic potion, it's reputed for its probiotic and digestive virtues. Served cool and slightly sparkling, it's great for quenching your thirst after hiking in the mountains.