

The Shores of Mont Cenis Lake



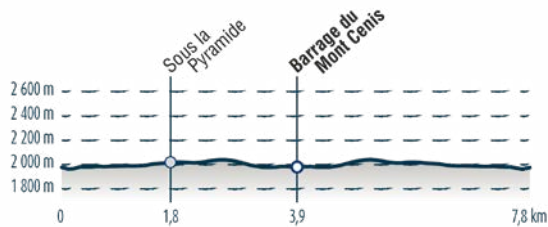
Access to start point

Val Cenis, Molin.

From the Col du Mont-Cenis, RD1006 then road on the right, just before Plan des Fontainettes, to the car park.



Scan and follow the route with your favourite app



Right by the lake



Steady legs and a strong heart are the key ingredients to fully enjoy the thrilling section that spices up this trail. Ready for a little adventure at this epic site?



Along the way

From spring to autumn, you will be dazzled by the shimmering blue waters.

Melodic accents, straight from neighbouring Italy, resonate in your ears and give this hike an exotic flavour. You advance at your own pace, staying alert as you feel a few stones rolling under your shoes. The challenge of the day comes when you cross a delicate passage equipped with a handrail. On the way back, the passage makes you feel like you're diving into a great blue ocean.

The Mont-Cenis Pass, trodden by countless tradesmen since the Middle Ages, reveals its most captivating stories at the Pyramid Museum. Here, at 2,000 m of altitude, you'll find a harmonious blend of agriculture, military heritage, hydroelectric power, water activities, and relaxation.

In summer, it's a paradise for Tarines and Abondances dairy cows. Lovingly cared for by their breeders, their milk produces exceptional cheeses such as Beaufort d'Été and Bleu de Bonneval. If you make a quick detour to the alpine farms near the lake, you're in for an unforgettable tasting experience.

Life around here



Do you delight in a good Beaufort AOP cheese? Did you know that it has to meet very strict criteria? There's no artificial fermentation, so the amount of milk can vary depending on the season and the mountain pasture. Benoît reveals his secret: "We must always adapt to what nature gives us. The product, above all else! That's what a mountain farmer's craft is all about."

Beaufort and Bleu de Termignon tasting - M. Challe