

**Access to start point**

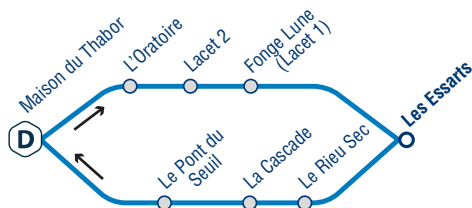
Valfréjus, Maison du Thabor.  
Rue des Bettets. Parking nearby.



Scan and follow the route with your favourite app

**Nature in all its cool**

A refreshing trail amidst forest and stream, with a historical backdrop. Take a delightful stroll to explore the charming old hamlet of Charmaix, interspersed with informative signposts that are well worth reading.

**Along the way**

Put the miles behind you at your leisure, and don't forget to regularly stop and drink. Conquer 380 metres of elevation as you plunge deep into the wonders and sounds of the forest. Take a break at Notre-Dame du Charmaix to add a spiritual touch to your snacktime. It looks like it's hanging off the cliff. Pause inside this surprising building to admire the decorations, paintings, and the striking black and white statue of a mother and child.

**The little extra**

Once upon a time there was a Madonna and child, and she did not want to be disturbed. Since time immemorial, she gave women fertility and protection. They came from afar to venerate her in this remote place, braving steep slopes and avalanche risks. She sheltered at the back of a cave in a little place known as Le Charmaix... To find out more about this character, you can get hold of the complete story at the Tourist Office.

**Access to start point**

La Norma, Avenières loisir centre.  
Chemin des Tufs. Parking nearby.



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**Offbeat sculptures**

Have a look at the monumental sculptures that proudly welcome you to La Norma. Treat yourself to a delightful pick'n'mix of local heritage and discover the fusion of contemporary and baroque arts on Savoie marble.

**Along the way**

The idea of an imaginary safari inspires you to embark on your first forest ascent. It's not long before you're far from the road, going from encounter to encounter. All dressed in white, the statues that adorn your path seem to welcome you, one by one. Guided by the scent of spruce trees releasing their resin, head towards Avenières and its island of cool!



On the Sentier des Arts - M-F Rigolet, CCHMV