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Circuit des Fougères



This forest circuit
offers magnificent views of the valley.

<i>Distance</i>  8km	<i>Cumulative climb & descent</i>  250m	<i>Time to walk circuit</i>  4h00	<i>Effort elevation change</i>  2	<i>Technicality</i>  3	<i>Risk</i>  4
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FFR rating system - See last page

Walking amongst ferns (feuges in local dialect), a magnificent meadow and the forest of Prémol, inhale the fresh mountain air on this enchanting walk.

▶ **Departure** ⇨ Either from Le Recoïn de Chamrousse or the Baraque de Boulac.
 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 to Chamrousse. The Vernon car park is on the right behind the petrol station after the first roundabout in Le Recoïn.

① **Alt. 1600 m** ⇨ From the Vernon car park, take Rue des Anémones and descend towards the water reservoir, passing around it on the left. Walk up towards the military buildings where the path begins by descending in the direction of Saint-Martin d'Uriage (the Clots path). After two zig-zags, the descent becomes gentler. Continue for 50 m before turning left below onto a forest track which leads to a clearing in the middle of the ferns, called "place des feuges or Fern Square" in local dialect. You'll then head straight down to the Vernon stream which sits in an austere gorge, where you'll cross this sometimes tumultuous torrent on a rather lovely footbridge.

② **Alt. 1480 m** ⇨ After crossing the stream, take the path to the left which climbs slightly and then levels out. Follow this path for quite a while, taking care on short passages where the slopes can be steep. The path leads to a forest track which you'll take to the right then leave before it descends, taking a path on the left which climbs slightly to arrive at the magnificent meadow of Pré Gaudet. Why not picnic near the forest chalet?



③ **Alt. 1430 m** ⇨ Follow the forest road, Chemin Rouast, for 500m to a bend, then take a path slightly to the right below the road. Further on, this wide path crosses a stream near a beautiful little waterfall. You'll arrive below the Chamrousse Road. Take this road to the left until the hairpin on the right to arrive at la Baraque de Boulac cabin halfway round this circuit.

④ **Alt. 1500 m** ⇨ Now you'll change direction to take the path which leaves in the middle of the bend and pushes north-east into the woods as it climbs. This is the GR 738 which crosses the Belledonne and which we will follow to Recoïn (it's also partly marked in red and white). The climb is steep before levelling a little at a crossroads where you'll take the path opposite. Follow this path to arrive at a wide, almost flat path which you'll take to the left. At another crossroads, turn right on the path that climbs before levelling out again. You are now just below the road to Roche Béranger (1,658m). Take another small paved road that descends a little and follow it to the arboretum of Recoïn. Take the time to visit before returning to the Vernon car park where you set-off. It is also worth visiting the Notre-Dame-des Neiges Chapel and then climbing the steps to visit the Heritage and Environment House and its garden. You'll find information on local flora and fauna.

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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