

55

Sentier des Gardes via Pra Dieu



8 km

- 620 m

2 h 45

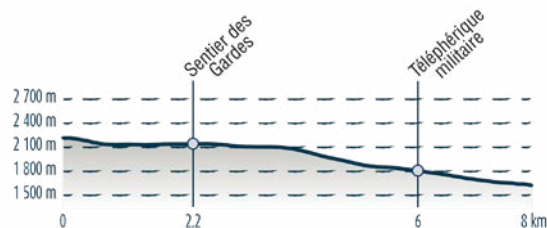
2,220 m
1,620 m

Access to start point

Valfréjus, Top of the Arrondaz cable car.
Start point at the cable car of Le Charmaix,
Rue des Bettets.

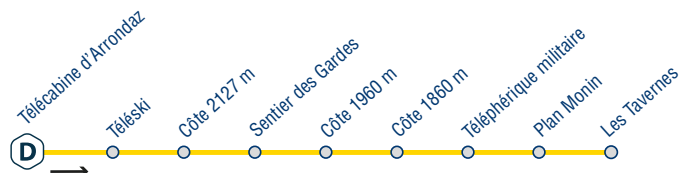


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An excursion in the alpine pastures

This trip to the high-altitude pastures is real-life mountain experience, complete with idyllic landscapes! Made easy by cable car access, your excursion is all downhill. If you have fragile ankles and knees, you'll need to take care.



Along the way

Enjoy a complete change of scene near the Arrondaz chalets.

The rocky outcrops dramatically contrast with the high-altitude vegetation that follows a short distance on. Led up to the mountain pastures for the summer, the herds enjoy the tranquility of the plateau. Their bleating only adds to the serenity of the moment.

You've got front row seats to admire the imposing Pointe des Sarrasins. If your eyes are sharp enough, you might be able to make out the valleys of Orgère and Polset on the opposite slope.

The challenging descent takes you into the so-called "montane zone". Populated with conifers giving out that wonderful scent of resin, Belle Plinier forest will enchant you at every step.

Before returning to the Valfréjus resort, take a well-deserved rest by the Charmaix torrent to cool off. This is the torrent that runs down to Fourneaux, 800 m below.

The little extra

After all that exercise, reward yourself at Les Tavernes lodge and restaurant.

Along the way, you're struck with the idea of booking a traditional meal composed of local produce. And if you're in the mood for wandering, you can even spend the night there.

To plan your visit, you'll find all the info on:
www.haute-maurienne-vanoise.com