

GENERAL RECOMMENDATIONS

Access to the Via Ferrata of Mont is prohibited:

- To inexperienced people.
- To children measuring less than 1.20 metres and minors who are not accompanied by an experienced adult.
- Outside opening hours and over night.
- In adverse weather conditions and especially when the route is slippery and affected by snow, ice and stormy conditions.

You agree to undertake this activity at your own risk. If you have little or no experience in this type of activity, please contract the services of a guide.

BEFORE STARTING IN A VIA FERRATA, it's essential to have the specific equipment for this activity, to understand perfectly its utilisation and to know the techniques of climb.

In a via ferrata, the consecutive shocks related to falls are extremely violent ; any climbing equipment cannot resist. This is the reason why use of a shock-absorber and/or a rope is imperative.

- Rope belaying is highly recommended.
- We recommend starting early in the morning to avoid the heat.
- It is important to bring enough water with you before doing the activity.

Respect the directional sense of the itinerary. Respect the site and the environment.

TECHNICAL FILE

DIFFICULTY VIA FERRATA	A à D
Starting altitude	860 m
Finish altitude	1010 m
Altitude difference	150 m
Lenght	800 m
Duration	3 à 4 h
Access/Return	20 mn



5 minutes away

Discover the natural and cultural heritage of the village of Sixt-Fer-à-Cheval and explore the sites of the Cirque du Fer à Cheval, the Cascade du Rouget, or the Gorges des Tines.

INFORMATION

Samoëns Office de tourisme de Samoëns
• 04 50 34 40 28 • www.samoens.com •

Haut-Giffre tourisme
• 04 50 34 49 36 • www.haut-giffre.fr •

PROFESSIONAL SUPERVISION

The list of different professionals authorized for this type of supervision is available in the tourist offices of the valley.

MAINTENANCE

Syndicat Intercommunal de la Vallée du Haut-Giffre, 1 place du champ de la poste, 74 440 Verchaix.

EMERGENCIES

18 OR 112

Via Ferrata du Mont

Sixt-Fer-à-Cheval

Open
all year
round



Syndicat Intercommunal de
La Vallée du Haut-Giffre

www.valleeduhautgiffre.fr

LA VIA FERRATA DU MONT dominates the gorges des Tines between Samoëns and Sixt-Fer-à-Cheval. Its route evolves in south face, using the first part of the immense limestone cliff finishing at the Dent de Verreu. On the right shore of the Haut-Giffre valley, below the hamlet of Le Mont. Its exposure and low altitude (1010m at the summit) means it can be used all year. Depending on the weather and your level, there are many possible itinerary combinations.



- ACCESS AND RETURN
- LES PETITS MONTAGNARDS
- LA TRAVERSÉE DU RAFFOUR
- LA TRAVERSÉE DES PARESSEUX
- L'OU IZÈS
- LOOPHOLES

Via Ferrata du Mont

Sixt-Fer-à-Cheval

LES PETITS MONTAGNARDS **F : Easy**

Easy progress on a small loop first descending, then ascending **2**. Start from the top of the itinerary via **1b**, return via **13**.

LA TRAVERSEE DU RAFFOUR **AD - : Quite Difficult -**

Starting from the top of the Via Ferrata at **1b**, take the ledge of «Les Petits Montagnards» **2**, then the aerial passage of the Vire du raffour **3**. Exit near **6b** to join the return path **12** then **13**.

LA TRAVERSEE DES PARESSEUX **AD : Quite Difficult**

Acces via **1**, easy progress on the «Vire de l'Ours» **4**, slightly steeper and more aerial crossing of the «Barme au Corbès» **5**, then the «Dalle des Paresseux» **6**. Exit to the left **6b** to join the return path **12** then **13**.

L'OU IZES **D : Difficult**

Acces via **1**, easy progress on the «Vire de l'Ours» **4**, slightly steeper and more aerial crossing of the «Barme au Corbès» **5**, then the «Dalle des Paresseux» **6**. Then go right to La Becque **7**, followed by the impressive Ou Izès footbridge **8** and the «La Traversée de L'Ally» **10**. A final steep wall gives acces to the top of the rock, from where a path **11** leads directly to the return path **12** and then **13**.

L'INTEGRALE **D : Difficult**

To complete the entire Via Ferrata du Mont, first take the Ou Izès route (black), then join the return path **11** and **12**, and finishing by doing La Traversée du Raffour (blue).



To complete the via ferrata in its entirety, combine the black and blue routes

- | | |
|--|---|
| 1 Start Via red, black and integral | 7 La Becque |
| 1b Start Via green and blue | 8 La passerelle de l'Ou Izès |
| 2 La Vire des petits montagnards | 9 La Courte échelle |
| 3 La Vire du Raffour | 10 La traversée de l'Ally |
| 4 La Vire de l'Ours | 11 Exit/Return black route |
| 5 La Barme aux Corbès | 12 Return blue, red and black routes |
| 6 La Dalle des paresseux | 13 Return path, all routes |
| 6b Direct exit green, blue and red routes | |

CLASSICAL SAFE LINE

MANDATORY GEAR:

- Harness compliant to standard EN12277.
- Lanyard with energy absorber conforming to EN958, with to wide-opening and self-locking carabiners.
- Short lanyard with connector or just connector placed on the integrated short lanyard of your energy absorber.

RECOMMENDED GEAR:

Helmet (standards EN12492), closed shoes, gloves.

SELF BELAYING:

- Crossing anchors without disconnection.
- Manipulate 1 karabiner at a time.
- Only 1 person between two anchors.

TRADITIONAL ROPED-UP:

Tie-in recommended. Ennergy absorbers are suitable for the weight indicated ; above or below thi limit, we recommend the use of an additional belay system (single rope). Always make sure that there is an active pigtail between the belayer and the climber.

- Pass the rope in the pig tail anchor in addition with the via ferrata lanyard.

- Use of climbing technics in vertical part.

REST POSITION:

- Stay connected to the cable.
- Clip the rest karabiner to a progression element (rung, ramp) and stay hang under the element.