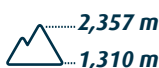




11.6 km + 1,100 m 4 h 00

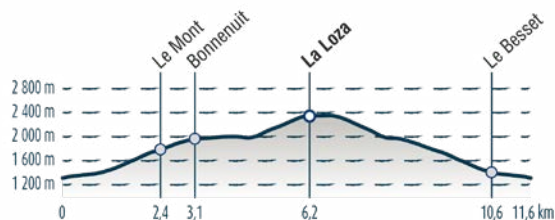


Access to start point

Val-Cenis - Sollières-Sardières, Sollières l'Endroit. Start point at the village exit, along the RD83. Parking nearby.



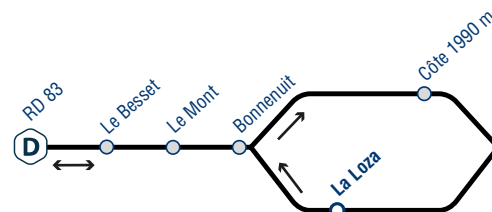
Scan and follow the route with your favourite app



Land of contrasts



This hike is full of contrasts, skilfully leading you from a wooded atmosphere to high-altitude alpine meadows and pastures. The south-facing slope is perfect for off-season hikes that demand a certain amount of sunshine.



Along the way

Ready to cross the 1,000-metre threshold in elevation gain? Have you ever heard Scots pine cones popping under the sun's rays? It's a sound you're bound to hear on this long, sustained ascent through the fragrant pine forest towards the Mont at 1,770 metres of altitude. You may also catch a glimpse of snow heather, a rare and protected plant, dressed in beautiful shades of pink. It's such an early bloomer that its petals somehow manage to burst through the last snows.

The open clearing now gives way to another ascent – the hike's last challenging climb. Bursting with pride, you enter Vanoise National Park. The slope grows gentler as you reach Croix de la Loza. Take a seat at this observation post. Before you rise the peaks of Bramanais and Mont Cenis, sometimes wrapped in clouds blown by the Lombarde wind.

Take care as you descend into the Bonne Nuit valley. From its impressive altitude of 3,695 metres, Dent Parrachée and its sharp ridges command respect. Imagine the spectacular avalanches that sometimes cascade down Sollières in winter!

As you go down, make sure you take plenty of refreshing breaks and tie up your laces properly.



Erica carnea or snow heather - C. Vair