

SNOWSHOEING

in the Pays du Mont-Blanc

67 signposted itineraries

340 kms

SNOWSHOEING AND WINTER HIKING

This guide features more than sixty different signposted snowshoeing itineraries in the Pays du Mont-Blanc.

For your personal safety, each trail is clearly signposted, at the start, at every intersection and along the way.

This selection represents a small sample of the multiple possibilities to discover the snow-covered landscapes of the Pays du Mont-Blanc, dominated by some of the highest peaks.

A team of professionals, in and around the 14 resorts of the Pays du Mont-Blanc and the Chamonix Mont-Blanc Valley, strive to ensure that you enjoy a great experience in the best possible conditions.

For more information, please contact Tourist Information.

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ACCESS TO THE TRAILS

The starting point of each trail often boasts a parking area to leave your car. Nevertheless, it is advisable to use public transport whenever possible. A free shuttle bus service operates within each resort.

Vallée de Chamonix Mont-Blanc (Vallorcine, Chamonix, Les Houches, Servoz):

- SNCF: free train service between Servoz and Vallorcine on presentation of your "carte d'hôte" guest card.
- Chamonix-Bus: free shuttle bus service throughout the Chamonix valley on presentation of your "carte d'hôte" guest card, except for the Chamo'nuit service.

Cordon, Combloux, Les Contamines-Montjoie, Megève, Passy Chef-lieu et Plaine-Joux, Praz-sur-Arly, Saint-Gervais Mont-Blanc :

- Bus service from the SNCF train station in Le Fayet or the SNCF train station in Sallanches.

RECOMMENDATIONS

- Make sure that your chosen snowshoe itinerary is suitable by bearing in mind:
 - the weather conditions,
 - your physical abilities,
 - your equipment,
 - the time you have available.
- Be aware that conditions change. It is therefore necessary to be cautious.
- You are responsible for your own safety and the safety of others.
- Never venture out alone.
- Inform friends or family of your planned itinerary.
- Respect the peaceful natural habitat of wild animals and keep your dog on a lead.
- Be careful not to trample saplings.
- Take all your rubbish home.
- In the event of an accident, call 112.

WEATHER FORECAST

 +33 (0)8 99 71 02 74
 www.meteo.fr



Please note that some trails depend on the ski lifts.

Before setting off, remember to contact Tourist Information to check lift opening times.



IDENTIFYING THE SIGNPOSTS

Each of these itineraries in the Pays du Mont-Blanc is clearly signposted at the start, at every intersection and along the way.



Snowshoe trail



Pedestrian trail



Beware Danger



Main trail



Itinerary possible on foot



Wrong direction



Connecting trail



Pushchair-friendly itinerary



Car park



Snowshoe trail starting point



Road



Bus



Direction



Cross-country ski track



Train



© Eric Thiolière

- | | | | | | |
|--|---------------------|---|---------------------|---|--------------------------------|
|  | Mountain lift |  | Site of interest |  | House, farm, village or hamlet |
|  | Chairlift |  | Viewpoint indicator |  | Shelter |
|  | Cable car |  | Paragliding site |  | Mountain refuge |
|  | Gondola |  | Oratory |  | Picnic area |
|  | Tourist Information |  | Calvary |  | Refreshments |
|  | Viewpoint |  | Baroque decor |  | Restaurant |
| | |  | Church | | |

BOUCLE DES GRANGES

⌚ Duration: 1h20

📏 Elevation: 200 m

↔ Distance: 3.5 km



©Eric Thiollière

From the hamlet of Couteray, a wide trail runs upwards amidst wooden buildings traditional to the “vallée des ours», otherwise known as Vallorcine. Barns, grain stores and “regats” display the sun-burnished timbers of age-old beams, planks and joists. Zigzag through the forest before emerging at Les Granges where the view opens out beyond the Col des Montets onto the Argentière glacier and the Aiguille Verte. After crossing a small stream, known as La Meunière, start your descent towards the chalets at Sur le Rocher and onwards to the hamlet of Lay.



More information

Grain stores and “regats”

Agricultural outbuildings, each of these small structures was designed to meet a specific need. The barn was used to house hay, while the “regat” (or “raccard”) was for threshing and drying hemp and flax. The grain loft (or “mazot”) was used to store grain but also important family papers, jewellery and festive clothing.

BOUCLE DES SAIX BLANCS

🕒 Duration: 2h10

📏 Elevation: 440 m

↔ Distance: 2.5 km

The steep trail from Vallorcine train station to the Chalets des Parts du Plan flattens out into a long path through the spruce forest and around a pretty plateau. On your descent, enjoy a little fun sliding down the last slope towards Plan d'Envers.

© OT Vallorcine



More information

The Loriaz mountain pastures

More athletic hikers may wish to hire a professional to climb the opposite side of the mountain towards the magnificent Loriaz mountain pastures and its snow-covered stables.



Beware of avalanches:

Access to the village of Buet from Vallorcine train station is only possible along the bottom of the valley, alongside the railway track.



BOUCLE DES TINES

🕒 Duration: 1h10

🏠 Elevation: 150 m

↔ Distance: 3 km

Close to the SNCF railway station and the bus stop in Les Tines, this short circuit twists and turns through the forest. At the highest point, the itinerary offers a beautiful view of the north and west faces of Les Drus. Some 150 years ago, the imposing Glacier des Bois stretched out in place of today's spruce trees. The glacier has since disappeared.

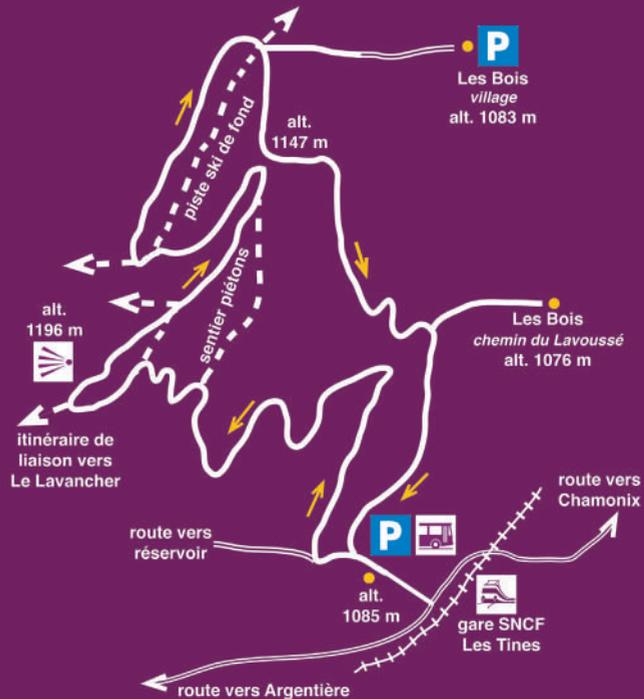
©Eric Thollère



More information

The Glacier des Bois and the Grotte de l'Arveyron

A continuation of the Mer de Glace, in 1825 the Glacier des Bois reached the village of Les Bois. Its terminal tongue opened into a gigantic and magnificent ice cave, the Grotte de l'Arveyron, which visitors came from London to admire.



BOUCLE DU GLACIER DES BOSSONS

🕒 Duration: 1h45

🏠 Elevation: 270 m

↔ Distance: 5.1 km

Climbing up the right bank of the Glacier des Bossons, this itinerary crosses the low-flowing torrents to emerge on the Cerro platform overlooking the deep ravine left by the retreating glacier. This is also a winter retreat for local wildlife, so remember to keep a low profile!

©Eric Tholière



More information

Glacier des Bossons, the scene of several airline disasters

In 1950, the Glacier des Bossons became the scene of the first civil aviation disaster in the Mont Blanc range. On 3rd November, the Malabar Princess, flying from Bombay to London, crashed at an altitude of 4,677 metres. Sixteen years later, another crash occurred on the same glacier. Due to its slow creep, plane debris and other treasures from India are regularly returned by the ice. Debris can be seen at the Cerro chalet.



BOUCLES DES CERFS

⌚ Duration: 1h10

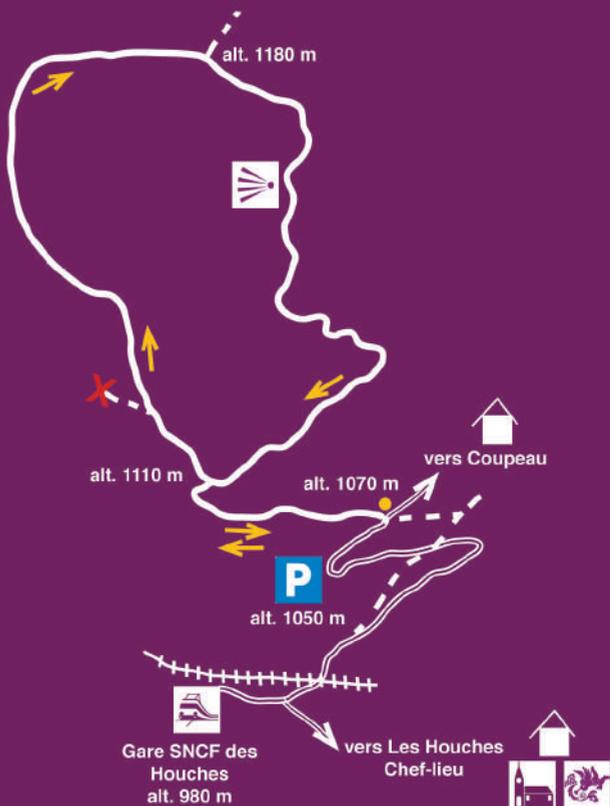
📏 Elevation: 150 m

↔ Distance: 2.8 km



© Eric Thiolière

This is a pleasant forest trail along a wide, easy path. A very short, steep climb leads to the Mouilles watering hole, popular amongst large deer and wild boar (evidence of nocturnal activity). The return loop offers some superb views of the Mont-Blanc range.



BOUCLE DE LA CHARME

🕒 Duration: 1h30

🏠 Elevation: 150 m

↔ Distance: 3.5 km

Starting from the summit of the Prarion gondola, at an altitude of 1,833 metres, this pretty circuit winds its way across the Charme plateau, offering panoramic views of the Mont-Blanc range, the Fiz mountains, the Aravis and the Val Montjoie. Ideal for an introduction to snowshoeing in solo, with family or friends, this itinerary can be coupled with a second section known as the Boucle du Petit Prarion.

©Eric Thollère



More information

The Les Houches-Saint-Gervais ski area was established in 1936, with the construction of the Bellevue cable car. 1971 marked the opening of the Prarion gondola and 1948, the 1st edition of the famous Kandahar men's alpine skiing World Cup. Today, the ski area is a key economic force in the valley offering both summer and winter activities. It boasts 15 ski lifts, 25 ski slopes and employs 92 seasonal workers in the winter season.



BOUCLE DU PETIT PRARION

🕒 Duration: 1 hour

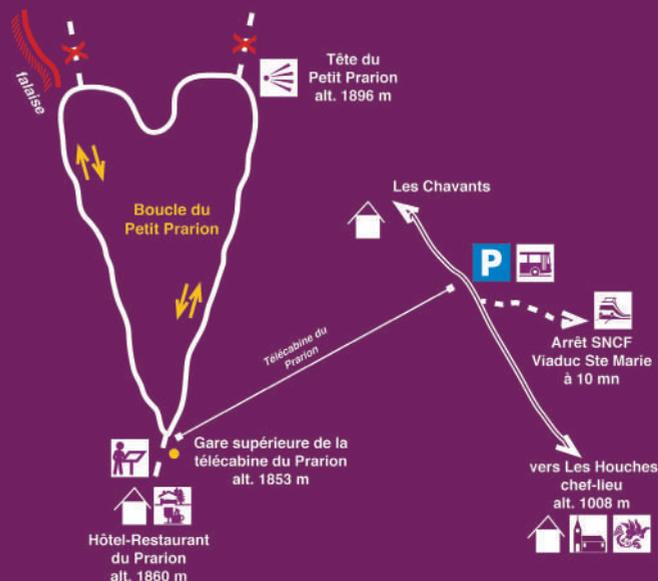
🏠 Elevation: 50 m

↔ Distance: 2 km



©Eric Thiolière

Perched at an altitude of approximately 2,000 metres, this short and simple circuit boasts spectacular views from the Tête du Petit Prarion. A true feast for the eyes! Opt for a pleasant, sunny return route along the secluded west side of the mountain, away from the ski slopes, with views of the Fiz and Aravis mountains.



BOUCLE DE LA PLANCHETTE

🕒 Duration: 35 minutes 🏠 Elevation: 15 m ↔ Distance: 1.7 km

BOUCLE DE BERGES DE L'ARVE

🕒 Duration: 40 minutes 🏠 Elevation: 20 m ↔ Distance: 2.8 km

BOUCLE DES TROIS GOUILLES

🕒 Duration: 1h30 🏠 Elevation: 250 m ↔ Distance: 8.5 km

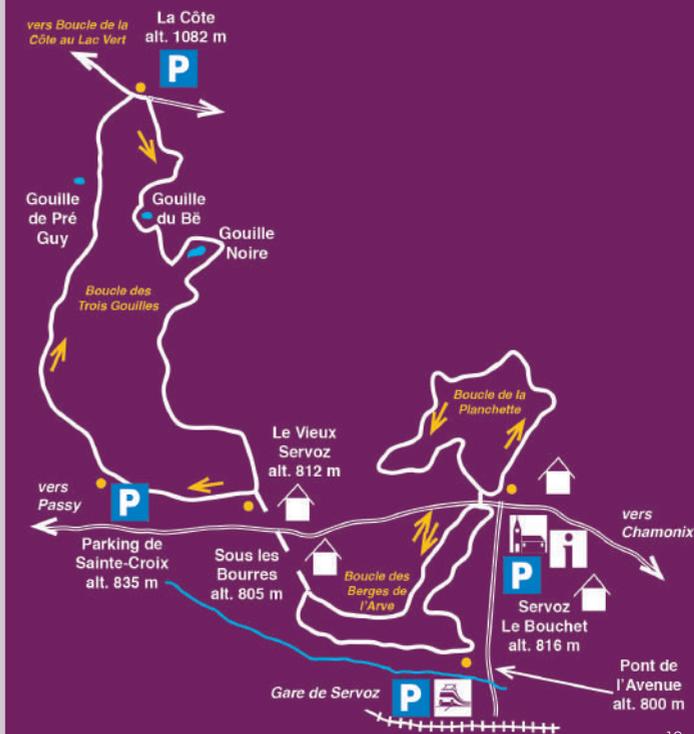
Three short circuits that weave their way around the old houses and farms of Servoz are the perfect way to discover the traditional architecture of this 30-fountain village.

©Eric Thollière



More information The fountains

Carved in limestone (for the oldest), often more simply built in cement in the 1930s and 40s, the more recent editions are made from granite. Today, the thirty or so fountains in Servoz enable us to appreciate just how precious water is.

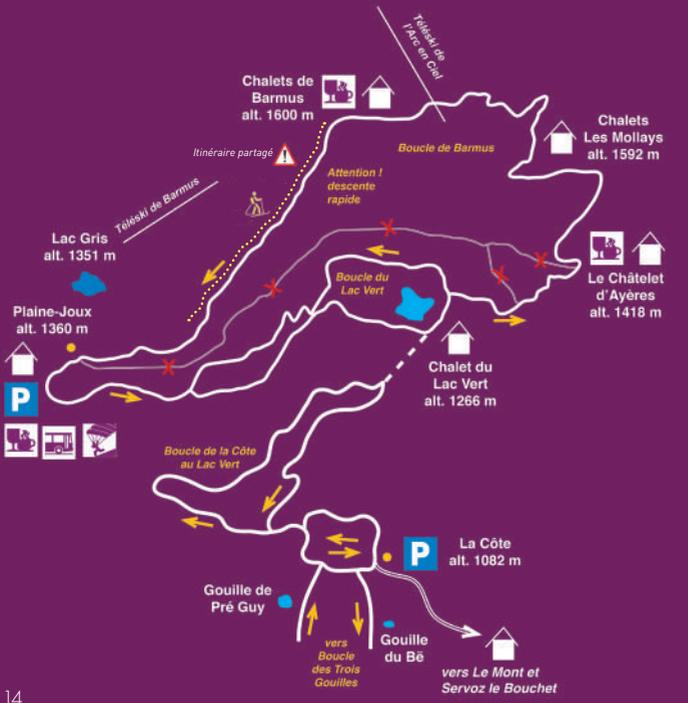


BOUCLE DE LA CÔTE AU LAC VERT

🕒 Duration: 1h40

📏 Elevation: 120 m

↔ Distance: 3.4 km



Hidden beneath the snow, the wide forest path is replaced in the winter months by a snowshoe trail leading to the mountain lake, Lac Vert. Along the trail, the beech trees are gradually superseded by tall, shady spruce trees. On the way back down, a shortcut offers the more adventurous a quick, more technical descent.

BOUCLE DE BARMUS

🕒 Duration: 3 hours

🏠 Elevation: 320 m

↔ Distance: 7 km

BOUCLE DU LAC VERT

🕒 Duration: 1 h 15

🏠 Elevation: 50 m

↔ Distance: 4.5 km

Along this attractive, slightly challenging circuit, Barmus is an excellent place to explore, free from the threat of avalanches descending from Ayères. Chalet-style refuges dotting the itinerary are ideal for refreshments and meals. Alternatively, for an easy family walk, you may prefer the loop around Lac Vert.



©Eric Thiollère



CHEMIN DU MONT D'ARBOIS

From the summit of the Mont d'Arbois gondola

🕒 Duration: 2h15

🏠 Elevation: -433 m

↔ Distance: 4.6 km



© Eric Thiolière



Downhill itinerary.

Take the Bettex - Mont d'Arbois gondola. At the summit (restaurant on site), a signpost indicates a downhill trail to the right, through forests and snowfields at a distance from the lift. This quiet walk, along a thin track, leads through wild natural surroundings. As you reach the small lake, the Lac de Chateluy, the gondola becomes closer again. Continue downhill, passing l'Avenaz to your left. The trail crosses underneath the gondola twice as you head down to Le Bettex. The more athletic may prefer the challenge of an uphill climb with good elevation gain.

BOUCLE DU BETTEX - LES COMMUNAILLES

From the snow-front in Le Bettex

🕒 Duration: 1h50

🏠 Elevation: 210 m

↔ Distance: 4.9 km

© Eric Thiolière



From the snow-front in Le Bettex, head for the multi activity trail, a wide almost flat path in the direction of Les Communailles. A private cross at Le Perchery belongs to the Chapuy family. From here, the path continues straight on towards the upper sector of Les Communailles. Just before the first houses, at Orgères, a narrower

path leads off to the right in the direction of Entre Deux Nants. Heading upwards through the forest (beware of skiers coming down), the trail crosses a small stream before emerging in a wide clearing with several chalets. Look out for the marker to the right of the chalets, at the edge of the wood. From here the trail narrows into the forest

before emerging onto the ski slope. Walk alongside the slope as far as the Nants chairlift to join a wider path. After a short climb back up to the ski slope (be careful when crossing), it's downhill all the way! The path ends back in Le Bettex, behind the ESF ski school just above the snow-front.



BOUCLE DU BETTEX - LES COMMUNAILLES

From Les Communailles

🕒 Duration: 1h15

🏠 Elevation: 176 m

↔ Distance: 4.9 km

© Eric Thiolère



This trail runs from the car park at Communailles (shuttle bus service from Le Bettex to Les Communailles). Head uphill towards the Multi-Activity Trail that intersects the downhill ski slope and drag lift. After the first chalets at Orgères, walk to the left, direction "Entre Deux Nants". Heading uphill through the forest (be aware

of skiers coming down) the path crosses a small stream before emerging in a wide clearing with several chalets. Look for the marker at edge of the forest, to the right of the chalets. From here the path narrows back into the forest and emerges onto the ski slope. Walk alongside the slope until you reach the Nants chairlift

and a wider path. After a short climb back up to the ski slope (be careful when crossing), it's downhill all the way! Before you reach Le Bettex, follow the signposts to the right for a more direct descent. Continue along the wide path back towards Les Communailles and the car park below.



BOUCLE DE PORCHERESY

🕒 Duration: 2h30

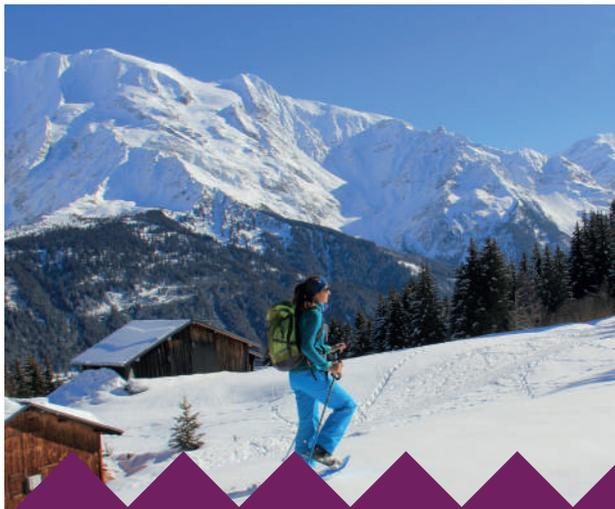
🏠 Elevation: 242 m

↔ Distance: 2.8 km

At Plan (or plateau) de la Croix, a steep short climb leads up to a ski slope. On the first bend in the slope, head into the forest. A flat trail leads to several chalets where a fork in the path enables two options: Porcherey Devant or Porcherey Derrière.

Via Porcherey Derrière: a small track winds its way up through the forest. Enjoy the views of the Mont-Blanc range as you pass through more open areas and gradually leave the forest. Walk over the snow dunes to avoid the ski slopes! As you approach the cross at Porcherey, enjoy a detour to the auberge where the ski slopes run down from Mont Joly. Return along a fairly wide, steep path into the forest. Don't miss the signpost indicating a small path to the left, before "Les Tuilles". Wind down through the forest, under the high-voltage power line and past a few chalets at Les Marlières. Head back to the fork along the flat (or almost flat) and down towards Plan de la Croix.

© Eric Thiolière



BOUCLE DE BIONNASSAY

🕒 Duration: 1 hour

🏠 Elevation: 210 m

↔ Distance: 2.7 km



The start of the path, just below the Crozat car park, runs on a moderate incline through the forest (good for mushrooms in autumn!). You will come across several chalets before reaching Le Planet with its panoramic view of the Aiguille de Bionnassay. From here, the path runs downhill. A fork to the left leads to a bridge, the Pont des Places, that crosses the Bionnassay torrent - often buried under an avalanche of snow. The path, however, continues straight on along a flat trail back towards the village of Bionnassay. Enjoy views of Tricot and Vorassay (a favourite spot for deer during the autumn rut). Continue through the hamlet of «Maisonnette» towards the end of the trail, just below the Crozat car park.



More information

The hamlet of Bionnassay

For many years, Bionnassay was an isolated hamlet in the winter months, with its own chapel and school. Standing witness to a self-sufficient life in the mountains, these small buildings add to the charm of this mountainside village.

CHEMIN DE BIONNASSAY - BELLEVUE

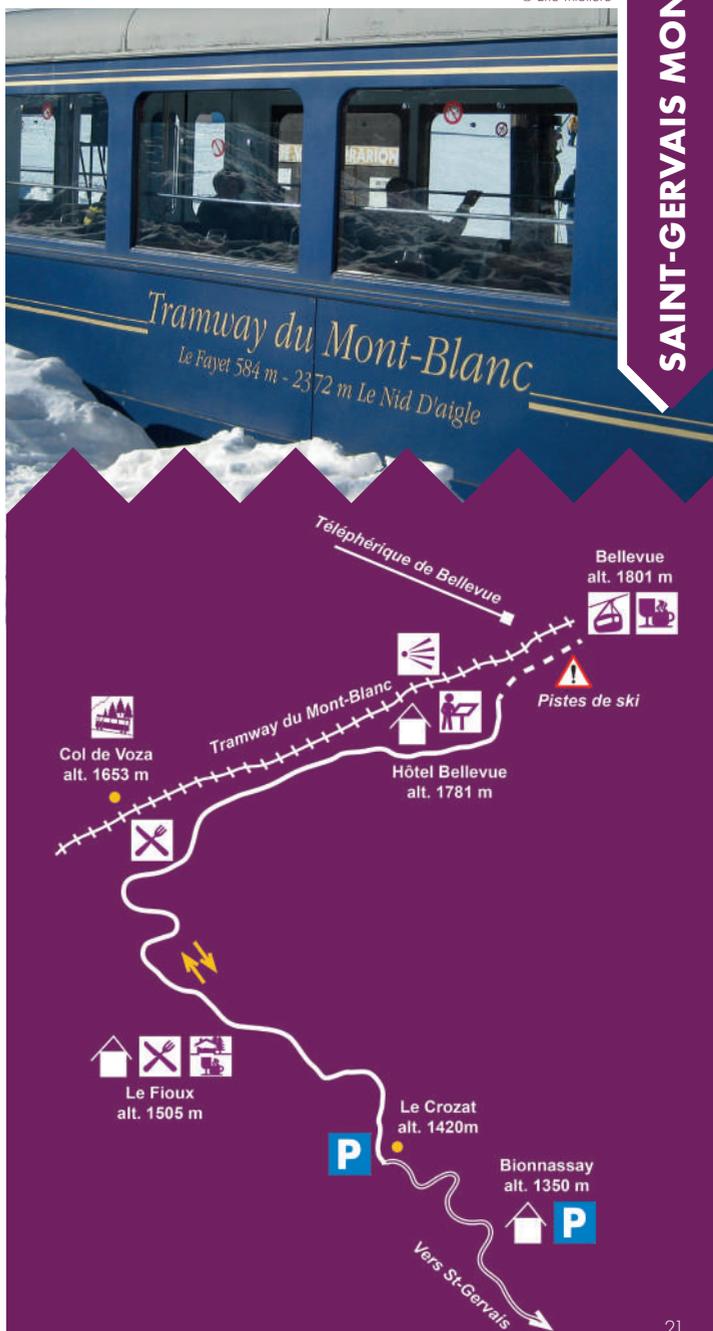
🕒 Duration: 2h45

🏠 Elevation: 361 m

↔ Distance: 9.2 km

© Eric Thiolière

This steady climb towards Col de Voza along a wide, open track boasts panoramic views of the Bionnassay glacier, the Aiguille du Gouter, Mont Joly and Saint-Nicolas, Tricot and Vorassay. When you reach the Refuge du Fioux, about a third of the way up, head into the forest along a path that later emerges at Col de Voza. Here you will find information concerning the construction of the Mont-Blanc Tramway (TMB) and the different mountain refuge huts; Nid d'Aigle, Tête Rousse and Gouter. From Col de Voza, a path leads up towards Le Prarion. Between the two lies the famous Kandahar ski slope «La Verte des Houches». Follow the path running alongside the tram tracks to the viewing platform at the former Hotel Bellevue. Enjoy the views of the Chamonix valley before continuing towards Bellevue and the summit of the of the cable-car from Les Houches.



BOUCLE DU PLATEAU DE LA CROIX

🕒 Duration: 2h05

🏠 Elevation: 408 m

↔ Distance: 5.5 km

The trail winds up beneath the chairlift and cuts across the bends in the road leading to Plateau de la Croix. Leave La Croix on your left to traverse and enjoy the panoramic views. When you reach Le Frêne, look to the right to observe the anthills found by local schoolchildren. From here head a little more rapidly downhill to Le Planet. Walk in the direction of Carteyron and discover ancient farmhouses, an old cellar, of which only the lower stone section remains, and a sundial. Descend towards the Nant des Meuniers - on the boundary with Les Contamines - and head towards Les Meuniers. Return along the path in the direction of Quy - from here you can reach the village of Tresse, a hamlet that straddles Saint-Gervais and Les Contamines. Cross the bridge and follow the path - a bit steep at first - up towards Saint-Nicolas. At Vieux Sarto, leave the Chemin des Betassets and follow the Chemin des Bouquetins towards the village.



PETITE BOUCLE DE SAINT-NICOLAS

🕒 Duration: 1 hour

🏔️ Elevation: 115 m

↔️ Distance: 2.3 km

More information Church of Saint-Nicolas de Véroce

After your nature trail, enjoy a more cultural experience at the church of St. Nicolas. A masterpiece of Baroque sacred art in the Savoie region, the village church dates from 1726 and was decorated by artists and craftsmen from Val Sésia.

The Baroque Footpath in Les Contamines, Cordon or Combloux, is an absolute must in both summer and winter.

This gently sloping path runs underneath the village chairlift, with views of Tricot and Mont Vorassey, towards the hamlet of Fontaney - home to an ancient farmhouse with interesting inscriptions on the beams, known as "éparrons". From here, walk through the forest towards Tête de Truz, an intersection with the ski slope where an iron cross stands. The return trail runs downwards towards Nant Blanchet.

After your nature trail, enjoy a more cultural experience at the church of St. Nicolas. A masterpiece of Baroque sacred art in the Savoie region, the village church dates from 1726 and was decorated by artists and craftsmen from Val Sésia.



BOUCLE DE LA CÔTE D'AURAN

🕒 Duration: 2h30

📏 Elevation: 200 m

↔ Distance: 3.7 km



© OT Les Contamines-Montjoie - Gilles Lansard

From the car park, located after the Pont des loyers bridge in direction of Notre-Dame de la Gorge, take the itinerary that runs parallel to the Armancette torrent, the drag lift to your left. Pace yourself on the uphill climb to the Côte d'Auran where the trail flattens out into the forest towards the hamlet of La Frasse and the highest houses in the village. The descent, along the ancient Chemin du P'tou, takes you back to the church. Continue downhill towards the car park below the Tourist Office and walk back upstream along the Bon Nant riverbank.



BOUCLE DE NOTRE-DAME DE LA GORGE

🕒 Duration: 2h30 (return)

🏠 Elevation: 46 m

↔ Distance: 3.8 km (return)

From the centre of Les Contamines, walk down below the Tourist Office, cross the car park to the left and head for the banks of the Bon Nant River. Walk upstream, parallel to the river, towards the Nordic area, crossing the Pont des Loyers bridge and the Pont du Lay bridge on your way. Leave the Nordic area on your left and follow the flat easy path towards the remarkable Baroque church of Notre-Dame de la Gorge and its 14 oratories. Cross the bridge by the car park and follow the same path back to the village centre.



BOUCLE DU CREY DEVANT

🕒 Duration: 2 hours

🏠 Elevation: 230 m

↔ Distance: 3.5 km

The itinerary starts at the village hall (Espace Animation), located slightly above the village centre. From here, walk to the end of the road, between private houses, into the forest. Continue horizontally until you reach the first chalets at Crey Devant. At the intersection, the left-hand path leads quickly back to Champelet, a hamlet just below the village (bus stop).

BOUCLE DU CREY DERRIÈRE

🕒 Duration: 3 hours

🏠 Elevation: 290 m

↔ Distance: 5.5 km

From the chalets at Crey Devant, a second circuit leads to Crey Derrière with a possible return to the main road (bus stop).





SAFEGUARDING THE MOUNTAINS

In winter, wild animals such as chamois, ibex, black grouse and rock ptarmigan are vulnerable to the cold and lack of food. To protect themselves, they take shelter in the forest or in igloos.

When disturbed, their only reflex is to flee, expending their energy needlessly.

Repeated disturbance weakens them considerably.

Stay on
the signposted
paths and trails.



Scan me!



**If you encounter a wild animal,
stop immediately.**

Let the animal walk away calmly
to save vital energy.



Dogs must
be kept
on a lead.



CHEMIN DE COLOMBAZ

🕒 Duration: 2h30

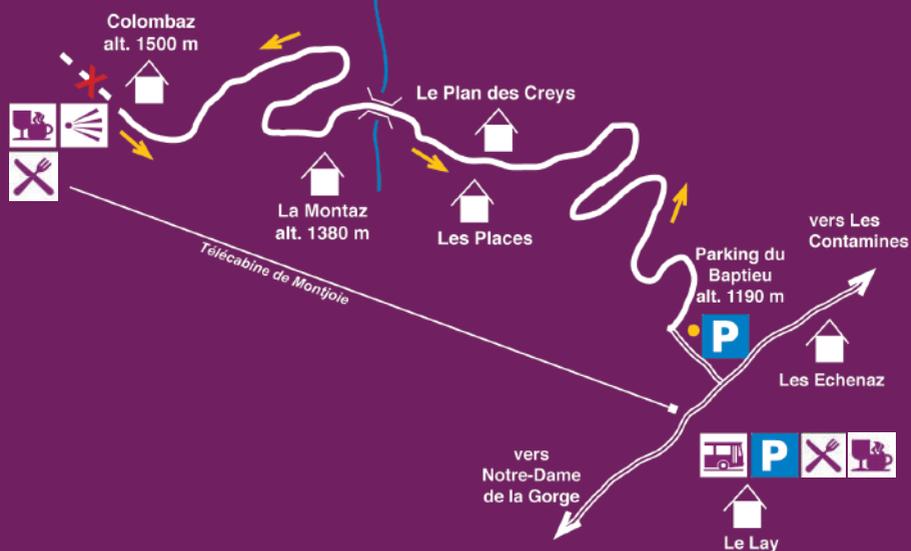
🏠 Elevation: 300 m

↔ Distance: 4.3 km

From the Baptieu car park or the Lay ski lift, walk through the hamlet of Baptieu and follow the wide path towards Colombaz. The climb, winding steadily uphill in zigzags, is bright and sunny in the morning. The trail finishes at the chalet-restaurant La Colombaz. Venture no further as the terrain is prone to avalanches. Return home down the same path.



© Eric Thiollère



CHEMIN DES GRANGES DE LA GORGE

🕒 Duration: 1h15 (return)

🏔️ Elevation: 160 m

↔️ Distance: 1.8 km (return)

In proximity of the car park at Notre-Dame de la Gorge, next to one of the remarkable oratories along the road, cross a flat area and the cross-country ski track before climbing gradually towards the Chalets des Granges, an alpine pasture with views over the valley and surrounding peaks. Loop around before heading back down the same path.



© Eric Thillière



BOUCLE DE CASSIOZ

🕒 Duration: 1h40 (return)

🏠 Elevation: 150 m

↔ Distance: 3 km (return)

©Praz sur Arly Tourisme



Start from the car park at the entrance to the ski area (yellow signposts indicate the snowshoe itinerary). Turn left at the ESF chalet towards the cross-country ski trails. After the bridge, turn right and follow the river. At the end of the valley, turn left up the slope towards the chalets. Cross the road and follow the track for 500m. Continue to the right and walk uphill through the forest until you reach a small plateau. From here, walk down towards the chalet and follow the trail in direction of the hamlet of Cassioz. Fork left and follow the footpath alongside the cross-country ski track back to the car park.



BOUCLE DES EVETTES

From Praz

🕒 Duration: 2h30

🏠 Elevation: 220 m

↔ Distance: 4.8 km

From Flumet

🕒 Duration: 3 hours

🏠 Elevation: 310 m

↔ Distance: 7.2 km

Leave to the right of the Grabilles car park and take the path that climbs to the right. When you reach the top, continue to the right and follow the trail to a flat area on the edge of a ski slope. Walk up alongside the slope and cross over to rejoin the trail on the otherside. Continue until you reach the restaurant «La Montagnette».

The lake, Lac des Evettes, is located just above. On the way back, take the trail that runs straight ahead into the forest, near the restaurant. After a few bumps, follow the trail downhill for several hundred metres before forking off to the right. Cross the fields back towards to the farmhouse where you started.



©Praz sur Arly Tourisme



CHEMIN DU COL DE JAILLET

From the Jaillet gondola

🕒 Duration: 1h55 (return)

🏠 Elevation: 148 m

↔ Distance: 6 km (return)

From the foot of the Christomet chairlift

🕒 Duration: 3h20 (return)

🏠 Elevation: 303 m

↔ Distance: 10.7 km

CHEMIN DU CHRISTOMET

From the Jaillet gondola

🕒 Duration: 4h15 (return)

🏠 Elevation: 265 m

↔ Distance: 10 km (return)

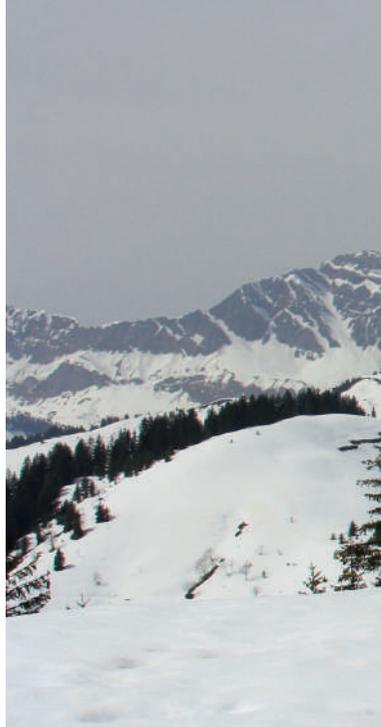
From the foot of the Christomet chairlift

🕒 Duration: 5h40 (return)

🏠 Elevation: 420 m

↔ Distance: 14.7 km (return)

© Eric Thiollière



From the summit of the Jaillet gondola or from the foot of the Christomet chairlift, this itinerary climbs upwards towards the Plan des Dames and along a pleasant forest trail towards the Col de Jaillet and its magnificent panoramic views, stretching from the Aravis mountains to Mont-Blanc. The village of Megève and its hamlets can be seen below. A historic site, land on the Col de Jaillet has been shared since Roman times. The more adventurous can continue the walk as far as Christomet: a scenic return trek across more challenging terrain reserved for experienced showshoe enthusiasts.

CHEMIN DU LEUTELLET

🕒 Duration: 2h20 (return) 📏 Elevation: 394 m

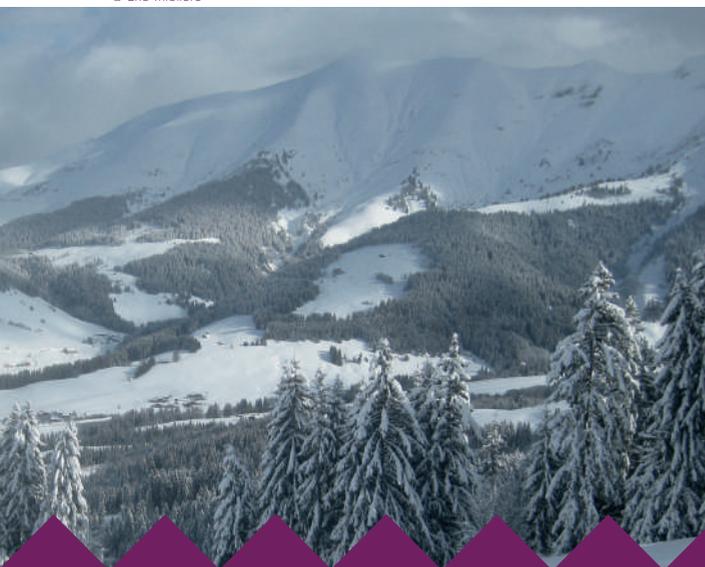
↔ Distance: 5.5 km (return)

CHEMIN DU PLANAY

🕒 Duration: 1h05 (return) 📏 Elevation: 56 m

↔ Distance: 4 km (return)

© Eric Thiollère



Warm up gradually alongside the cross-country ski tracks before heading uphill. As you gain altitude, the views open out onto Rochebrune and the impressive north faces of Mont Joly and l'Aiguille Croche.



TÊTE NOIRE

From the Mouilles car park

🕒 Duration: 2h55 (return)

🏠 Elevation: 491 m

↔ Distance: 5.3 km (return)

From the Peray car park

🕒 Duration: 2h40 (return)

🏠 Elevation: 411 m

↔ Distance: 4.4 km (return)

BOUCLE DES SIONS

🕒 Duration: 1h10 (return)

🏠 Elevation: 135 m

↔ Distance: 2.3 km (return)

There are two possible starting points: the Mouilles car park, which is more accessible, and the slightly higher Peray car park, which can be reached rapidly via a small path.

For the Boucle des Sions, take the path to the left, pass between the houses and continue along the flat until you reach the last house in Les Sions. From here, descend to the left as far as La Combe, then cross the hillside to return to the Mouilles car park.

For Tête Noire, walk to the right and climb upwards along a wide, clearly visible path. When you reach the Tête, which you skirt slightly, take a path to the right. The path to the left leads to the Chalets des Bénés.



©Eric Abt



BOUCLE DES CHARNES

🕒 Duration: 2h30

🏔️ Elevation: 250 m

↔️ Distance: 2.9 km



©Eric Thiolère

Along a trail, crossing fields and undergrowth, this beautiful hike on the sunny side of the mountain towards the summit of the ski slopes, boasts magnificent scenery. From Dandry, follow the signposts. A path runs downhill alongside the road. Cross over to take the path on the opposite side, towards Les Charnes. Leave the paths that lead to the chalets and climb higher, through the fields and the forest, before beginning your descent on the edge of the ski area. At the bottom, cross back over the road towards the Darbelin drag lift and return to the car park.



BOUCLE DU DANDRY

🕒 Duration: 1h30

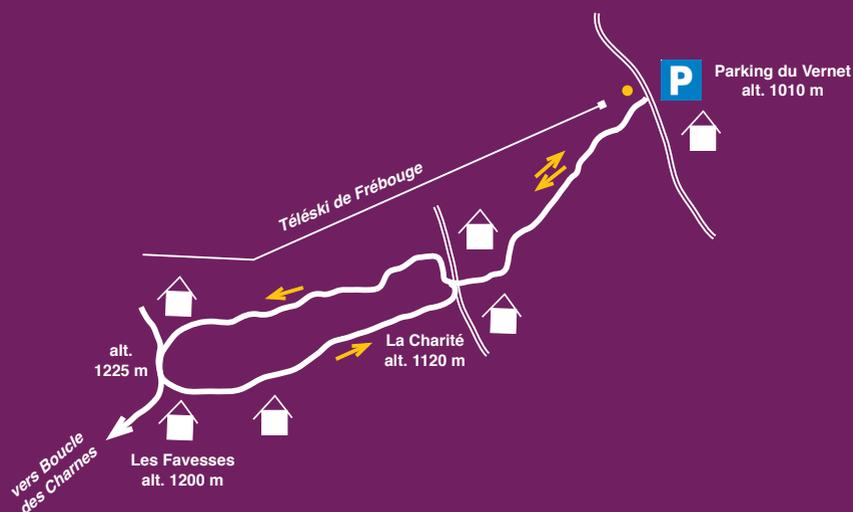
🏠 Elevation: 215 m

↔ Distance: 2.3 km

© JM Barey



This pleasant itinerary, not far from the ski slopes, winds through traditional housing and boasts panoramic views of the Mont Blanc and Fiz mountain ranges. The circuit starts from the Vernet car park, at the foot of the Frébouge drag lift. The trail leads across snow-covered fields and between chalets. Cross the road and take the path to the right (return via the path to the left). From here, keen hikers can join the Charnes trail. Alternatively, to shorten the walk, it is possible to hike the upper loop from the Dandry car park.



BOUCLE DE CORNILLON

-  Duration: 1h10
-  Elevation: 196 m
-  Distance: 3 km

BOUCLE DES PLAINES Depuis le parking

-  Duration: 1h55
-  Elevation: 235 m
-  Distance: 4.3 km

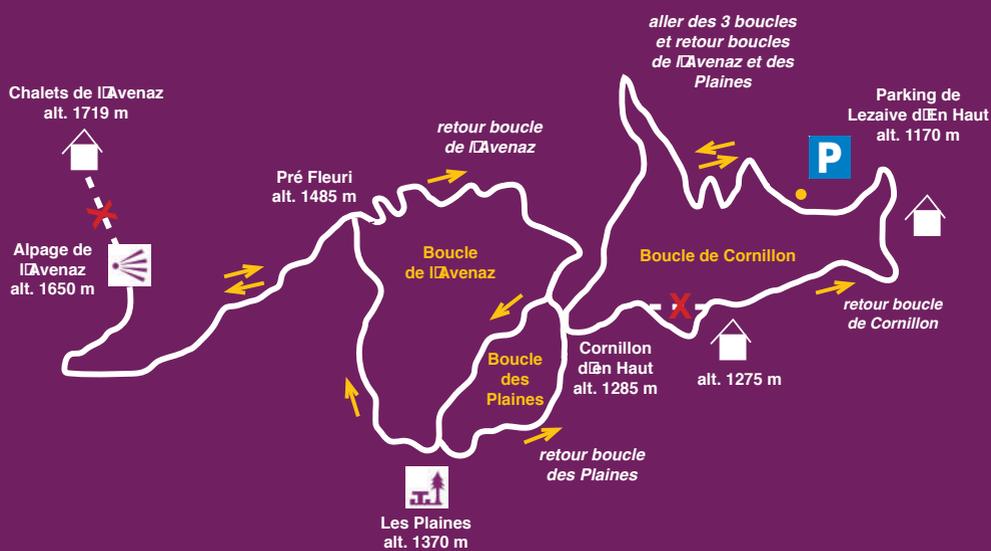
BOUCLE DE L'AVENAZ Depuis le parking

-  Duration: 3h05
-  Elevation: 387 m
-  Distance: 5.5 km



©A. Blondet

These three itineraries through the Jorasse forest lead to the Avenaz mountain pasture. Along the forest trail, the Boucle de Cornillon is the easiest and shortest. It can be extended by the Boucle des Plaines or the more challenging Boucle de l'Avenaz. From the car park, take the forest trail. At Cornillon, take the path on the left back downhill. For the Boucle des Plaines and the Boucle de l'Avenaz, continue along the forest trail to the right as far as the Plaines picnic area. The Boucle des Plaines then follows a track on the left back downhill. For the Boucle de l'Avenaz, take the wide path to the right, uphill into the forest. The signposts guide you to the Avenaz alpine pasture and its viewpoint. On the way back, leave the wide track for a trail through the woods until you come to the path you trod earlier in the day. Walk down from here.



BOUCLE DES PONTS DES NANTS

🕒 Duration: 2 hours

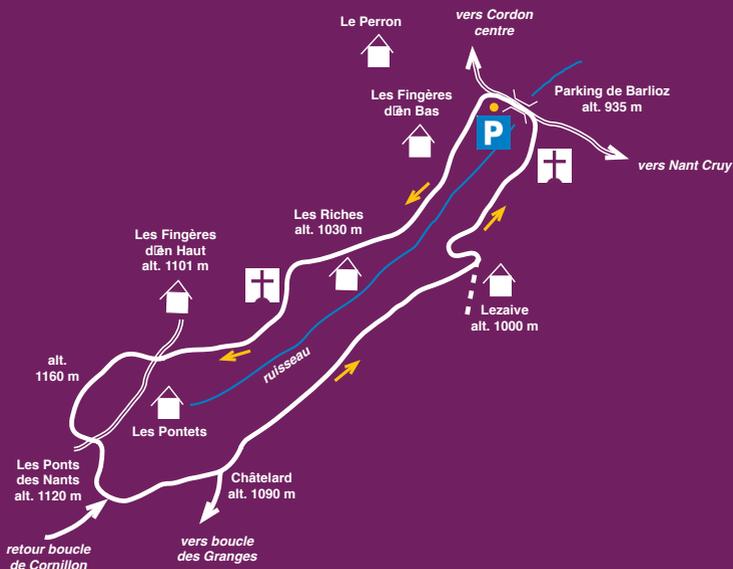
📏 Elevation: 225 m

↔ Distance: 4.2 km



© S. Renol

With no uphill difficulties, this itinerary takes you as far as the pretty Ponts des Nants, at the edge of the Jorasse forest, before descending along a pleasant path through the undergrowth. From the Barloz car park, follow the signs to the hamlet of Les Fingères. Near Les Fingères d'en Haut, cross the road and continue along the path opposite. On a level with Ponts des Nants, cross back over the road and walk left in direction of Ponts des Nants. Follow the signposted trail back to the car park. Possibility to join the Boucle de Cornillon along this itinerary.



BOUCLE DES GRANGES

From Chatelard

-  Duration: 1h55
-  Elevation: 200 m
-  Distance: 5 km

From Nant-Cruy

-  Duration: 1h55
-  Elevation: 320 m
-  Distance: 5.4 km

From Les Grangettes

-  Duration: 1h55
-  Elevation: 320 m
-  Distance: 3 km

From Le Vernay

-  Duration: 1h55
-  Elevation: 330 m
-  Distance: 7.6 km

From a forest trail to a zigzagging path through undergrowth, the Boucle des Granges circuit presents no steep climbs. A beautiful clearing between Les Lovatières and Montavus offers panoramic views of the Mont Blanc range. It is also possible to reach the village of Cordon by descending to the left at Montavus.

© OT Cordon



BOUCLE DES MONTAVUS

From Chatelard

-  Duration: 2h45
-  Elevation: 456 m
-  Distance: 10.2 km

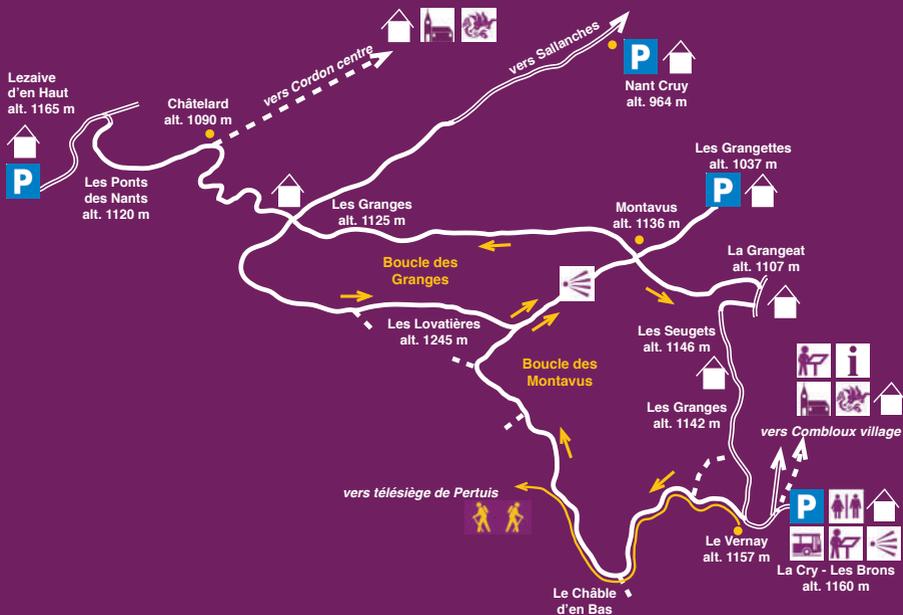
From les Grangettes

-  Duration: 2 hours
-  Elevation: 256 m
-  Distance: 5.2 km

From Nant-Cruy

-  Duration: 2h45
-  Elevation: 476 m
-  Distance: 10.6 km

© OT Cordon



ALPAGE DE BEAUREGARD

From the summit of the Beauregard chairlift

🕒 Duration: 50 minutes

🏔️ Elevation: -351 m

↔️ Distance: 2.5 km

Depuis Cuchet

🕒 Duration: 1h30

🏔️ Elevation: 168 m

↔️ Distance: 4.5 km

© OT Combloux - Christine Burnier

Depuis la Cry

🕒 Duration: 1h55

🏔️ Elevation: 310 m

↔️ Distance: 5 km

A pretty circuit between forest and mountain pastures with the Mont-Blanc range in the backdrop.

Shorten the climb by starting from the the summit of the Beauregard chairlift: a pleasant itinerary through the forest.

At the summit, enjoy breathtaking views of the Aravis, Fiz and Mont-Blanc mountain ranges.

Possibility to continue on a wilder balcony trail, along the mountain ridges towards Christomet. A moment of peace and tranquility amidst a white immensity, opposite Mont-Blanc.



See map of itineraries on page 47

SOMMET DES SALLES

From Cuchet

🕒 Duration: 2h25 (return)

🏠 Elevation: 481 m

↔ Distance: 8 km (return)

HAUT DU TÉLÉSIÈGE DE BEAUREGARD

From Cuchet

🕒 Duration: 1h25 (return)

🏠 Elevation: 269 m

↔ Distance: 5 km (return)

CHRISTOMET PAR LE COL DE LA JORACE

From La Cry

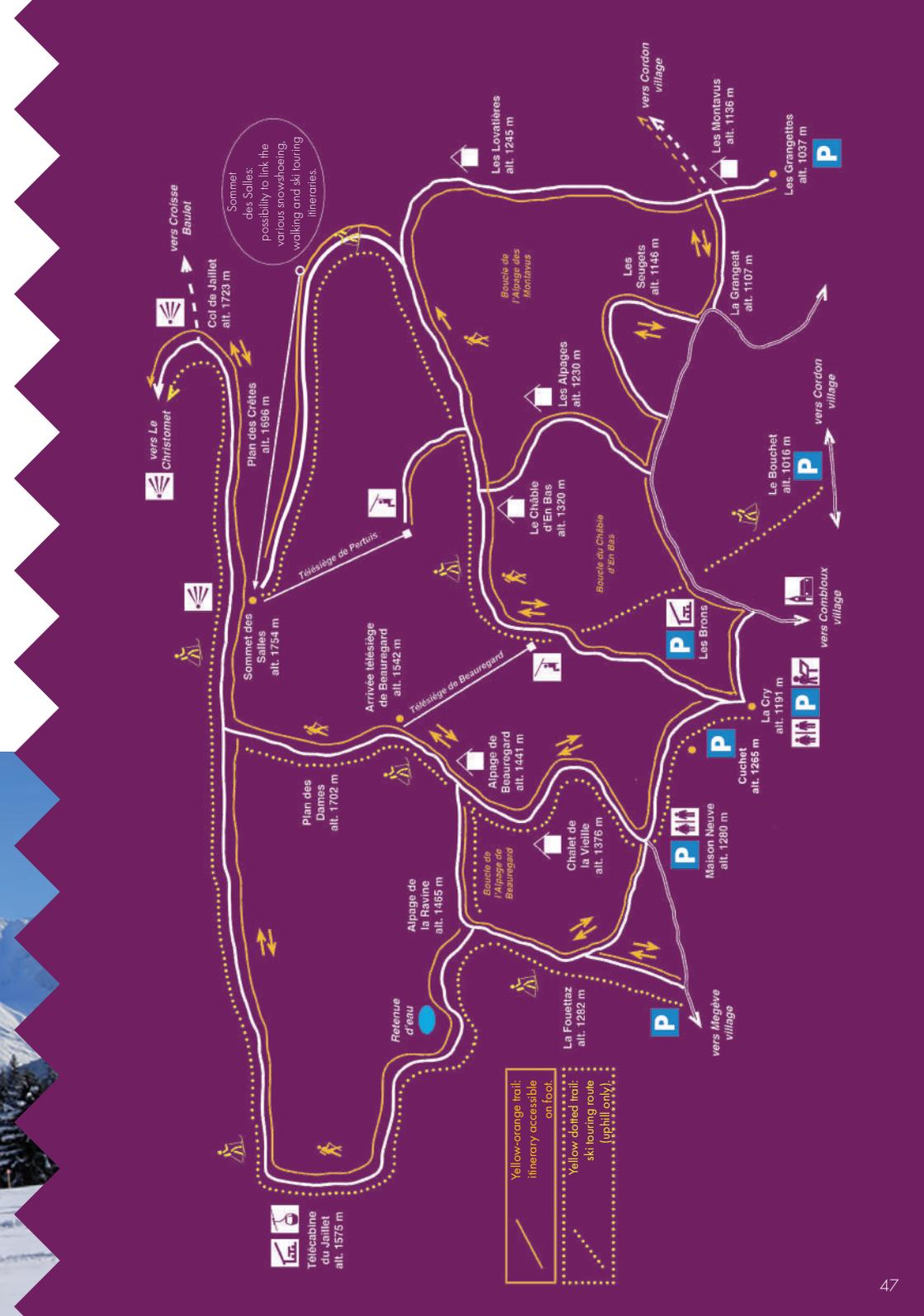
🕒 Duration: 5h45

🏠 Elevation: 700 m

↔ Distance: 12 km

© OT Combloux - Christine Burnier





Sommet des Salles: possibility to link the various snowshoeing, walking and ski touring itineraries.

Yellow-orange trail: itinerary accessible on foot.

Yellow dotted trail: ski touring route (uphill only).

vers Croisise
Bhaillet

vers Le
Christomet

Plan des Crêtes
alt. 1696 m

Sommet des Salles
alt. 1754 m

Col de Jalliet
alt. 1723 m

Plan des Dames
alt. 1702 m

Alpage de la Ravine
alt. 1485 m

Alpage de Beauregard
alt. 1441 m

Châlet de la Vieille
alt. 1376 m

La Fouetaz
alt. 1282 m

Maison Neuve
alt. 1280 m

La Foyetaz
alt. 1282 m

La Foyetaz
alt. 1282 m

Teleski
alt. 1575 m

Arrivée télésiège de Beauregard
alt. 1542 m

Le Châble d'En Bas
alt. 1320 m

Les Alpages
alt. 1230 m

Les Lovatières
alt. 1245 m

Les Brons

La Cury
alt. 1191 m

Cuchet
alt. 1265 m

La Cury
alt. 1191 m

Le Bouquet
alt. 1016 m

Les Montiaus
alt. 1136 m

Les Grangelles
alt. 1037 m

La Grangeat
alt. 1107 m

Les Sougets
alt. 1146 m

vers Cordon
village

vers Megeve
village

vers Combloux
village

BOUCLE DE L'ALPAGE DE PLANSET

 Duration: 1h30

 Elevation: 150 m

 Distance: 2.8 km

BOUCLE DE PRAPACOT D'EN BAS

Par Combafort

 Duration: 2 hours

 Elevation: 250 m

 Distance: 3.6 km

BOUCLE DU BARBY

 Duration: 2h30

 Elevation: 294 m

 Distance: 4.2 km

BOUCLE DES HAUTS DE PLANSET

 Duration: 2h15

 Elevation: 291 m

 Distance: 3.6 km

BOUCLE DES TROIS ALPAGES

 Duration: 3h30

 Elevation: 387 m

 Distance: 7.2 km

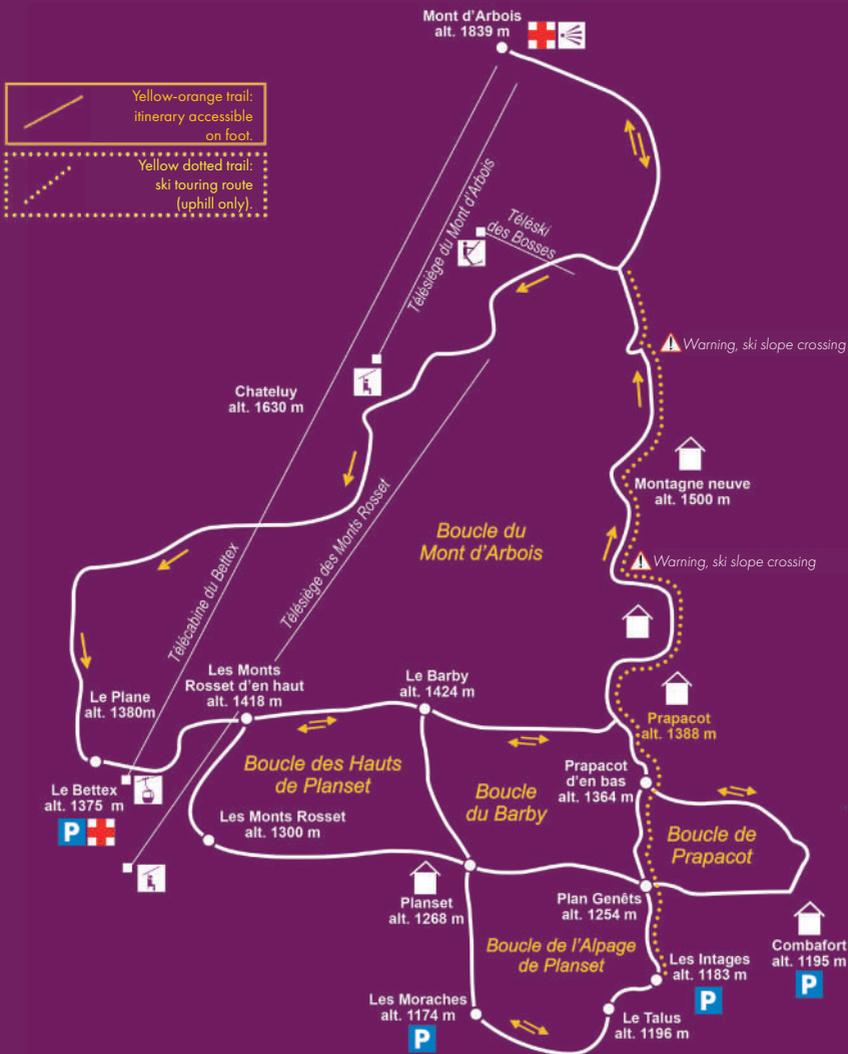
BOUCLE DU MONT D'ARBOIS

 Duration: 5 hours

 Elevation: 801 m

 Distance: 12.2 km

Starting from the Intages car park or the Moraches car park at «le Plan», select one of the above circuits or enjoy a combination of several for a longer, more pleasurable hike. Discover ancient mountain pastures and rural alpine architecture with panoramic views of the Arvais mountains to complete the picture. For the more sporty or more adventurous, the itinerary up to the summit of Mont d'Arbois is a long, wild climb through the forest after which the panoramic descent with Mont-Blanc in the background is a superb reward. For anyone struggling or in the event of bad weather, there are plenty of escape routes along the way.



BOUCLE DES COMBES

- 🕒 Duration: 1 hour
- 🏠 Elevation: 170 m
- ↔ Distance: 2.15 km

BOUCLE DU PLATEAU DE MAYÈRES

- 🕒 Duration: 3h45
- 🏠 Elevation: 560 m
- ↔ Distance: 7.1 km

From the Burzier car park, follow the Boucle des Combes – a pleasant circuit dominated by the Aravis mountains. The more courageous may opt to continue the walk as far as the Croix de Mayères to enjoy exceptional views of the Arve valley and the Mont-Blanc range and, of course, the possibility of a pleasant pause at the Tornieux refuge! For the return walk, a wide track leads you leisurely back to Burzier.

© Emilie Perrin



BOUCLE DU DÉRAMEY

🕒 Duration: 2 hours

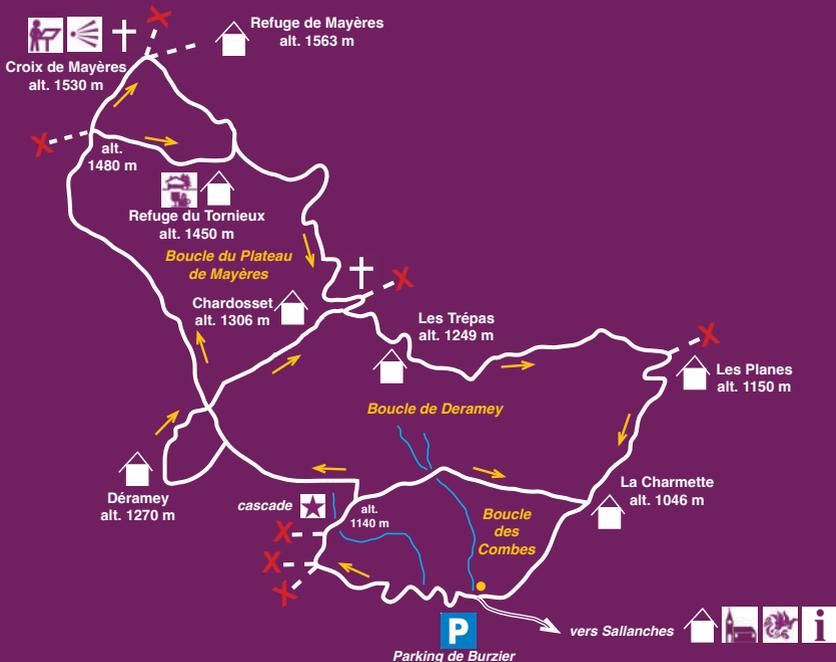
🏠 Elevation: 360 m

↔ Distance: 4.7 km

The Boucle du Déramey, one of the variations of the Mayères forest trail, leads to some picturesque glades with superb views of the majestic Mont-Blanc. Through the undergrowth, across clearings and streams, this enchanting itinerary offers the chance to observe wild animal tracks whilst admiring the stunning surroundings. Discover the small hamlet at the crossroad, with its pretty mountain chalets overlooking the town of Sallanches, opposite the Mont-Blanc range. Hikers are advised to stop here to admire the breathtaking scenery.



© Odéane Casanova





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