

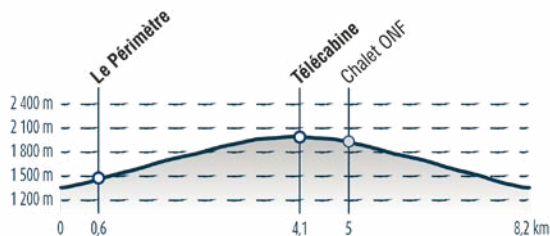


### Access to start point

La Norma, Base de loisirs (leisure centre).  
Chemin des Tufs. Parking nearby.



Scan and follow the route with your favourite app



### Along the switchbacks



With its 27 consecutive switchbacks, it's hard to find a trail that's more playful both uphill and downhill. Away from the chairlifts, immerse yourself in the tranquility of the spruce forest that lends so much charm to La Norma.



### Along the way

Set off at a calm, lordly pace to serenely start your ascent. Rack up the twists and turns as you breathe in the fresh, woodland air. From time to time, give yourself the luxury of a sensory break.

You're overlooking the gorges of the Saint-Antoine torrent. Can you hear its rolling and tumbling? Starting at an impressive altitude of nearly 3,000 metres in the beautiful Belle Plinier area, this trail bears remarkable witness to centuries of erosion. How the water rushes down when the snow melts, tumbling straight into the Arc River, 2,000 metres lower down!

After so much exercise, you might be tempted to take a break at the ONF chalet. The edge of the forest is just a few steps away. From the Carrelet chairlift, enjoy a view of the valley basking in the sun.

### Did you know?

In forest mathematics, a timber harvest does the following:

- Boosts local employment. 300 m<sup>3</sup> of wood = approximately 150 fir trees = 1 job for a lumberjack, heavy machinery operator, or sawyer.
- Helps build our homes. 1 house of 100 m<sup>2</sup> = 10 m<sup>3</sup> of wood.
- Helps combat climate change 1 fir tree = 2 tonnes of CO<sub>2</sub> stored in the wood = emissions from 2 round trips Paris - New York by plane.