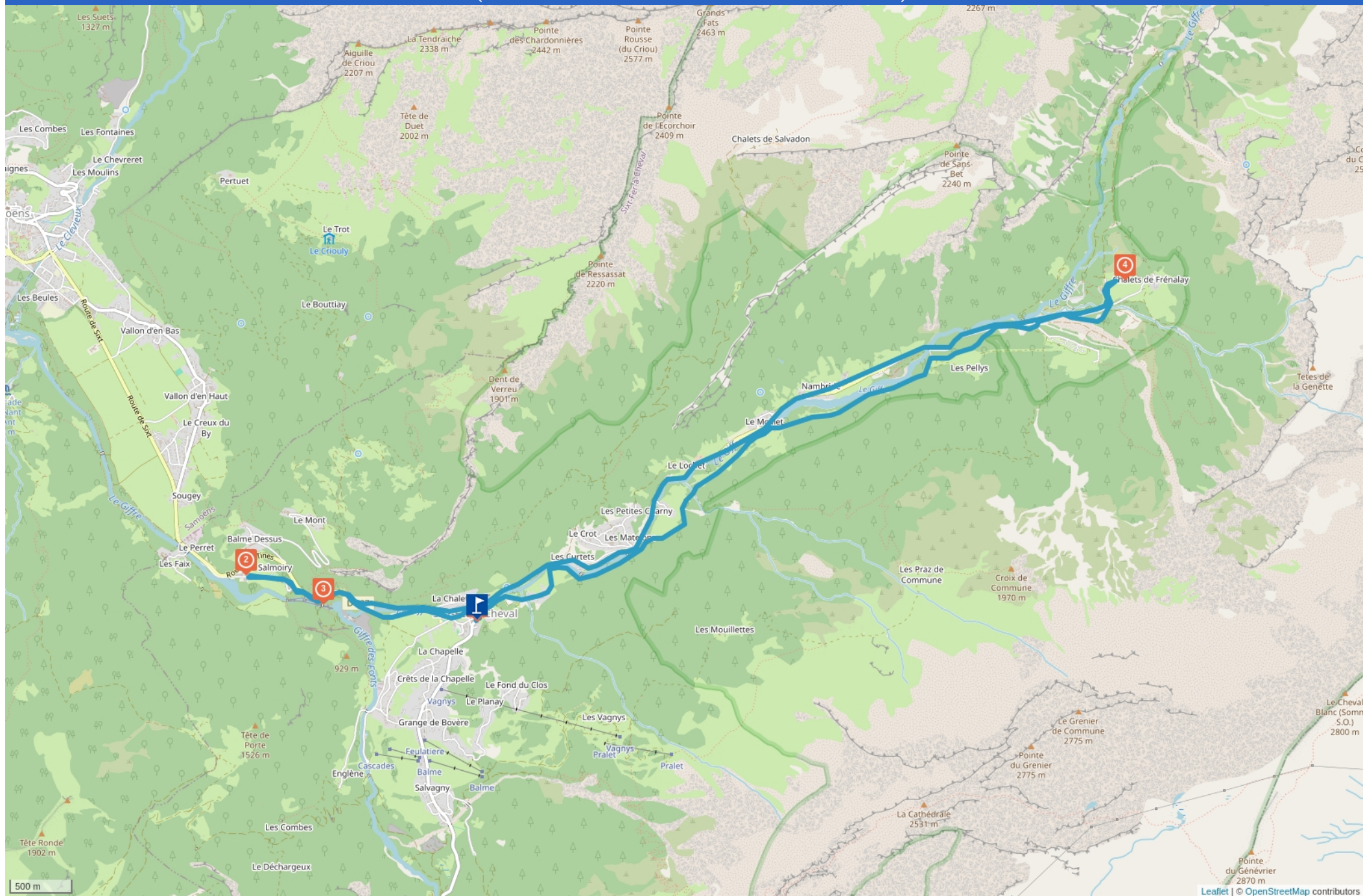


THE CIRQUE ALONG THE RIVERSIDE (DEPARTURE: SIXT-FER-À-CHEVAL)

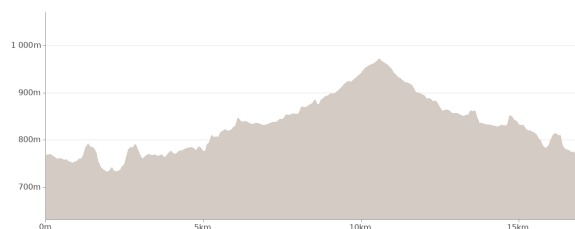


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The Cirque along the riverside (departure: Sixt-Fer-à-Cheval)



Départ : Route de la Cascade du Rouget - 74740

SIXT-FER-À-CHEVAL

17.35 km

3h

2h30

maxi 972 m

mini 731 m

Medium

Medium

374 m

-372 m

A sporty 17km loop along the Giffre river, to discover Sixt-Fer-à-Cheval, The gorges des Tines and the Cirque du Fer-à-Cheval. A stop is arranged at the "Ferme des Tines" farm to discover some of the cheese and charcuterie specialities of the Giffre Mountains which you will then taste facing the splendid panorama of the Cirque du Fer-à-Cheval. From 9 years old (height: 1.30 m)

When leaving Skiset (1), turn right onto the "Cascade du Rouget" road up to the town hall, then turn left into the rue du lavoir ("Gorges des Tines" blue VTTAE signs). At the "Ecole" sign, turn right onto the "Chemin de fer" road behind the primary school and follow the left bank of the Giffre river up to the Glrière bridge. Cross the bridge and follow the footpath signs to the "passerelle des Tines". At the sign for "sous le raffour", follow the direction of "Le raffour" until you reach the D907. Cross the road and turn left onto the D907 for a few metres as far as the Les Tines car park. Be careful on this busy road.

At the the "Les Tines" car park, follow the sign for "Samoëns" and go down the rocky path (which is quite steep). At the junction of the 2 paths, take the one on the right (not marked) and go past the former disco club "La flûte" and the "Ferme des Tines" farm.

Stop at the "Ferme des Tines" (2) shop to choose some farm products to suit your mood of the day.

Return along the same path to the "Les Tines" car park. Take time to observe the "Gorges des Tines" (3) from the "Passerelle des Tines". Then take the D907 back to the village. Turn right over the bridge towards the Rouget waterfall and then immediately left. From the "Sixt - Mairie" sign, follow the signs to the "Cirque du Fer-à-Cheval".

When you arrive at the Cirque du Fer-à-Cheval (4), you can admire the view of the peaks and waterfalls from the viewpoint indicator. There is a bike park to the left of the Fer-à-Cheval restaurant. A few picnic tables are available above the "Chalet de Laura" to taste your freshly bought products.

You can go back to the village and the "Skiset - Narcisse sports" shop (1) via the D907 road. You can then follow the course of the Giffre by the other bank and admire some of the hamlets of Sixt.

TRACK PART OF "CYCL'O GOURMANDES"

Booklet available free of charge from Haut-Giffre Tourisme reception offices in Morillon and Sixt-Fer-à-Cheval, or from participating partners. Please contact Haut-Giffre Tourisme at +33 (0)4 50 34 49 36 for further information. The activity is your own responsibility.

Suggested by:
Haut-Giffre Tourisme
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1	Route de la Cascade du Rouget - 74740 SIXT-FER-À-CHEVAL - Altitude : 770m	Location
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Skiset - Chez Narcisse Sports

Rental of e-mountain bikes and sport shop (clothing - shoes and accessories for outdoor activities).

Special offer "Les Cycl'O gourmandes" from 30th March until 5th July: 10% discount on bike hire on presentation of the "Skiset" coupon / IMPORTANT : please book by phone or by mail 24 hours in advance. Phone: +33 (0)4 50 34 42 47, mail: narcisse.sport@wanadoo.fr

2	Route du Tunnel - SIXT-FER-À-CHEVAL - Altitude : 735m	Produit de la ferme
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Ferme des Tines

Cow and goat cheese selling, from the farm and the surrounding area, as well as home-made charcuterie. Various local products (jams, beers, fruit juices,...). Free visit of the farm on your own.

Special offer "Les Cycl'O gourmandes" from 30th March to 5th July: 10% discount on presentation of the "Ferme des Tines" coupon / Opening hours: from Monday to Friday from 10am to 12.30pm and from 3pm to 7pm and on Saturday from 9:30 am to 12:30 pm and from 3 pm to 7 pm. Closed on Sunday.

3	Route des Tines - 74740 SIXT-FER-À-CHEVAL - Altitude : 768m	Point d'intérêt naturel, Gorge, Aires de Pique-Nique
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Gorges des Tines

Accessible to young and old alike, the Tines footbridge offers a beautiful view over the gorges. The walk of the "old gorges of Tines" (30 minutes), accessible from the car park, will make you discover an exceptional natural site which will amuse all the family with the passage of several ladders and footbridges. The Gorges des Tines are also a paradise for sportsmen: rafting and hydrospeed through the Gorges, via ferrata of the Mont, climbing wall of Les Tines.

4	Cirque du Fer-à-Cheval - 74740 SIXT-FER-À-CHEVAL - Altitude : 964m	Points de vues et panorama, Aires de Pique-Nique, Réserve naturelle
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Cirque du Fer-à-Cheval

The Cirque du Fer-à-Cheval takes its name from the shape of its cliffs, which form a semi-circle. Its impressive height (up to 3000 metres) gives rise to a multitude of waterfalls, the number of which varies according to the season. Note: you are entering the Sixt-Fer-à-Cheval / Passy Nature Reserve, please respect the regulations (available at the entrance to the site and along the paths).

Public toilets on the right of the Fer-à-Cheval restaurant

