

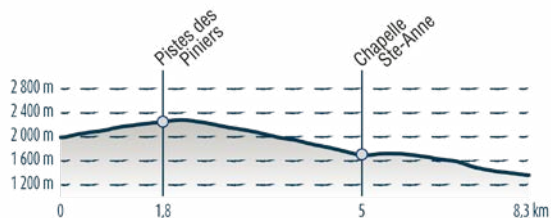


Access to start point

The Norma, Top of the Mélezet cable car.
Start point at Rue des Terres cable car.



Scan and follow the route with your favourite app



Forest immersion



Enjoy this mostly downhill route for an immersive experience in the vast forest of La Norma. It can be accessed from the chairlifts, for an easier excursion. Enjoy the sights as you breathe in the fresh mountain air!



Along the way

At the top of the cable car, you still have a little blimb before you reach a height of over 2,200 metres of altitude, where a breathtaking view of the valley awaits you.

Now that you're far from the chairlifts, you might even spot a Black Grouse... This creature is very much at home here. To avoid disturbing the birds, tread carefully until you reach the Arolla pine forest in the Arlette area.

Listen... There's a Spotted Nutcracker nearby. Can you hear his cry, a hoarse "cray-cray-cray"? With his strong beak, this clever bird can extract vast quantities of seeds from the Arolla pine cones. Storing them away safely in hundreds of hiding places, he creates food reserves for the winter. He'll find his loot even when everything's covered in snow! But he can be a bit of an airhead. By the time the spring comes, he'll have forgotten some of his hiding places, and the abandoned seeds will give birth to new sprouts.

Round off your exploration day with a visit to the Sainte-Anne Chapel, and then you'll definitely deserve a bit of fun on the "Norma Loops" sledging track!

The little extra



The little high-altitude loop of Les Piniers adds the perfect finishing touch to your hike. The marmots in this area are shyer than those in the Vanoise National Park, but you're likely to be rewarded if you're discreet enough. Chamois may also make a surprise appearance on the rocky outcrops above the chalet of Le Plan chalet. If you've got binoculars with you, grab a seat in the front row!