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Circuit du Marais

Wonderful easy little circuit, in the vegetation around the special protected area (ENS) of the Marais des Seiglières (peat bog) and its pond.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 2,5km	 70m	 1h15			

FFR rating system - See last page

"of marsh"

A sensitive natural area (ENS in French) is an area "whose natural character is threatened and vulnerable [...] because of the nature of the site or the characteristics of the plant or animal species found there". This is such a place, so thank you for respecting and protecting it.

Departure ➤ Les Seiglières, take the Marais road and park just before the barrier.
 Access: from Uriage, at the roundabout, take the D 280, direction "Saint-Martin d'Uriage / Chamrousse 1 650 (par les Seiglières)". After passing through Saint-Martin d'Uriage village take the D 111 towards Chamrousse for 6 km; just after the Auberge des Seiglières take the road on the right towards the Marais which is unpaved at the start. Follow it for 1.2 km and park before the barrier.

- ① **Alt. 1150 m** ➤ At the barrier, turn right. The path heads slightly to the right then gently descends before turning left. You'll arrive at a building, the right hand part of which is the Marais stable and also the first hut of the circuit "Les Cinq Cabanes". After visiting the stable which houses a series of panels describing its history, follow the path alongside a retaining wall which runs along the road then turns right. After a few meters you'll come to a crossroads; take the path on the left which is quite wide, then leave it after 130 m to turn left and climb a small hill. From here you'll discover the Marais pond, as well as the remains of a former leper colony (La Maladrerie). After going around the hill, take the rather ill-defined path to the left (arrow) which zigzags eventually leading to the clear track you left a little before. Turn left onto this track and continue to reach a small road. Turn right onto this road and after a few meters cross over towards the Cabane de la Coche.



- ② **Alt. 1108 m** ➤ Take the second path on the left behind the hut. This climbs slightly and is often muddy. Then take a magnificent little path on the left through the undergrowth, which once formed the boundary of the property of the Comte de Saint Ferriol, past owner of the chateau in Uriage. After a long straight walk, cross a wide grassy path (the route from the Marais to Recoign via the Lacet des Clots) and continue opposite. This path zigzags a little to avoid marshy areas before emerging onto a wider path. Turn left for about 150 m then right, climbing slightly as you turn left. Approaching the road, take the path parallel to it to the right, to eventually reach your starting point after a short climb.



The blue crosses correspond to the UTM-WGS84 kilometric grid - Mogoma map

In and around Uriage, many rural paths have been restored and incorporated into circuits of varying difficulty and length. Some can be walked in half a day, others take longer. They may be interesting for their views, for nature or for local heritage. Most are in the forest in a wild environment, despite the nearby urbanisation. Trail runners will be quick to realise that these circuits can be combined to create alternative routes to suit every level of runner.

Please respect nature and leave no trace of your passing. Nature will thank you!
Don't over-estimate your capabilities - these circuits are, after all, hiking trails.
Please help us maintain our circuits by reporting any work which needs to be done.

[asso-des-sentiers-de-smu.eklablog.com]

Rating system of the FFR*

To rate the difficulty of a hike, three characteristics are graded from 1 to 5



Effort - the length and climb involved in the hike



Technicality - need to use hands or place feet carefully



Risk - consequence of a fall

*Fédération Française de Randonnée pédestre

The Signposts

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Circuit number

7a

Circuit variation number



Direction to follow



Continue



Alternative route



Turn right



Turn left



Wrong direction

The editor and author of this document cannot under any circumstances be held responsible for any incident or accident which may occur on the hike, no matter how it occurs.

In an emergency call 112  beware signal dead zones

Uriage

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