







9

# Circuit des Gardes



This circuit, entirely through forest, follows the paths created by the past guards who managed the security of the forest.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 12km	 420m	 5h00	 3	 2	 2

FFR rating system - See last page

**Uriage**  
LES-BAINS

The footpaths

*On the Gardes, you'll be swallowed up by forest vegetation! Although long, this magnificent walk meanders, climbs and descends at around 1250m. Take care in wet weather as some rocky passages can be slippery.*

**Departure** → Les Seiglières.

Access: from Uriage, at the first roundabout coming from Gieres, follow signs "Chamrousse 1650 / Saint-Martin d'Uriage". Pass through Saint-Martin d'Uriage and continue towards Chamrousse for 6 km to the Auberge des Seiglières where you can park in the large space opposite, near the forest Route de Montrond.

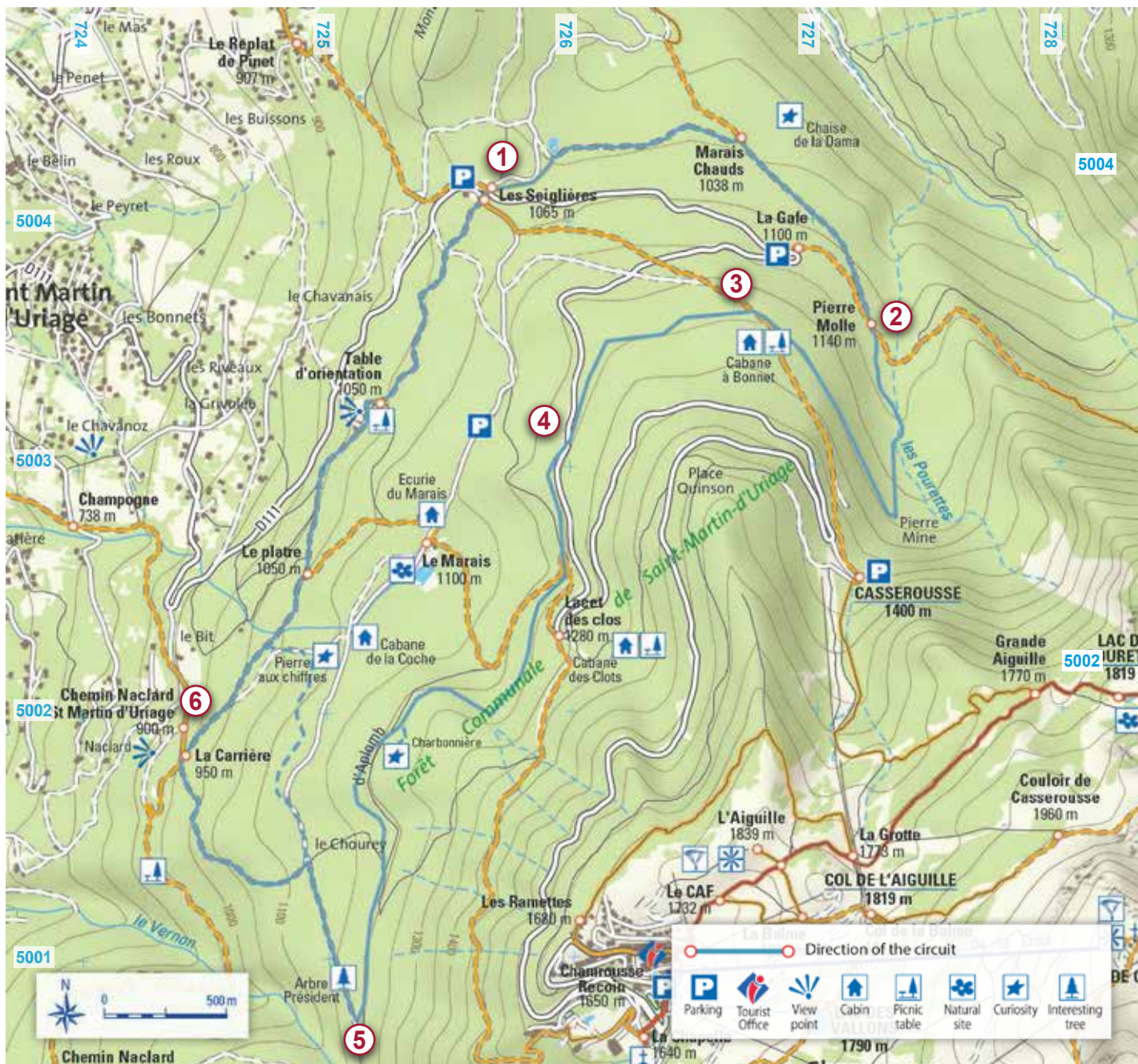
- ① **Alt. 1065 m** → At the intersection of the Montrond forest road and main Chamrousse road, by the information sign, (opposite the Auberge) take a pleasant path down into the undergrowth until you reach a wide horizontal track bordering the Marais Chauds pond (hardly visible). Turn right and continue for 800 m to arrive at a crossroads (Carrefour des Marais Chauds). The circuit climbs to the right leading to a wide horizontal track (La Gafe). Follow this to the left until you reach a fork.
- ② **Alt. 1130 m** → Leave the descending path on your left (goes to the Oursière waterfall) and continue to the right on a path that climbs slightly to a reservoir. Then turn right on this ascending path (quite steep for short periods). The Pourettes stream runs through the valley on your left. The path turns sharply to the right and becomes almost flat (a place called Pierre-Mine). 1 km after Pierre-Mine, you'll find a wide path that climbs from Les Seiglières (sign) towards Casserousse via the Baraque à Bonnet. Cross this and continue.
- ③ **Alt. 1240 m** → Follow the path for 250 m (it crosses an uphill track in the undergrowth) to arrive on a second wide and clear path which also climbs to the Baraque à Bonnet. Follow this track on the right, descending for a few meters and then take the small path on the left which climbs up into the woods. After a short descent, cross a forest track and continue on the path to another wide forest track that takes you up to the left for about thirty meters. Now take the path to the right below leading to the Chamrousse Road which you'll take care to cross. Follow the road uphill for 30 m then turn right onto a steeply descending path to join the horizontal path below, leaving the mountain bike track which descends rapidly.
- ④ **Alt. 1250 m** → The path descends gently to emerge after 500 m on a climbing forest track (Seiglières / Lace des Clots link) which you will ascend to the left for 30 m before taking a path on the right which descends to the Swamp. After 30m, leave this path on the left and follow the small horizontal path until you find a forest track. It is possible to see the site of a charcoal-making fire by walking up a hundred meters on this track. Retracing your steps, cross the forest track then continue down a gentle slope to find another horizontal path (the Aplomb path), which you'll take to the left levelling out again for a good while. Cross a forest track to continue on the path of Aplomb (Chemin d'Aplomb) which crosses another forest track, part of circuit N°8, "Les Cinq Cabanes".



- ⑤ **Alt. 1200 m** → Turn completely right down this forest track. As you descend you'll see the "President Tree" (the tallest tree in the forest) on your right, a third of the way down. Continue the descent to a large clearing, The Chourey. Some trees which border the road are marked with orange triangles on a white background. These trees mark the plots of senescent or aging trees being observed as part of a research project. From this clearing it is possible to take a variant which shortens the route (see description at the end). For the normal route, take the wide path on the left heading north, which gradually branches off to the right eventually descending to a crossroads of four paths known as the Carrière Crossroads.
- ⑥ **Alt. 950 m** → Follow the wide forest track on the right which climbs slightly, for 550m. Take a small path on the right which meets with the variant, then re-joins the main track to arrive at "Le Plâtre". Now leave this track to take a descending track on the left. After 300m you'll come to a wide path which you now take uphill on the right. When you leave the woods you'll find a few houses on the left. Take the meadow path that leads to a panoramic orientation table with a very beautiful view of Grenoble, Saint-Martin d'Uriage and the Vercors and Chartreuse Massifs. Re-join the path uphill for 30m to arrive at the crossroads where once again you'll meet the circuit N°8, "Les Cinq Cabanes". Take the path on the left and return peacefully to Les Seiglières.

#### Variant

From the Chourey clearing, continue straight-on to follow the road for 250m, turning left onto a grassy track. Follow this track for 300m, then turn left descending a steep slope, finally turning left and continuing the descent before returning to the normal route.



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](http://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

7

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

LES-BAINS

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