



6.8 km

120 m

2 h 15

2,142 m  
2,023 m

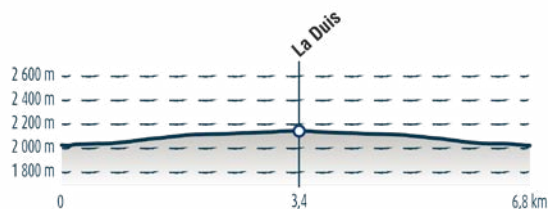
### Access to start point

Bonneval-sur-Arc, L'Écot, Pont St-Clair.

From Bonneval-sur-Arc, follow Route de l'Écot to the car park (paying in July and August).



Scan and follow the route with your favourite app



### The Duis haven of peace



Congratulations! You've discovered a haven of peace, perfect for a stroll on the banks of a major torrent in the Haute Maurienne Vanoise. Embark on an adventure in a valley sculpted by the Arc river, at an impressive altitude of 2,000 metres right in the centre of the Vanoise National Park.



### Along the way

The tall willowherbs, gently caressed by the breeze, greet you with grace as you pass by. In shades of vibrant fuchsia pink, they wipe everyday life from your mind and the crowds of visitors you encountered at Écot become a distant memory.

Your feet are flying along this easy alpine trail, and around a bend, you enter the Duis valley, humbly protecting the Sources de l'Arc, high up there, under the glaciers of the Clavarini and Girard peaks.

The welcoming chalets of Duis appear, as the last signs of human presence in this little haven of peace that just begs to be preserved.

Mesmerised by the tumbling torrent, your gaze transfixed by the cool blue waters, you find you're already sitting down for a peaceful rest. But how far will this agile trout swim among the rocks? Would it give us permission to dip our hands in just for a moment, to cool off? No, of course not. The thick cream we use to avoid bad sunburns isn't her best friend...



Flowering willowherbs - B. Thomas, OT HMV