



8.8 km

+320m

3 h 00

2,346 m  
2,025 m

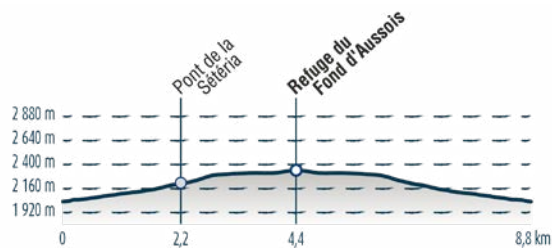
### Access to start point

Aussois, Plan d'Aval, Parking Carrière 4.

From Aussois, RD108 to the car park above the Plan d'Aval lake.



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the route  
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### At the foot of the peaks



This introductory hike at the heart of Vanoise National Park is sure to leave you eager for more. Among the high-altitude landscapes, it leads you to the Fond d'Aussois plateau and the refuge that humbly awaits you.



### Along the way

Did you know that the water basin you're passing by and its twin below, serve a particular purpose?

They're part of the hydroelectric dam system powering the ONERA plant further down the valley. But now, your thoughts are distracted by the rhododendrons that line the path and the delightful scent of resin emanating from the Arolla pines. This little paradise is home to many animals: marmots, squirrels, bearded vultures, ibexes... You'll come across at least one of them.

You come out of the trees onto a plain, through which the tranquil Saint-Antoine stream meanders. Follow it to the gorgeous Notre-Dame-des-Anges chapel. A few choughs soar up above; they seem to be guarding the place.

At last, you reach the refuge, overlooking the former "Chalet de la Marie". Tim's warm welcome and the organic local food will certainly encourage you to make a stop.

For the more adventurous, the hike continues on a slightly steeper slope towards Col d'Aussois. But your efforts will be handsomely rewarded by a breathtaking view of the Dent Parrachée, patched with snow.

### Did you know?

One of the uses of Plan d'Amont and Plan d'Aval's hydroelectric dams is to generate power for ONERA's international wind tunnel, a flagship aerospace research project that tests models of aircraft and rockets. Enough to make you daydream about space travel as you venture into the Fond d'Aussois!