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## Sentier botanique (Botanical Trail)



### Access to start point

Val Cenis - Bramans, Pont du Verney.  
70, Route de Planchamp.

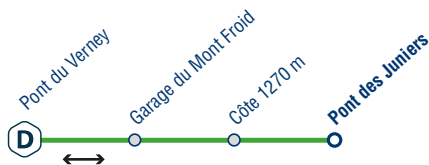


Scan and follow the route with your favourite app

### An adventure in the great outdoors



Take this trail for an easygoing journey on the sunny side of the mountain, to get to know the mountain zone better. In early summer, it's decked out in splendour. Nature reveals its secrets.



### Along the way

Early in the morning, the dew droplets hang like diamonds from tall grasses. Then, you smell the resinous scent of Scots pines warmed by the rising sun. This area has a particularly dry climate. It is home to rare species that thrive in arid conditions. Cooling off on the river banks makes for a refreshing contrast all year round. Look up and feast your eyes on the Mont Froid and Bramanette alpine pastures. Val d'Ambin is calling!

### Discovery mission

Throughout your hike, you will come across species known as xerophiles. These plants, insects and mushrooms have adapted to thrive in very dry environments, and you'll see them all along the Sentier Botanique.

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## L'Épopée de Bérolde de Saxe (Bérolde de Saxe's Epic Journey)



### Access to start point

Val Cenis - Sollières-Sardières, Sardières.  
Rue du Clot.

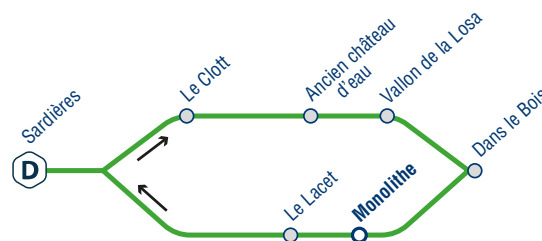


Scan and follow the route with your favourite app

### A game to discover Le Monolithe



Here's a fun way to explore the Monolith, at the heart of the forest. Take to the game and reinvent a hike that's much appreciated by young and old.



### Along the way

Take a stroll through the woods and meadows, follow the specific signs, and be Bérolde de Saxe. To bring your ploy against the Marquis of Suse to fruition, you find yourself venturing into this enchanting forest, dotted with majestic pine trees. Squirrels discreetly escort you, looking faintly amused at your antics. As you advance along Sentier des Biches (Deer Trail), you'll approach Le Monolithe, an awe-inspiring pillar of limestone. 93 metres tall, this giant is hard to miss!

### Did you know?

First climbed in 1957 by Michel Paquier, the Monolith is an iconic site in Haute Maurienne Vanoise. It was here, at its base, that the Vanoise National Park was inaugurated on 26 June 1965.