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La Voie des Plantes (The Plants' Path)



Access to start point

Val Cenis - Termignon, Pont du Villard.
From Termignon, RD83 to the Pont du Villard car park (end of the road).



Scan and follow the route with your favourite app

Secrets of the art of botany



Here is the perfect opportunity to introduce children to the magic of aromatic and medicinal plants. A very accessible route to go for an outdoor snack and awaken your inner botanist.



Along the way

Leave the Doron torrent behind for a truly inspiring adventure in the wilderness, at the gates of the Vanoise National Park. Play at being a druid with the "Heritage and Development" association in Termignon. Discover the virtues of endemic wild plants. During your snack break, admire the never-ending waterfalls and the Dent Parachée that seem so close. Most children won't have seen anything like this before.

Discovery mission

Arnica, cornflower, wild thyme, lady's mantle, yellow gentian, valerian... Each plant has its own virtues!

But take care, not all parts of medicinal plants are beneficial. In the old days, herbalists knew exactly when to harvest them and how to use them.

Make sure you gather all the information you need after your day of initiation!

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Sentier Nature (Nature Trail)



Access to start point

Bessans, Town Hall.
Place de la Mairie (Town hall square).
Parking nearby.

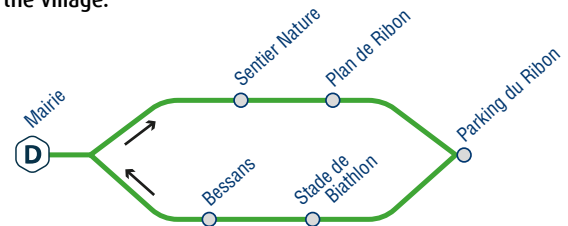


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The Alpine flora



Who'd think the Alpine flora could have so many virtues? Take your time exploring these few miles of natural wonders, step by step. Become an apprentice botanist and feast your eyes on all these intriguing flowers near the village.



Along the way

Strike out at a leisurely pace, to the peaceful hum of foraging bees. All these pollen-filled pistils are miniature paradises for them. In June and July, an opulent feast of colours and sweet fragrances is laid out for you. Already, you can almost taste the mountain honey. Before going to sample it in the village, follow the many little signs laid out for you in summer.



Mountain Wildflowers - X. Lett