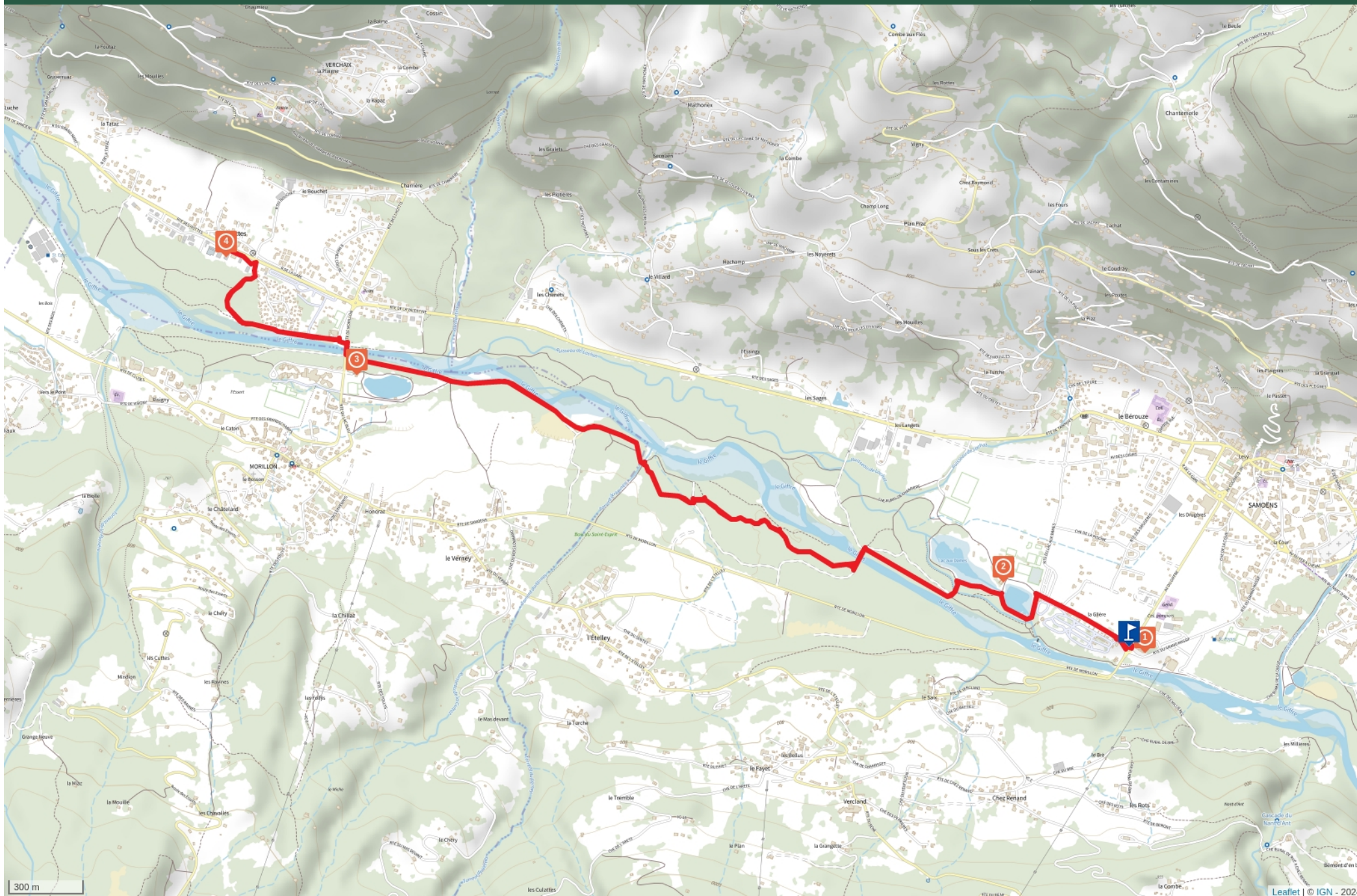


# LES CYCL'O GOURMANDES : MY FIRST LOCAL AND EASY RIDE (DEPARTURE: SAMOËNS)

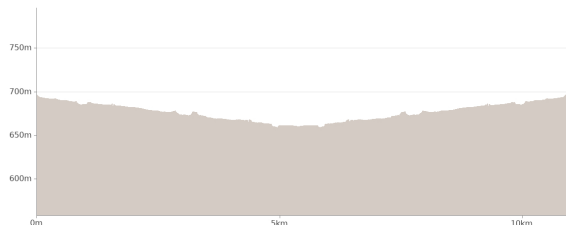


This route does not meet all the validation criteria of the FFRandonnée. The reliability of the information contained in the texts, maps or photos of this route is not certain. [www.ffrandonnee.fr](http://www.ffrandonnee.fr)



Updated on 06-24-24 by Haut-Giffre Tourisme and generated by [www.ffrandonnee.fr](http://www.ffrandonnee.fr)

# Les Cycl'O Gourmandes : My first local and easy ride (departure: Samoëns)



Départ : Voie Communale N°20 - 74340 SAMOËNS



A 9km easy track adapted to families to follow the Giffre from the Lac aux Dames in Samoëns to the Lac Bleu in Morillon. A stop at "L'Artisan du chocolat" in Verchaix to discover some of the valley's sweet treats, to be enjoyed by the Lac Bleu. Accessible by bike, mountain bike and e-bike. Accessible from 4 years old (1m) in mountain bike, 6 years old (1.20m) in VTTAE. Possibility of mounting a trailer for the youngest on an adult VTTAE (up to 40 kg).

(1) Departure from "Xtrême Glisses" in Samoëns village.

Take the Lac aux Dames road, go along the lake (2) and follow the signs to the Lac Bleu (3). From the Lac Bleu, turn right over the Giffre bridge towards Taninges on the right bank of the Giffre. Follow the Giffre and the "Les hameaux du Giffre" residential park. Follow the path for a few minutes through the forest, then go straight ahead at the intersection (do not follow the footpath and mountain bike path on the left). You will arrive at the entrance to "Les hameaux du Giffre" entrance. Continue as far as the bakery and turn left into rue de l'Epure. A few metres later, you'll arrive at "L'Artisan du Chocolat".

(4) Stop at "L'Artisan du chocolat" to choose some products for tasting.

(3) Return to Lac Bleu by the same road and stop on a bench, on the lawn or on the sandy beach to taste the products while admiring the view of the Criou, one of the emblematic peaks of the valley. It is possible to enjoy the playground for the little ones next door.

(2) Return to the Lac aux Dames by the same track and then to "Xtrême Glisses" (1)

## TRACK PART OF CYCL'O GOURMANDES

Booklet available free of charge from Haut-Giffre Tourisme reception offices in Morillon and in Sixt-Fer-à-Cheval. Please contact Haut-Giffre Tourisme at +33 (0)4 50 34 49 36 for further information. The activity is your own responsibility.

Suggested by:  
Haut-Giffre Tourisme

"This PDF was generated by the FFRandonnée, an association of various clubs providing access to marked trails for hikers"



1	<b>Route du Grand Massif Express - SAMOËNS - Altitude : 693m</b>	Location
---	--	----------

## Xtrême Glisses

For the whole family, children and adults: mountain bike, e-bike and children's bike, trailers and baby seats rental. Parking available for customers, GME car park nearby. Booking recommended by phone at +33 (0)4 50 89 82 30.

2	<b>Chemin rural de la Digue - 74340 SAMOËNS - Altitude : 687m</b>	Lac / Etendue d'eau, Aires de Pique-Nique
---	---	---

## Lac aux Dames outdoor activities area

The outdoor activities area, built around the two lakes, is the ideal place to relax with friends or family. You can walk between the two lakes, fish, wander and run. Public toilets.

3	<b>Route du Lac Bleu - 74440 MORILLON - Altitude : 669m</b>	Lac / Etendue d'eau, Aires de Pique-Nique
---	---	---

## Blue lake outdoor activities area

The sandy beach, the shaded lawns and the public benches will allow you to enjoy the panorama on the summits. Public toilets.

4	<b>Rue de l'Epure - 74440 VERCHAIX - Altitude : 661m</b>	Artisans
---	--	----------

## L'Artisan du Chocolat

A wide range of chocolates to discover in the shop or in the tearoom. Manufactured on site. Opening hours: Tuesday to Saturday, 9.30am to 12.30pm and from 2.30pm to 7pm (tearoom: 6pm)

