

The alpine pastures of Montbas



7.2 km



+490m



3 h 00



2,075 m

1,665 m



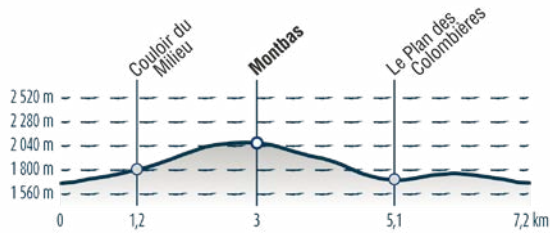
Access to start point

Val-Cenis - Bramans, Le Planay.

From Bramans, D100 towards Val d'Ambin to Le Planay car park.



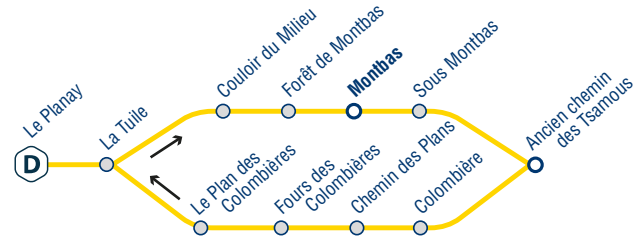
Scan and follow the route with your favourite app



A timeless alpine pasture



Enter the Montbas Forest for a journey through breathtaking landscapes, at an altitude of 2,000 metres. Step into the timeless world of a mountain pasture where the air is fresh and pure. An exhilarating sense of escape awaits you.



Along the way

The scents of resin and forest humus waft around you.

The ascent, sometimes steep, offers you the odd glimpse of squirrels hopping from branch to branch in the spruce trees. Look at the big mounds at the some of the tree trunks, they look like proper constructions. Red ants have set up home here, and they diligently go about their work. They show some serious skills in building these spectacular anthills!

As you enter the mountain pasture, you're welcomed by the sound of the herds, often present here.

Treat yourself to a food stop at Lo Tsamou Refuge, which offers accommodation and meals to hordes of hikers.

The descent, sometimes lined with fireweed, brings you back to the Saint-Paul Chapel. Take a moment to immerse yourself in the cultural atmosphere and prolong the serenity of this peaceful hike.

Work in progress? Time to turn back!

Can you hear the noise of chainsaws and trucks in the forest?

There's probably a logging operation underway.

Be aware that there may be falling trees and vehicles in the area. Lumberjacks, foresters, and drivers are looking out for your safety, so help them by avoiding the marked work areas or going around them.