



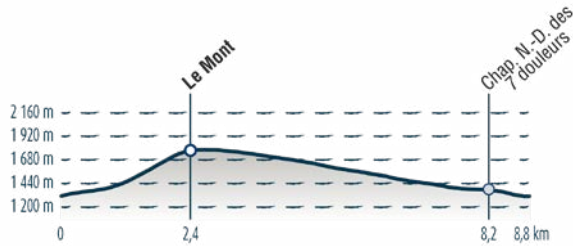
Access to start point

Val-Cenis - Sollières-Sardières, Sollières l'Endroit.

Start point at the village exit, along the RD83. Parking nearby.



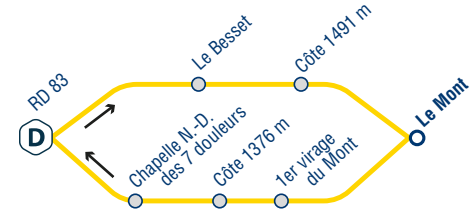
Scan and follow the route with your favourite app



On the sunny side



Plunge into a forest warmed by the sun on the south-facing slope. This pine forest breathes serenity. Enjoy an unparalleled view from the heights of the trail. Full of variety, this loop is fun for trail runners of all levels.



Along the way

Just a few steps take you beyond the Sollières town centre, onto a gently sloping countryside path. You'll probably come across some placid horseriders. Gradually, turn after turn, the ascent leads you to a trail that's discreetly indicated by a cairn on your left.

Enter the fragrant pine forest and weave your way between its Scots pines. Have you ever heard cones snap under the sun's rays?

Step out of the shadows into the light in the clearing of Le Mont. It's an enchanting place for a nap or a rest. Lulled by the crickets' song, enjoy the moment.

At the gates of Vanoise National Park, you've got front row seats to admire the breathtaking panoramic views of the valley. Mont Froid and Signal du Petit Mont Cenis are revealed in all their glory, as they seem to hang in mid-air.

The trail winds its way back straight down from La Loza, inciting you to race downhill. Step by step, you come back to earth, feeling like you've been in another world.

Did you know?



On a hike, the cairn can be your greatest ally. In the absence of trail markers, this little stack of rocks often points you in the right direction. And if it gets foggy, they're the ones that'll show you the way.