



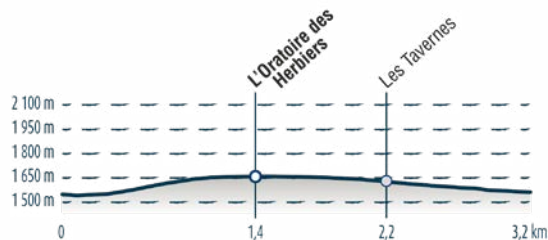
Access to start point

Valfréjus, Centre.

Follow the Rue des Bettets, until you reach the car park at the foot of the Arrondaz cable car.

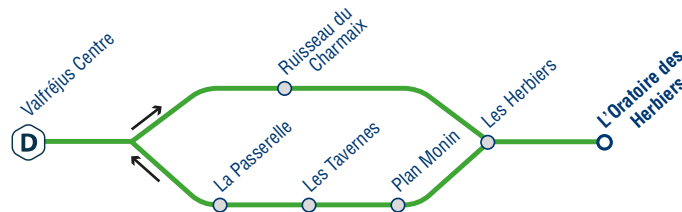


Scan and follow the route with your favourite app



In the forests of Valfréjus

Woody fragrances and the certainty of a cool walk accessible to all. A typical walk through the forest in Valfréjus, that you can do again and again whatever your age. It's the perfect chance to get acquainted with the GR5, a circuit cherished by countless hikers.



Along the way

Do you know the Charmaix torrent?

Very persistent, it springs from an altitude of 2,500 metres and flows straight from the Sainte-Marguerite lakes to near the Thabor refuge, sometimes as a stream, sometimes as a torrent. It seems to take pleasure in rushing down, eroding, carrying everything in its path, as it goes through the Losa and Lavoir dams all the way to the alpine hamlet of Herbiers to refresh you – even reaching the Tavernes lodge!

There's no doubt about it, you're at one of greatest historical sites of hydroelectricity in Haute Maurienne Vanoise...

And if luck, along the torrent, is with you, you might see a few trout lurking about the stream. Open your eyes and... be patient! These shy creatures like hide among the stones on the riverbed.

Life around here



After all that exercise, reward yourself at Les Tavernes lodge and restaurant.

Along the way, you're struck with the idea of booking a traditional meal composed of local produce. And if you're in the mood for wandering, you can even spend the night there.

To plan your visit, you'll find all the info on:

www.haute-maurienne-vanoise.com