



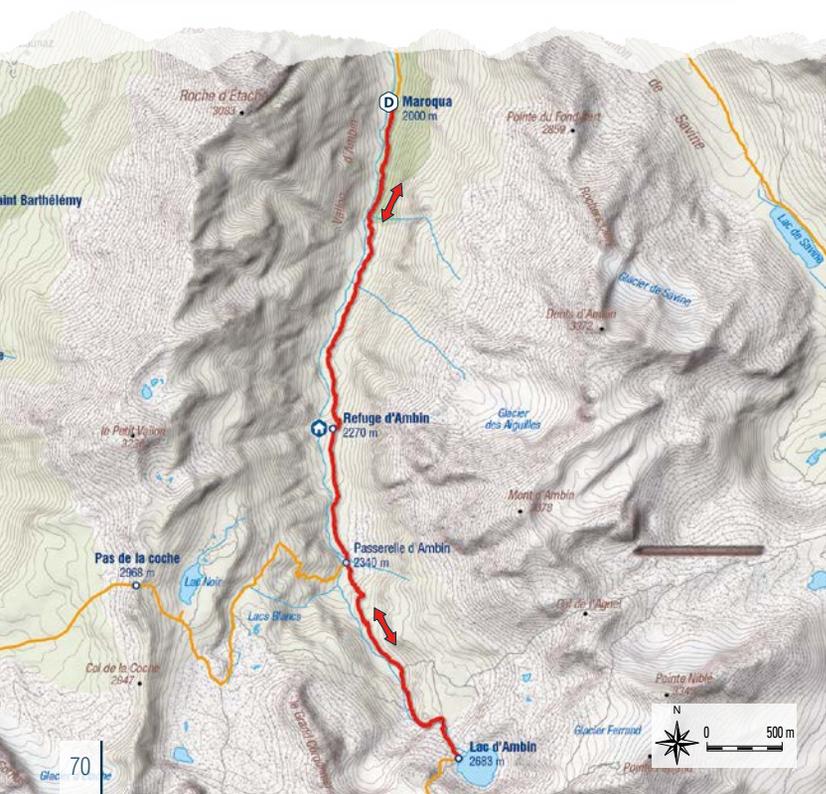
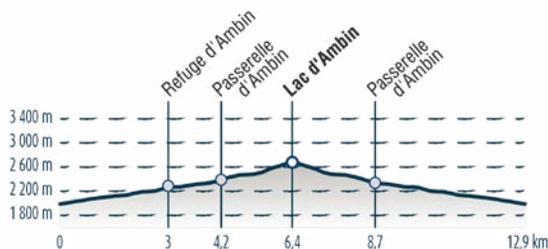
Access to start point

Val-Cenis - Bramans, La Maroqua.

From Bramans, D100 towards Val d'Ambin
to La Maroqua car park.



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Alpine hike



Head for a dramatic change of scene at the Italian border! Embark on an adventure in a glacial valley filled with hidden secrets. Surrounded by geological wonders, dive into raw nature in an "world's end" kind of atmosphere.



Along the way

The Ambin stream faithfully bubbles along by your side all through the journey. The right bank smoothly leads you all the way to Ambin refuge. With every step, there's growing sense that you're venturing into the unknown.

The marmots' whistles echo in your ears. Scree keeps falling down slopes, making you look up to see if there are chamois watching you scramble through the rocky terrain. The sound of water bubbling among the boulders mingles with the bleating of the sheep in summer. Have a break in this oasis of tranquillity before tackling the steeper section.

The approach hike now turns into a genuing alpine hike. As you admire the countless peaks, you're filled with joyful serenity. One steep climb after another, you reach your destination, and here's your reward: An emerald-blue lake, perched at 2,680 m of altitude. What a sight!

Feeling in an adventurous mood, you may decide to prolong the pleasure with a night at the Walter Blais bivouac.



Ambin Lake - J. Cathala, OT HMV