







7

# Circuit de Montrond

Beautiful walk in the forest.

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 8km	 300m	 2h30			

FFR rating system - See last page

Uriage  
LES-BAINS

The footpaths

*A circuit between deciduous and coniferous trees on the western side of Belledonne.*

**Departure** ➤ Le Pinet d'Uriage.

Access: Coming from Gières, pass the shops in Uriage and turn left at the first roundabout, direction "Chamrousse 1650 - Saint Martin d'Uriage." Pass through Saint Martin village then, at the first hairpin bend turn left in the direction of Saint Nizier-Le Pinet. Follow this road for about 3 km to Le Pinet (ignore all left turns). There's parking beside and opposite the school.

- ➊ **Alt. 809 m** ➤ From Pinet, take the road that climbs towards Les Seiglières (Route de Montrond). After about 500 m turn right onto the steep path Chemin des 3 Pommiers, tarmac at the start. At the top is the hamlet of Replat de Pinet. The road (chemin du Pré-du-Nay) levels out and runs past houses to reach a stone water trough. Continue straight and at the fork, turn slight right onto Chemin Truc and walk uphill straight ahead.
- ➋ **Alt. 960 m** ➤ The path leads (150m) to a track which arrives at a reservoir and micro-power plant. Turn right and continue uphill to the so-called 4 paths (Quatre Chemins in French) crossroads (in fact, six paths converge here). Take the path second on the left, the one which climbs up to Les Seiglières.
- ➌ **Alt. 1065 m** ➤ On arrival at Les Seiglières, cross the log storage area, pass the small road which arrives on the left (Route Forestière de Montrond) and go straight on to take a pleasant downhill path in the undergrowth. (You'll see some signs). This path passes close to the tarmac road and comes to a wide horizontal track that borders the Marais Chauds pond (hidden). Take this track on the right for 800 m, to arrive at a crossing of marked paths (Carrefour des Marais Chauds).

**Remarkable curiosity!**

You may want to take a detour to "La Chaise de la Dama" and viewpoint. At the Marais Chauds crossroads, take the track to the left for 60 m then turn sharp right onto another track marked with dotted blue line. Continue for about 150 m arriving at a clearing. Descend to the left through sparse undergrowth to discover on the left "La Chaise de la Dama" on which you can sit! Retrace your steps to continue the circuit.

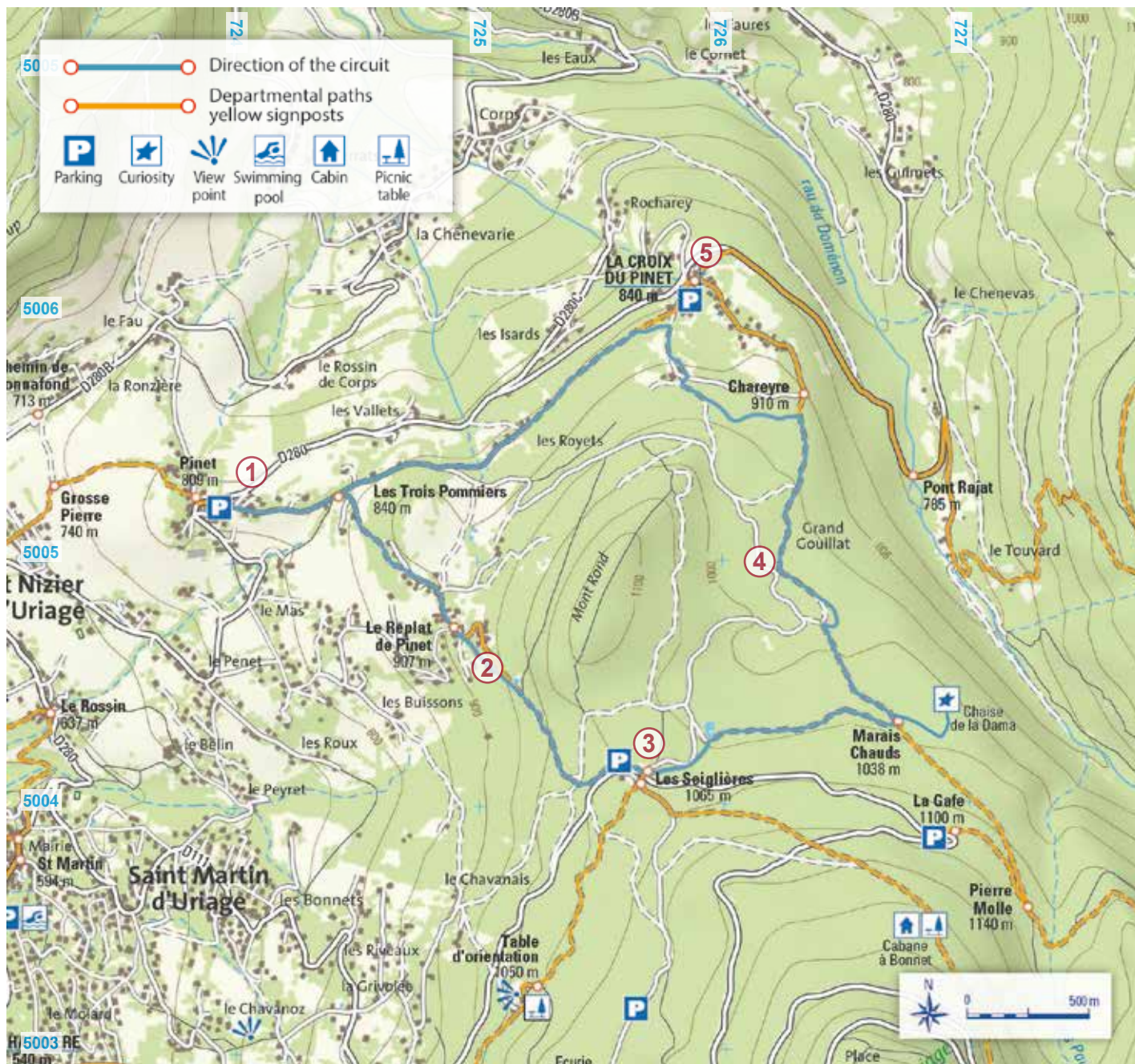
- ➍ **Alt. 1030 m** ➤ Follow the track slightly downhill for 500 m before turning completely to the right (don't go towards the road to Montrond) on a path which descends for a few meters, becomes flat again then turns left at a crossroads. Turn left and continue through a marshy area among sparse deciduous trees. You'll arrive at Grand Gouillat, a water catchment area with reservoirs. Ignore a path on the left (which also joins the road to Montrond) to continue walking flat, by the reservoirs.



After 300 m the path descends more steeply. Before the end of the descent, turn left onto a track that climbs fairly steeply, then undulates through a beautiful forest. Leave this track to take a small zigzag path on the right which climbs a little, then flattens out before reaching a track. Take this track to the right, slightly downhill before you find yourself on a wide platform in front of the "Ferme des Emeus."

- ➎ **Alt. 920 m** ➤ Cross this tarmac platform, turn right and before the henhouse, take a small path on the left (passing below buildings) which leads down quite steeply alongside some fields. Take a wider path on the left at the bottom of the descent which leads to a fork. Take the left fork to join a horizontal track. Follow this track which eventually becomes a tarmac road passing the few houses of Royets. Follow this road for 500 m until it intersects with the road to Montrond, which you'll descend to the right for 1 km to come back to the start.





The blue crosses correspond to the UTM-WGS84 kilometric grid - Mogoma map

In and around Uriage, many rural paths have been restored and incorporated into circuits of varying difficulty and length. Some can be walked in half a day, others take longer. They may be interesting for their views, for nature or for local heritage. Most are in the forest in a wild environment, despite the nearby urbanisation. Trail runners will be quick to realise that these circuits can be combined to create alternative routes to suit every level of runner.

Please respect nature and leave no trace of your passing. Nature will thank you!  
 Don't over-estimate your capabilities - these circuits are, after all, hiking trails.  
 Please help us maintain our circuits by reporting any work which needs to be done.

[ [asso-des-sentiers-de-smu.eklablog.com](http://asso-des-sentiers-de-smu.eklablog.com) ]

## Rating system of the FFR\*

To rate the difficulty of a hike, three characteristics are graded from 1 to 5



**Effort** - the length and climb involved in the hike



**Technicality** - need to use hands or place feet carefully



**Risk** - consequence of a fall

\*Fédération Française de Randonnée pédestre

## The Signposts

7

Circuit number

7a

Circuit variation number



Direction to follow



Continue



Alternative route



Turn right



Turn left



Wrong direction

The editor and author of this document cannot under any circumstances be held responsible for any incident or accident which may occur on the hike, no matter how it occurs.

In an emergency call 112  beware signal dead zones

# Uriage

LES-BAINS

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