



15.8 km



+950m



5 h 00

2,730 m
1,820 m

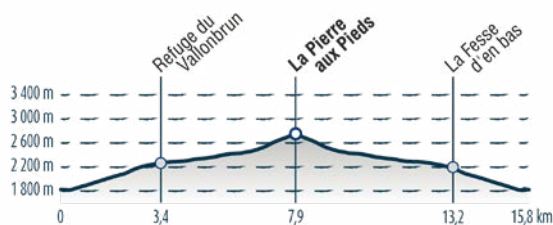
Access to start point

Val-Cenis - Lanslevillard, Grattais car park.

At the exit of the village, continue on the D902 until the Pré Clos, then follow the gravelled track until the car park.



Scan and follow the route with your favourite app



What a bizarre rock!



Discover a mysterious rock with cup marks engraved by prehistoric man. Arriving at an altitude of 2,750 metres, will you be able to spot the 82 footsteps carved into the rock?



Along the way

Enjoy a steady climb decked out in Scots pine from the very first switchbacks. Your feet dance their way between the twisted roots of these trees that love to grow on south-facing slopes. Soon, you reach a welcoming clearing.

Take a well-deserved break at La Fesse d'en Bas. Enter the picture-perfect world of alpine chalets amid pastures dotted with grazing animals.

Depending on the season, Mountain Arnica and Great Yellow Gentian flowers may spread at your feet as you make your way to Vallonbrun Refuge.

The hike's second section is terraced and starts at the heart of Vanoise National Park. Endless panoramic views await you! Stealthily step into a place that truly lives up to its name... Welcome to "Les Marmottières".

To finish off in style, push on a bit further with a demanding uphill climb. What's that strange rock that seems to have been left behind above the valley several millennia ago? Inspect your discovery closely, but don't touch it. Then, relax and enjoy the view before light-heartedly starting your descent.

Life around here



Great Yellow Gentian flowers are a natural treasure for those who like liqueur. There are many traditional recipes in the mountains, passed down by "elders".

The best known is even served in many of the inns. Have you ever tried La Suze liqueur?