

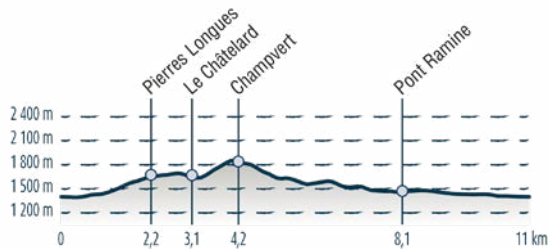


Access to start point

Val-Cenis - Lanslebourg, Tourist Office.
89 Rue du Mont Cenis. Parking nearby.



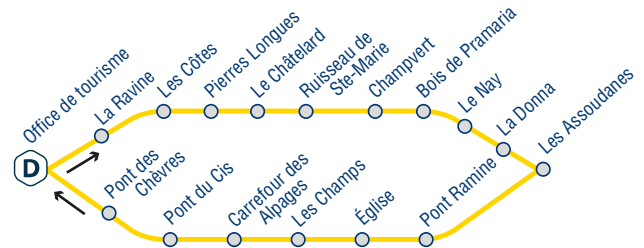
Scan and follow the route with your favourite app



A hike for all seasons!



Travelling from stream to stream, explore a south-facing slope where alpine meadows merge with forests. Accessible almost all year round, this route is full of variety. In winter, the frozen streams attract your attention.



Along the way

After a gradual ascent, venture through the Pierres Longues pastures, to the sound of whistling marmots. They live here in the sunny season. In spring and autumn, herds graze peacefully. In the height of summer, it's not uncommon to spot farmers haymaking.

A quick detour to your left and a short break in the sheltered rock caves of Les Mandes make you picture the Belle and Sebastian film set.

Cool off at the Ravine stream.

In the Pramaria Forest, you might just receive a visit from a few deer. Hidden from view, they share their home with the mountain hare.

Waterfalls and streams create the backdrop of choice for your journey to the Adroit meadows.

Don't forget to take a break at St-Jean Baptiste chapel for a taste of culture before heading back to Val Cenis - Lanslebourg, along the peaceful Chemin du Petit Bonheur.

Don't you feel like you've now gone through all the myriad moods of a mountain village?

Words from around here



In the mid-altitude meadows, the herds take advantage of the shoulder seasons to graze on the tender spring grass and stay out in the open air in autumn. In the height of summer, the farmers are busy cutting the hay that they'll store with great care to feed their animals during the winter months. It's haymaking time. Drought sometimes makes the task harder.