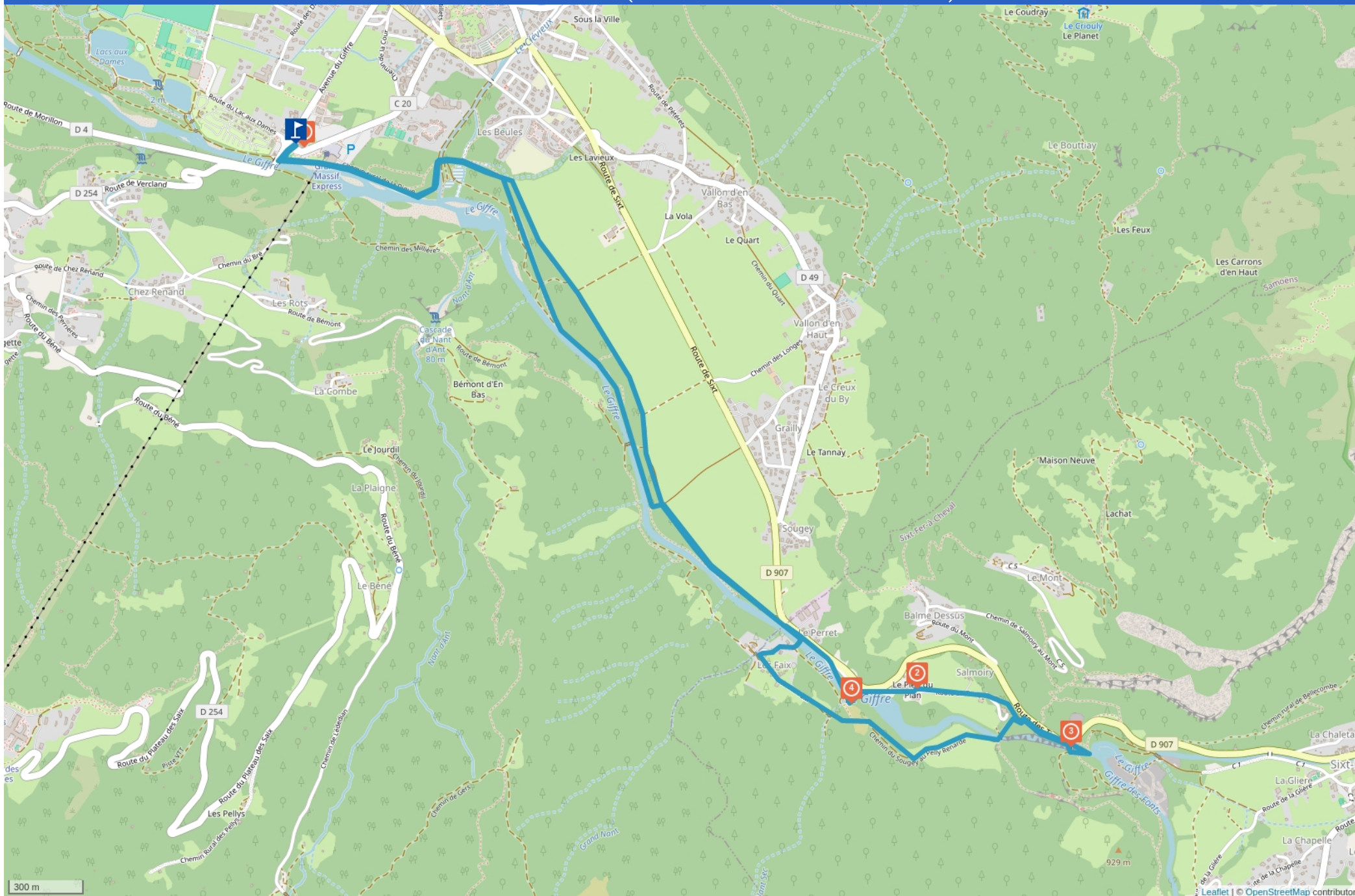


LES CYCL'O GOURMANDES : THE TINES LOOP (DEPARTURE: SAMOËNS)



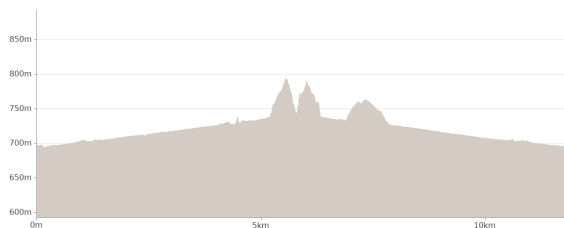
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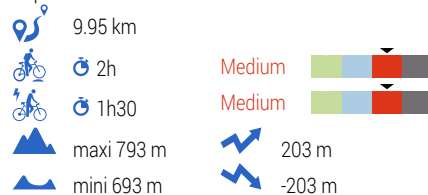
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Les Cycl'O Gourmandes : The Tines loop (departure: Samoëns)



Départ : Voie Communale N°20 - 74340 SAMOËNS



A 9 km walk along the Giffre, with a little bit of difference in altitude, to discover some of the treasures of Sixt-Fer-à-Cheval. A stop will be made at the "Ferme des Tines" farm to discover the local specialities which you will then taste at the Gorges des Tines. From 9 years old (height: 1.30 m)

(1) Departure from "Xtrême Glisses" in Samoëns village.

Cross the pedestrian crossing and, at the sign "Pont du Giffre", turn left towards "Les Tines" in Sixt-Fer-à-Cheval. Follow the Giffre river, cross the small wooden bridge on your right then go straight on at "La passerelle des Becchis" direction "Les Tines".

At the sign "La Joux", turn left then right and follow the path bordered by a meadow.

At the Perret bridge, leave the bridge on the right, go straight on the RD907 for very few metres and take the "Route du tunnel" below towards the "Ferme des Tines".

(2) At the "Ferme des Tines" farm, create your tasting basket according to your desires on that day!

Go straight on and reach the "Tines" car park by a fairly steep path in the undergrowth. Admire the Gorges des Tines (3) below from the footbridge next to the "Welcome to Sixt-Fer-à-Cheval" sign. 2 picnic tables are at your disposal in the undergrowth following the direction of the Rocher d'escalade to taste your freshly bought products of the farm.

Return to the "Tines" car park and go back down the same path, then continue along the path following the GR5 walking trail to pass near the Notre-Dame des Grâces chapel (4). It can be reached in just a few minutes' walk.

Keep following the GR5 and cross the traditional hamlet of "Les Faix". At the bridge of Perret, follow the path that borders the meadow to get to the "passerelle des Bechis" and go back to the rental shop "Xtrême Glisses" by the same track (1)

TRACK PART OF THE CYCL'O GOURMANDES

Booklet available free of charge from Haut-Giffre Tourisme reception offices in Morillon and Sixt-Fer-à-Cheval, or from participating partners. Please contact Haut-Giffre Tourisme at +33 (0)4 50 34 49 36 for further information. The activity is your own responsibility.

Suggested by:

Haut-Giffre Tourisme

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1

Route du Grand Massif Express - SAMOËNS - Altitude : 693m

Location

Xtrême Glisses

For the whole family, children and adults: mountain bike, e-bike and children's bike, trailers and baby seats rental. Parking available for customers, GME car park nearby.

Special offer "Les Cycl'O gourmandes" from 30th March to 5th July: 10% discount on bike hire on presentation of the "Xtrême Glisses" coupon / IMPORTANT : Book by phone before coming at +33 (0)4 50 89 82 30. Vacations from 22nd April to 3rd May included.

2

Route du Tunnel - SIXT-FER-À-CHEVAL - Altitude : 735m

Produit de la ferme

Ferme des Tines

Cow and goat cheese selling, from the farm and the surrounding area, as well as home-made charcuterie. Various local products (jams, beers, fruit juices,...). Free visit of the farm on your own.

Special offer "Les Cycl'O gourmandes" from 30th March to 5th July: 10% discount on presentation of the "Ferme des Tines" coupon / Opening hours: from Monday to Friday from 10am to 12.30pm and from 3pm to 7pm and on Saturday from 9:30 am to 12:30 pm and from 3 pm to 7 pm. Closed on Sunday.

3

Route des Tines - 74740 SIXT-FER-À-CHEVAL - Altitude : 768m

Point d'intérêt naturel, Gorge, Aires de Pique-Nique

Gorges des Tines

Accessible to young and old alike, the Tines footbridge offers a beautiful view over the gorges. The walk of the "old gorges of Tines" (30 minutes), accessible from the car park, will make you discover an exceptional natural site which will amuse all the family with the passage of several ladders and footbridges. The Gorges des Tines are also a paradise for sportsmen: rafting and hydrospeed through the Gorges, via ferrata of the Mont, climbing wall of Les Tines.

4

Chemin Rural dit de Balme Dessous - 74740 SIXT-FER-À-CHEVAL - Altitude : 752m

Patrimoine religieux

Notre Dame des Grâces Chapel

This chapel was built in the 17th century on the site of a lively source capable of curing certain skin disease. It was an important place of pilgrimage in the whole Giffre Valley.

