

Aux Sources de l'Arc (At the Source of the Arc River)



12.6 km



+750m



4 h 30



2,750 m

2,022 m



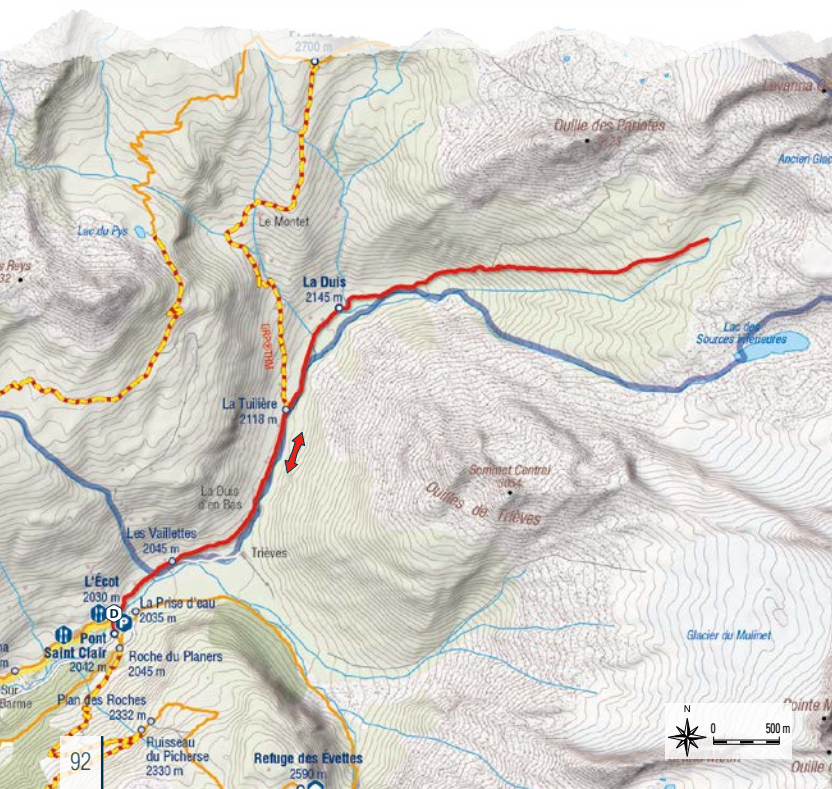
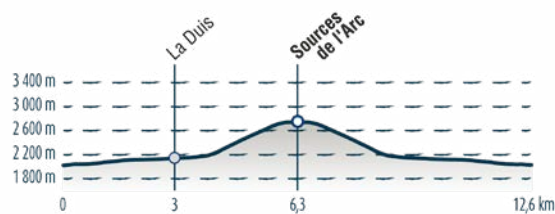
Access to start point

Bonneval-sur-Arc, L'Écot

From Bonneval-sur-Arc, follow Route de L'Écot to the car park (paying in July and August). Access by shuttle bus from Bonneval-sur-Arc.



Scan and follow the route with your favourite app



On the fringes of high-altitude mountains



Discover an unspoilt paradise, where it feels like you've reached the "world's end". Make your way to the source of the iconic Arc torrent. Unfolding at the foot of the Franco-Italian Levanna glaciers, this hike is one of the most remote in Haute Maurienne Vanoise.



Along the way

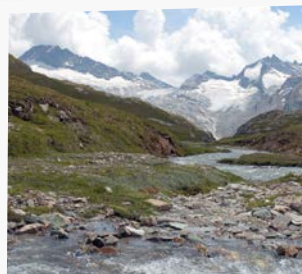
Little by little, you'll leave all signs of human presence behind on the first part of your hike.

As you get to La Duis hamlet, you're greeted by a torrent that impishly weaves its way between rocks and pools. Having a rest here to cool off, you almost forget that the highlight still awaits you higher up, at 2,800 m of altitude.

Enter a land of contrasts, where alpine pastures and meadows merge with increasingly imposing scree slopes. The fireweeds are now behind you, and a well-marked trail ascends beyond the rocky outcrops. Here, chamois rule the land. Will they favour you with a royal visit?

The closer you get to edge of the high mountains, the more the ridges seem to tear at the sky. You're there! This mountain cirque looks like an enchanted realm. This is where rivers are born. See if you can detect trickling water. As they say, the little streams make the big rivers...

Did you know?



Do you like solving riddles when you go walking in the mountains? What river does Arc flow into? Need a clue?

Department 38 is named after it. *The Montet stream (Ruisseau du Montet). View towards the Levanna Orientale, the Sources de l'Arc glacier and Roc di Mulinet.*