

Pont de la Sétéria (Sétéria Bridge)



4.5 km

190 m

1 h 45

2,214 m
2,026 m



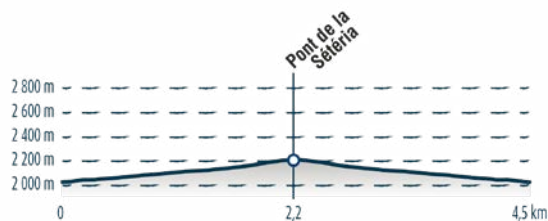
Access to start point

Aussois, Plan d'Aval, Parking Carrière 4.

From Aussois, RD108 to the car park above the Plan d'Aval lake.



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the route
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Adventure in the Vanoise



Embark on an adventure in the Vanoise National Park... Marmots accompany you on the lush high-altitude meadows as sparkling streams joyfully bubble their way down the mountain. With your family or on your own, this hike's a relaxing first step towards Fond d'Aussois.



Along the way

To fully enjoy the tranquility and secure a parking spot, we recommend doing this sunny hike in the spring or autumn.

In the summer, it's best to set off with the first breezes so you can hear the morning calls of the marmots. Bounding along to nibble on their breakfast amidst rhododendrons and tall grasses, they'll gladly accompany you, so long as you stay quiet.

After pausing to watch them, you pick up the pace and as the path gets slightly steeper, you sometimes feel the pebbles rolling under your feet. The few mountain bikers you pass smile at you and seem to say: "just a bit further and you'll get what you deserve: a stunning view of the lakes and Dent Parraché, queen of the realm".

When you get to the bridge, you promise yourself that, on your next trip, you'll go even further.

In the meantime, you can choose to either head back the way you came or cross the Saint-Benoît torrent to return via the Fournache refuge. Isn't there a waterfall of the same name a little lower down? Here's a hint: see you under the Avrieux sun...

Discovery mission



Who am I?

When hibernating, my body temperature drops to 8°C and my heartbeat goes from 130 to 15 BPM. After six months without eating, I swallow 400g/d in two meals. This is the equivalent for humans of 6kg/day of food! What a feast!

Lady Marmot