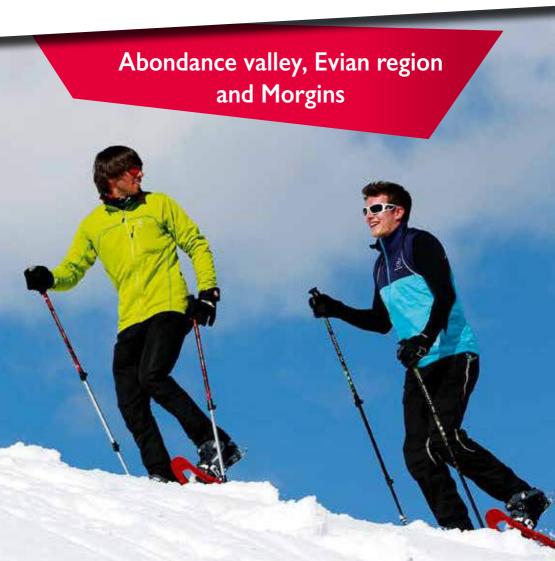


### **Snowshoe trails**



Thollon - Bernex - Abondance La Chapelle d'Abondance - Châtel - Morgins

# **IMPORTANT**RECOMMENDATIONS

To find your bearings, this guide does not replace a real mountaineering map of the area which you can find in bookstore or tourist office.

The ski resorts of Evian region, Abondance valley and Morgins offer around 100 kilometers of marked trails to discover the winter nature in all its beauty and diversity.

These itineraries, some of which cross the Franco-Swiss border, have been designed to cater for as many persons as possible, ranging from short, one-hour **walks** to more rugged 4 to 5 hour **hikes**.

Whatever your level, snowshoe rambles are an ideal and enjoyable way to share special moments with family or friends in the heart of the Alps.

These beautiful trails in the forest or in uncovered areas are accessible to everyone on condition that you have **adequate equipment**, such as appropriate clothing and protection from the sun and snow. Local sports shops will advise you on the right gear to hire.

Don't overestimate your capabilities and leave yourself plenty of time to get home. Night falls very quickly in winter! Also, take **something to drink** with you (hot, preferably) and **something to eat**. Remember to take your **identity papers** with you if you are going to cross the border.

For security reasons, respect the signs installed and do not venture outside marked routes.

Before an outing, get informed on itineraries opening conditions, weather conditions and avalanche bulletins, at tourist offices or town halls.

The mountain must remain a great playground, so enjoy it, with respect and especially caution!

And if you want to think outside the box and discover the mountain environment differently, outings are regularly organized by mountain guides. Enquire at tourist offices.



During winter, inter-villages shuttle services available. Find out the times and fares from tourist offices.



### **Useful numbers**

#### **TOURIST OFFICES**

Thollon 04 50 70 90 01
Bernex 04 50 73 60 72
Abondance 04 50 73 02 90
La Chapelle d'Abondance 04 50 73 51 41
Châtel 04 50 73 22 44
Morgins +41 (0)24 477 23 61

#### **WEATHER**

Chamonix 08 99 71 02 74 Genève 014122 372 3311 Suisse (0041) 162 Bulletins météorologiques affichés dans les offices de tourisme

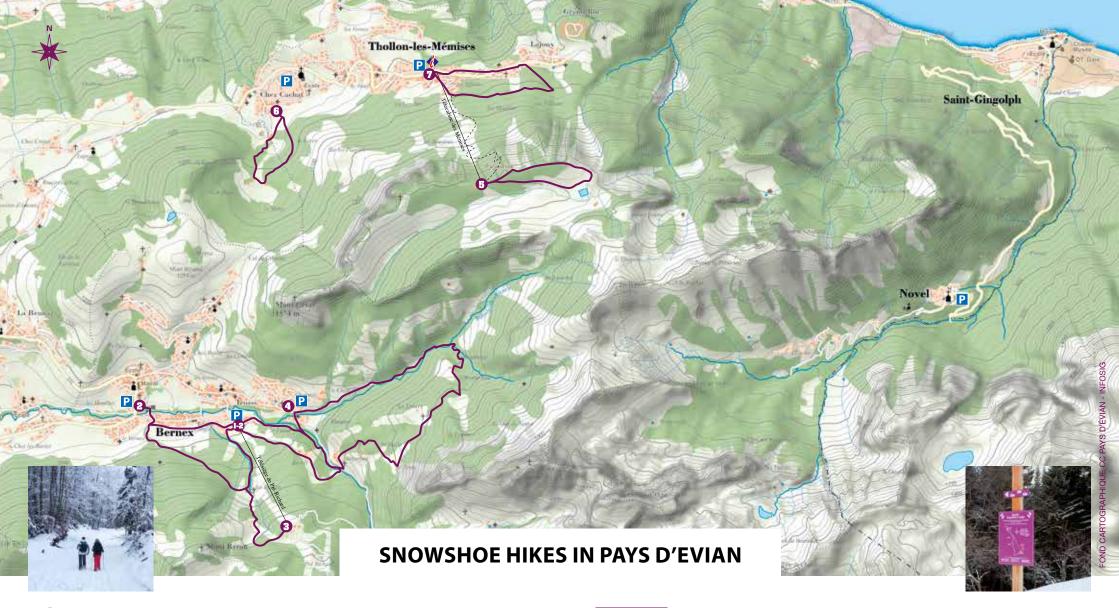
#### **EMERGENCY SERVICES**

France 18 SAMU 15 Suisse 144 Secours internationaux 112

#### **MOUNTAIN RESCUE**

Thollon 04 50 70 92 87 Bernex 04 50 73 62 77 Abondance 04 50 73 10 62 La Chapelle 04 50 73 35 99 Châtel 04 50 73 35 99

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- Bécrêt Circuit
- 2 L'Envers Circuit
- 3 Esserts Descente Circuit
- 4 "Through the Pastures" Circuit

- Crête des Mémises Circuit
- 6 Alpage de Lain Circuit
- "Around Thollon" Circuit

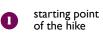
### Key

<sup>®</sup>

<sup>®</sup>

■ Marking







**Tourist Office** 

#### Some safety precautions

Warning: these routes are not monitored.

- Never head out alone.
- Find out about the weather conditions and avalanche risks
- Stay on the marked paths.

**Bernex** 

### Bécrêt **Circuit**



### L'Envers **Circuit**



- (D) Starting point Foot of the Pré-Richard Chairlift
- **U** Time Ihr
- Ascent 160 m
- **Difficulty level** Accessible to all













**Itinerary** Go past the left of the ski lifts, cross the finish line and take the path that goes between the blue slope and the red slope. You will then reach the hamlet of Bécrêt, which is crossed on a track that is once again flat.

Cross the Bécrêt ski lift. Be careful, skiers have priority. Turn left onto the track which goes down the valley. Go down the track to the left by the road until you reach a footbridge over the Ugine.

Cross it and take the track that goes down along the river. Walk past the starting points on the right to reach the road to La Palud. By following it for a few hundred metres, you will return to the starting point.

- (D) Starting point Pré-Richard Chairlift and Bernex Tourist Office
- € Time Ihr30
- Ascent 220 m
- **Difficulty level** Accessible to all
- ← Distance 3.7 km

**Start I** Take the cross-country skiing track (green level) towards "Le Venay" until the small wooded area. Here, take the path that goes up on your left. 😵

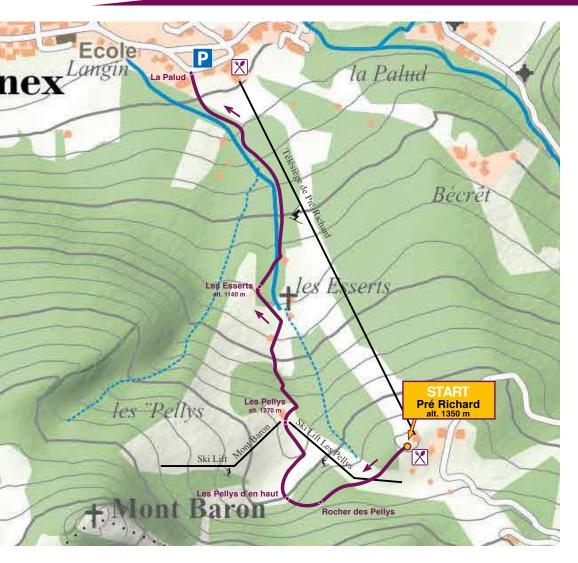


- Start 2 Take the direction of Maison Bernolande (village hall), head towards the Ugine (river), cross over the footbridge, then continue straight on. Cross the road, take the path opposite and go left. 3
- So Follow the path that leads to the quarry. The track becomes a path. At a crossroads, head left to get to the meadows and then the hamlet of Esserts. Take the track that descends into the forest along the stream back to the starting point.



### **3** Bernex

### **Esserts Descent Circuit**



- D Starting point Summit of the Pré-Richard Chairlift
- **① Time** Ihr
- Ascent 370 m (downhill only)
- ▲ Difficulty level Accessible to all
- ← Distance 2.2 km





**2 possible itineraries** Buy a pedestrian pass and take the Pré-Richard Chairlift. The route then starts at the summit of the chairlift and only includes the descent.

**Or** Do the round trip from the bottom of the resort (takes 2hr30).

From the arrival point of the Pré-Richard Chairlift, go down along the track to the right.

When you get to the flat part, continue to the right and follow the fence around a small lake. At the end of the flat part, cross the track and the Les Pellys Ski Lift and take a track that goes to the left and reaches a clearing.

Go down the track that goes to the right, which allows you to reach the starting point of the Mont Baron and Les Pellys ski lifts.

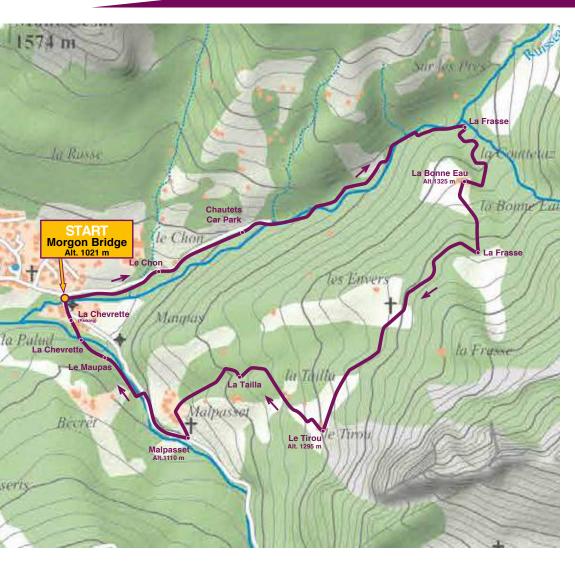
Go down a bit further and head to the right side of the chalet. The path enters the forest, do a few loops and come out at the meadow. Then go down to the Esserts chalets. Take the track that goes into the forest and goes down along the stream.

Do not take the paths to the right which take you to the Lanche track. You will reach the car park that you have to cross to reach the foot of the chairlift.





### "Through the Pastures" Circuit



- D Starting point Morgon Bridge
- Time 2hr30
- Ascent 420 m
- Difficulty level Accessible to all
- ← Distance 6 km





**Itinerary** From Morgon Bridge, go up the road along the river without crossing it. It turns into a track that goes into the forest and allows you to reach a crossroads (La Coutettaz).

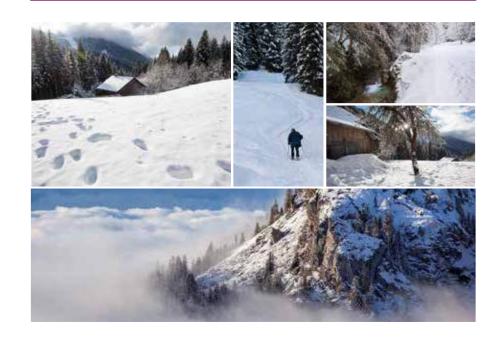
Turn right to go up to an open space facing the Dent d'Oche. The route crosses the stream and goes right up to the Bonne Eau chalets.

After the buildings, turn up on the left, directly into a gap in the slope. The slope straightens before reaching a horizontal track where you need to turn right.

Follow it until the Tirou chalets, from where you have a very clear view. Then go down to the right into a hollow surrounded by woods. Be sure to find the marking to see the place where you enter the forest, pass a chalet and go down to a track. Take the track to the right and at a remote chalet, go down to the left to reach the hamlet of Malpasset and its typical houses.

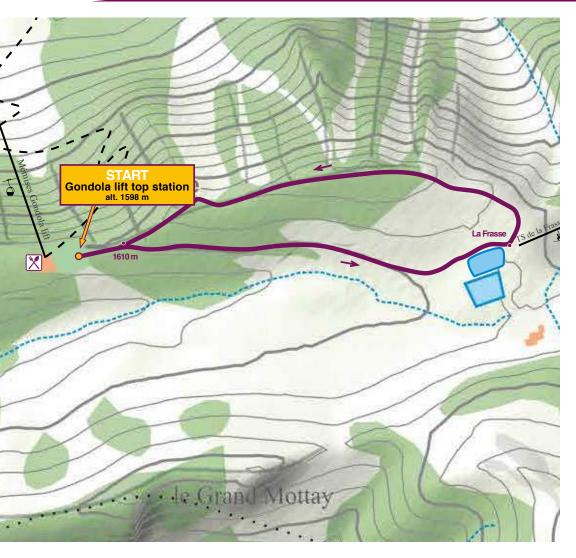
Take the road on the right to a footbridge over the Ugine.

Cross it and take the track that goes down along the stream which cascades along the path offering amazing scenery. At La Chevrette, turn right to return to Morgon Bridge.

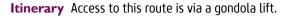


### 5 Thollon

### Crête des Mémises Circuit



- D Starting point Gondola lift top station
- **① Time** Ihr
- Ascent 110 m
- ▲ Difficulty level Accessible to all
- ← Distance 2.7 km



When you come out of the gondola lift, put on your snowshoes and head up to the left of the access to the ski slopes.

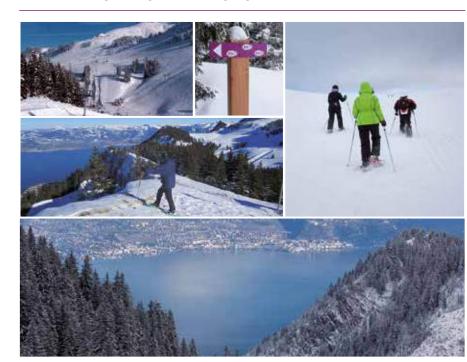
You will walk with, first of all, a view of the ski slopes, then the peak of Borée and the Mémises alpine chalet, to end up with a picture postcard view of many Swiss mountains.

When you get to the arrival point of the "La Frasse" Chairlift, you will go down to the left to reach a wilder area. On the return, you'll have a view of Lake Geneva and the Swiss side (Montreux, Vevey, Lausanne, etc.).

This part of the route is shared with the "Man and Mountain" trail (used outside the winter season, description available at the Thollon Tourist Office). You will find wooden poles with explanations of life in the Alps. An orientation table will help you to put a name to some of the mountains.

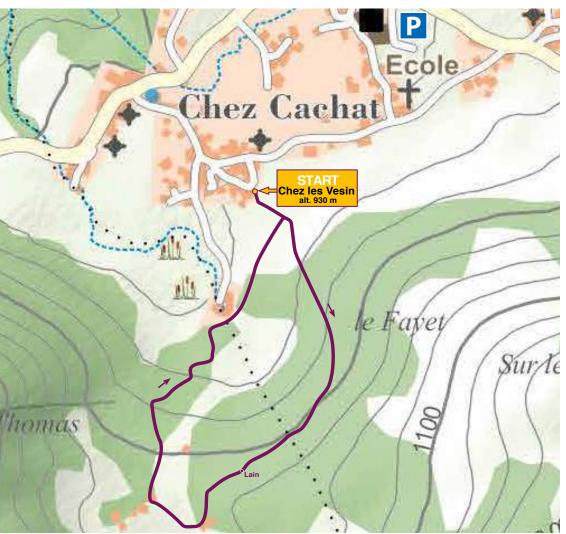
As you carry on along the route, the French side of the lake appears.

On the part along the ridge, do not stray beyond the tracks.



### **6** Thollon

### Alpage de Lain Circuit



- D Starting point Chez les Vesin
- **① Time** Ihr
- Ascent 90 m
- ▲ Difficulty level Accessible to all
- ← Distance 2 km





**Itinerary** Park near Thollon Town Hall. To join the Lain route, a place where flax and hemp were made, head towards the hamlet of Chez les Vesin by passing in front of the church. Turn right at the junction. After about 400m, at a fountain and a small chapel, turn left.

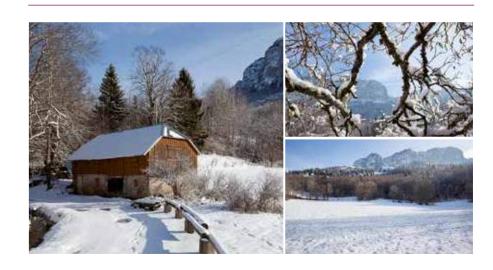
You can put on your snowshoes after about fifty metres. Take the path that goes slightly to your left. After going up largely through undergrowth, you will reach the road signs, follow the rightmost path that continues flat.

The first buildings appear on your left in a large open space, overlooked by the Mémises cliff, Mont César and Mount Bénand more to the right (snowshoe tracks may cross this space; do not follow them as they will take you to unmarked areas).

Continuing along the marked route, you will discover other barns, some of which have been renovated. This is the place where farmers from the hamlets of Chez les Vesin and Chez Cachat used to store hay. The farmers used to come and fetch the hay on "hay sledges" in winter to feed their animals.

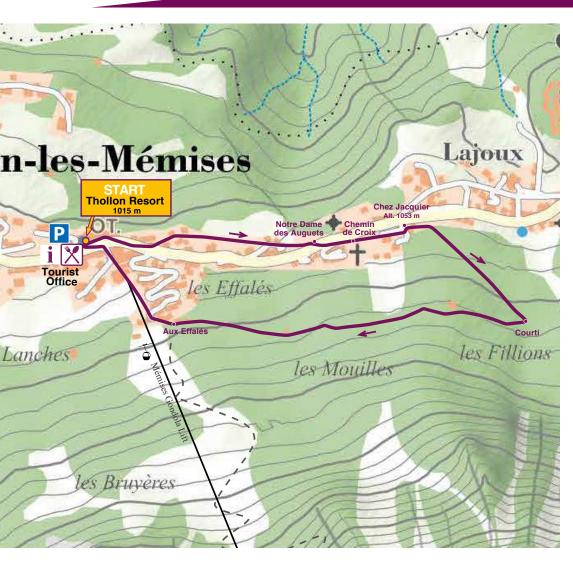
Just after the barn on your right, you will begin a long descent through the undergrowth. At the bottom of this descent, you come out of the undergrowth and head slightly to the right. There you will have a view of the dominant Mémises cliff.

Continue along the edge of the wood, then the houses of the hamlet of Chez les Vesin will appear. Walk along the barbed wire fence and you will reach the path to take for the climb. Turn left to go back in the direction of the main town.



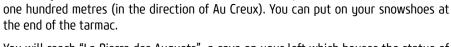
7 Thollon

### "Around Thollon" Circuit



- D Starting point Thollon Resort
- **Time** Ihr
- Ascent 130 m
- ▲ Difficulty level Accessible to all
- ← Distance 3.1 km





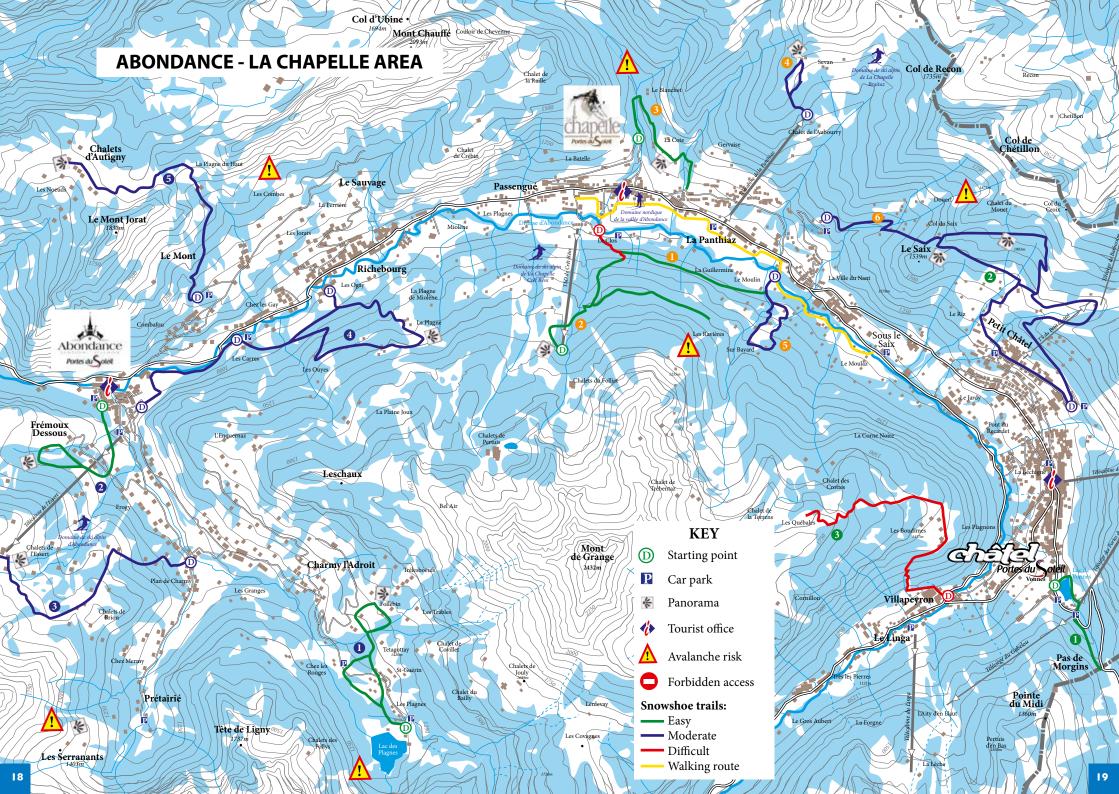
**Itinerary** From Thollon Tourist Office, head towards "Lajoux" and turn left after about

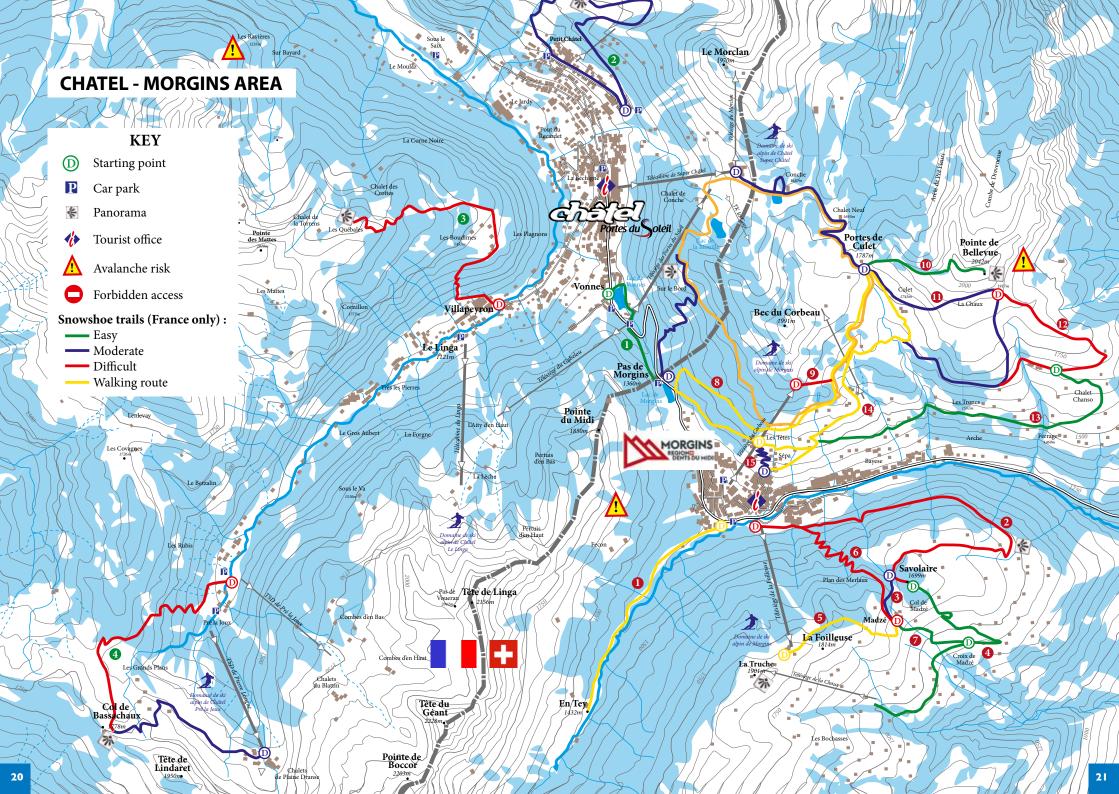
You will reach "La Pierre des Auguets", a cave on your left which houses the statue of Our Lady of Lourdes. Cross the main road and continue on the Chemin de Croix, which opened in 1892. After the 14th station, go down a few metres to the left and take the path on the right. After a flat section, you start a climb in the undergrowth. Turn right when you come out of this undergrowth (in the direction of the station). Be careful not to miss this junction as it would take you on a route that is unmarked and dangerous in winter.

Follow each marker (wooden posts) after passing an old building where stone lovers will enjoy, among other things, the window frames, you will arrive at a fabulous view of Lake Geneva, the Swiss side and the first houses of the hamlet of Lajoux. Then a long passage in the undergrowth awaits you where you will come across traces of wild animals. Maybe a "nutcracker" will come and greet you!

The route continues and returns to the resort, where you can grab a snack in one of the shops.





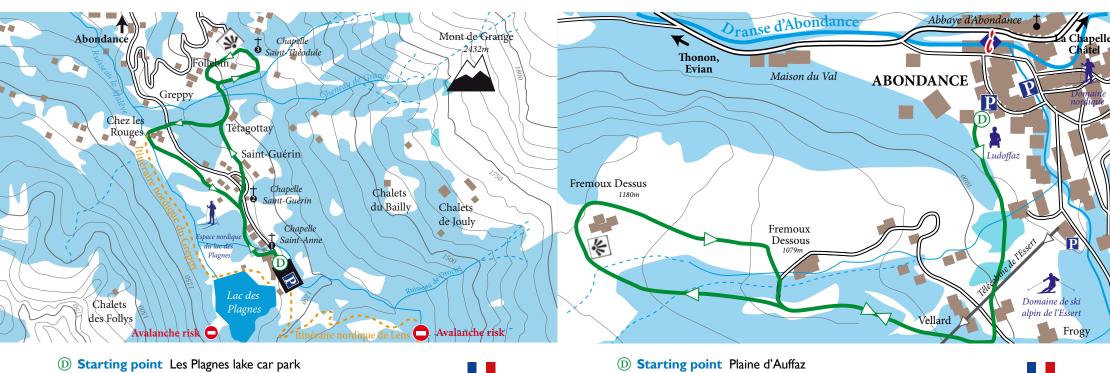




### Chapelles and shrines



**Frémoux** 



Time 2hr30

Ascent 250 m

Difficulty level Easy

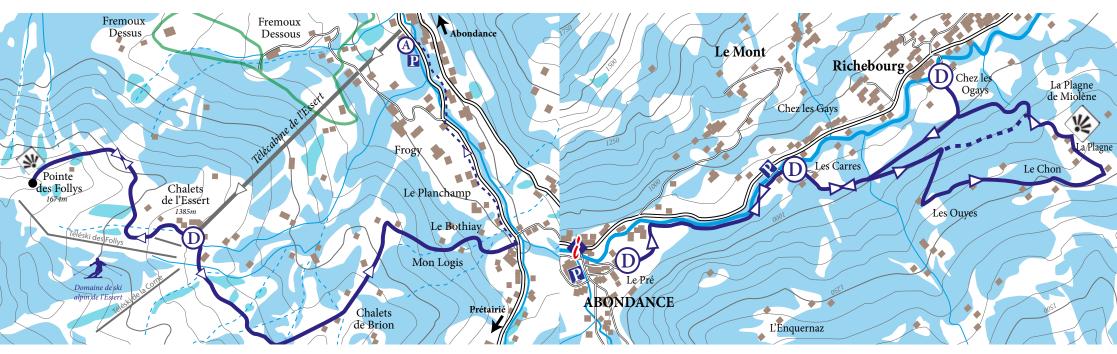
Itinerary From the car park, go back down towards St Anne's Chapel. Opposite the chapel, turn left to follow the edge of the forest. Cross the road opposite St Guérin Chapel, and then follow the path unwards along the edge of the forest as for as

chapel, turn left to follow the edge of the forest. Cross the road opposite St Guérin Chapel, and then follow the path upwards along the edge of the forest as far as Tetagottay chalets. Your path takes you through the forest to a shrine, then to St Théodule Chapel, which is in a more open location. From here, go back down towards the Follebin farms and rejoin the path you came up, as far as Tettagottay chalets. Continue down through the forest until you cross the road and rejoin the path to Les Plagnes lake car park. Throughout your ramble, you'll find typical examples of local architecture (farms, high-pasture chalets, shrines and chapels) which are part of the rich heritage of our valley. If you want to find out more, a complementary brochure is available from the abbey cloister quides.

Tél. 04 50 81 60 54

⑤ Starting point Plaine d'Auffaz
 ☑ Time Ihr45
 ☑ Ascent 250 m
 ⑥ Difficulty level Easy

Itinerary The walk starts on the forest edge on the right-hand side of Ludoffaz. Take the path over the bridge that leads to a huge meadow. Cross the road then carry on up to the forest, and afterwards to Vellard farm. Continue on the wide path until your first intersection. Take the route straight ahead towards Fremoux Dessus. Once there, take the meadow on your right (before the houses) and start your descent to Fremoux Dessous. Once there, take the wide path on your right and rejoin part of the uphill section you walked along earlier that leads to Vellard and finally to Abondance.



① Starting point Essert cable car top station

U Time 3hr

Ascent 300 m

▲ Difficulty level Moderate



Time 3hr (from Le Pré)

Ascent 300 m

▲ Difficulty level Moderate



Itinerary From Le Pré, follow the cross-country skiroute alongside the Dranse River, taking care to watch out for skiers. Once at Les Carres, starts your climb through the forest until you reach Les Ouyes chalet, staying on the forest trail\*. The next stage is on the flat to Chalet Chon. The route then opens out onto La Plagne Alpine meadow which you need to cross. Now continue downhill through the forest to an altitude marker (1012m) and turn left. You will reach the uphill section you took earlier.

#### From Chez les Ogays Hamlet:

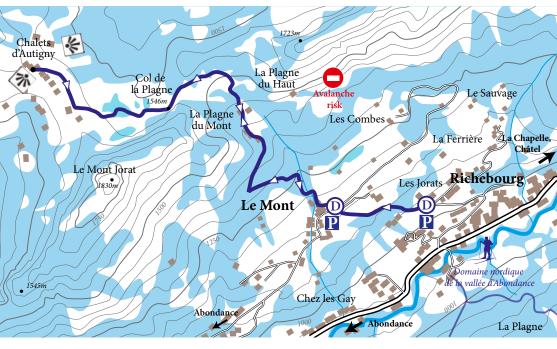
Climb through the forest to the altitude marker (1012m) and turn to your right before rejoining the path between Les Carres and Les Ouyes chalet. Then follow the directions as indicated above by the asterisk  $\star$ . From Chez les Ogays hamlet, you can also return to La Chapelle d'Abondance by following La Chapelle n°7 route.

**Itinerary** Note: this walk will take you across part of the Essert ski area; it is advisable not to walk on the ski slopes. You can reach the signposted walking route by taking Essert cable car (please purchase a one-way ticket).

The starting point of the walk is to the right of the cable car's top station, below Petit Fremoux button lift. Head for Essert chalets then climb towards the forest and walk alongside it until you reach the ridge. Follow the line of the ridge being careful not to get too close to the edge until you reach the transmitters. Head down by the same route back to the cable car and continue on your walk by keeping Essert restaurant below you. Carry on towards La Corne button lifts and cross the slope where you see the Lac button lift and head for Brion chalets. Carry on downhill towards Mon Logis and Bothiay chalets. Once you arrive at Charmy l'Envers, take the road to the left to Abondance and keep going until the cable car parking.

### **5** Abondance

# Autigny chalets



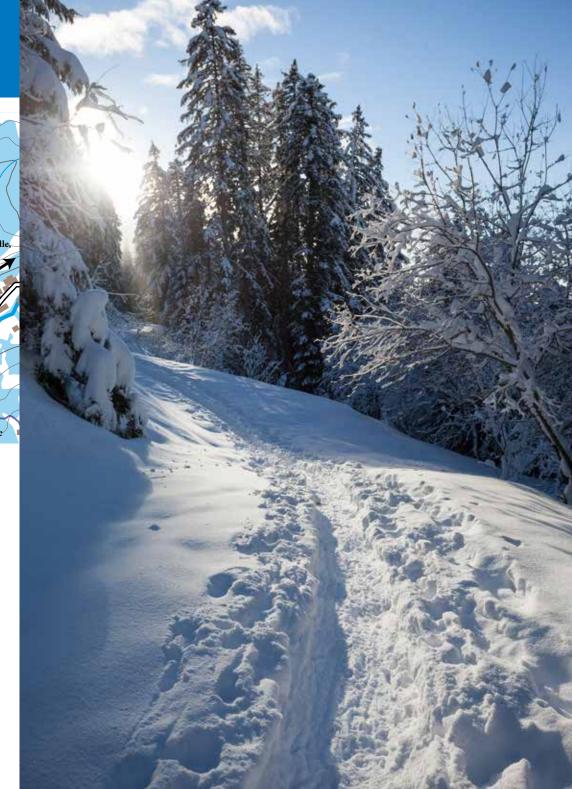
- D Starting point Le Mont or Richebourg (Les Prolets goat farm)
- Time 3hr30
- Ascent 400 m
- ▲ Difficulty level Moderate







Itinerary Starting from the hamlet of Le Mont, head upwards towards La Plagne Pass (Col de la Plagne). From here, you join the path to Autigny, which is fairly flat. Once you arrive at the chalets, admire the panorama, especially the view of Mont Chauffé cliffs. Go back down following the same path. From Richebourg, you can join the main route to Le Mont along the path above Les Prolets goat farm.

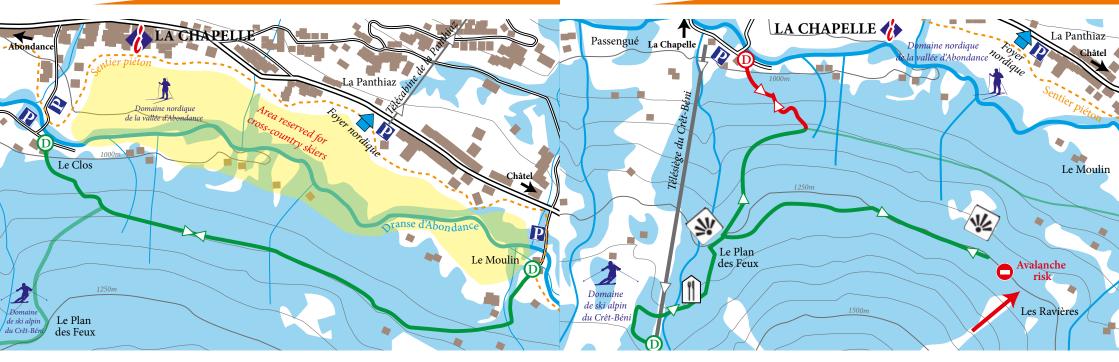


# **1** La Chapelle d'Abondance

# La Chapelle Gallery

# 2 La Chapelle d'Abondance

## To Plan des Feux & La Chapelle village



- D Starting point Tourist Office, Le Clos
- U Time Ihr30 to 2hr
- Ascent 50 m
- Difficulty level Easy

#### **Itinerary**

Ideal if you're taking your first steps on snowshoes, or for a family walk.

Take the lane next to the tourist office and follow pedestrian signs for Pont De l'Ariot Bridge that you should cross, keeping the village garage on your left and going towards Le Plan des Feux. After continuing uphill a little way you will meet the path overhead that you should take as far as a waterfall that is often frozen in winter. From here, start your descent towards Pont du Moulin and then continue back to the village on the walkers'path (orange dotted line on the map).

- D Starting point Top of station of Crêt Béni chairlift
- U Time Ihr30
- Ascent 380 m
- ▲ Difficulty level Easy



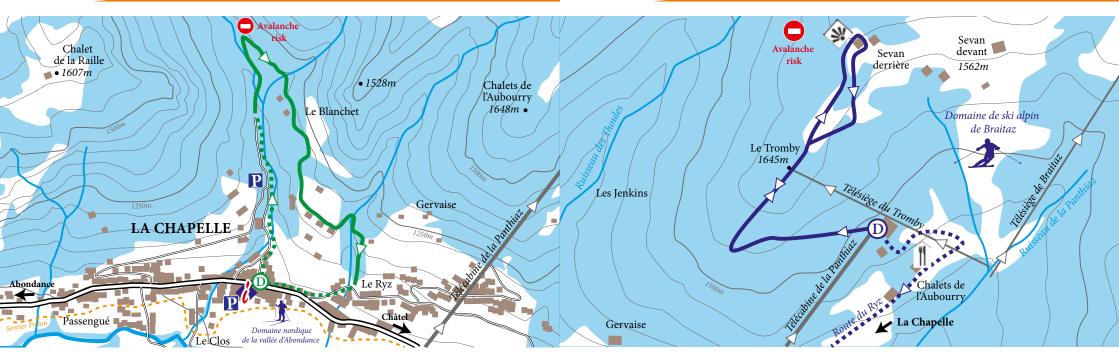
Itinerary Take Crêt Béni chairlift and from the top, follow the signposted route downhill to Crêt Béni restaurant. Take the track behind the restaurant and turn right at the first junction. Continue until you reach Plan des Feux (picnic facilities available) than take the forest path to your left signposted La Gueterne. Carry on and take the path when it forks downhill to the left through the forest before arriving in the village. Before heading back down to the village, you might want to take the following detour: turn right on the flat and continue as far as Ravières barrier (this is the end of the detour). Please do not go beyond this point since it is prone to avalanches. Once you are back at Plan des Feux, take the forest path called La Guéterlaz that leads downhill to your right.

**3** La Chapelle d'Abondance

### The Blanchet Route

# La Chapelle d'Abondance

### The Tromby Circuit



- D Starting point La Chapelle d'Abondance Tourist office
- U Time 2hr
- Ascent 170 m
- ▲ Difficulty level Easy



Itinerary Opposite the tourist office, go up the Chevenne road which follows a stream with some old chalets on its banks. Turn right towards La Côte on to the Le Blanchet footpath. At La Côte, return to the starting point via Chez Les Thoules and the village center.

Note: one stretch of this route is along the road and you will have to remove your snowshoes.

- D Starting point Top station of la Panthiaz cable car
- U Time 2hr
- Ascent 160 m
- **Difficulty level** Moderate



Itinerary Special points to note: Take La Panthiaz cable car to reach the starting point. Take care to make your return journey before the cable car closes! Starting from the tourist office, take the free municipal shuttle to La Panthiaz cable car parking. When you arrive at the cable car top station, take the forest track on your left. The track sets off

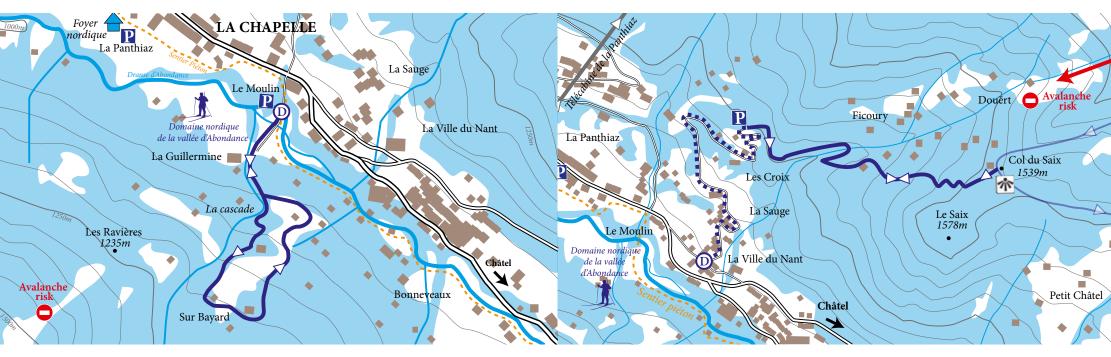
rather steeply through the forest and a clearing and takes you to the top of Le Tromby chairlift. Follow the ridge as far as Sevan chalet which is just over the other side. Go back down towards the top chairlift station and return to the starting point.

# **5** La Chapelle d'Abondance

To Bayard via the waterfall

6 La Chapelle d'Abondance

Col du Saix



D Starting point Le Moulin

**◆ Time** Thr30

Ascent 130 m

▲ Difficulty level Moderate

**Itinerary** Note: at one point, this route crosses the cross-country ski trail. For the sake of the skiers, please do not damage the tracks.

The starting point is Le Moulin car park. It is possible to walk there from the village by taking the footpath (orange dots on the map) towards La Panthiaz then Le Moulin. Cross the bridge which leads to the waterfall. Go up as far as Sur Bayard chalet, and then drop down again through the comb to the left of the chalet; you then rejoin the path you took on the way up. This route takes you into the Mont de Grange hunting reserve, where dogs are not allowed. If you are quiet, you will be able to get close to the deer, stags and chamois. Observe them in absolute silence so they do not run away.

D Starting point Hamlet of La Ville du Nant

Time 3hr30 there and back

Ascent 510 m

**Difficulty level** Moderate

**Itinerary** Follow the road to the top of La Ville du Nant, where you'll see some beautiful chalets, traditional farmhouses and old chapels.

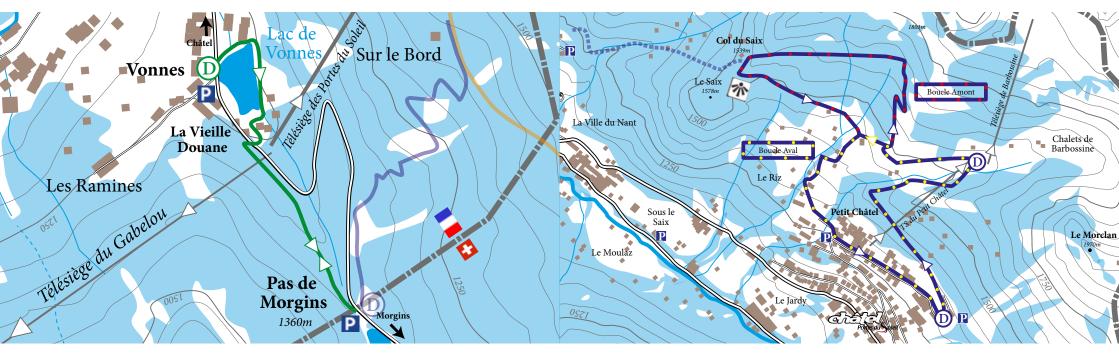
At the end of the road, follow the forest track then continue along the path which leads to Le Saix pass (col du Saix). Return the same way as you came, otherwise continue towards Barbossine and Petit Châtel (from the Col du Saix, follow the marked path from Chatel route n°2.) Return to La Chapelle on the shuttle.



### Morgins Pass Liaison with Morgins-Switzerland

2 Châtel

#### Petit Châtel Circuit Liaison Châtel – La Chapelle d'Abondance



**(D)** Starting point Vonnes Lake

Time Ihr to Ihr30 there and back

can take the shuttle bus between Vonnes Lake and Châtel.

Ascent 131 m

▲ Difficulty level Easy



U Time 3hr

Ascent 302 m

▲ Difficulty level Moderate

D Starting point Petit Châtel chairlift

Itinerary Head for Switzerland and Vonnes Lake. The starting point is by the small chalet on the left shore of the lake near the car park. You can also join the start of the walk by taking the shuttle bus from the village center (Church Square) to Vonnes Lake. Take the path bordering Vonnes Lake. At the end of the lake, turn left onto a small that follows the stream and takes you onto the main road (route départementale). Cross this road, take the path that slopes gently upwards on the other side, and stay on it until you reach Morgins Pass (Col/Pas de Morgins). This is the Swiss border and you can go as far as the lake of the same name a short distance from the pass. You'll have a beautiful view of the Haute Cime in Switzerland, the highest peak in the majestic Dents du Midi massif (3,257m/10,686ft). If it is not covered by snow, the border marker is very interesting, with sculpted coats of arms on each of its faces (the Swiss coat of arms on the one side and those of the Duke of Savoy on the other). Return by the same path. Otherwise, you

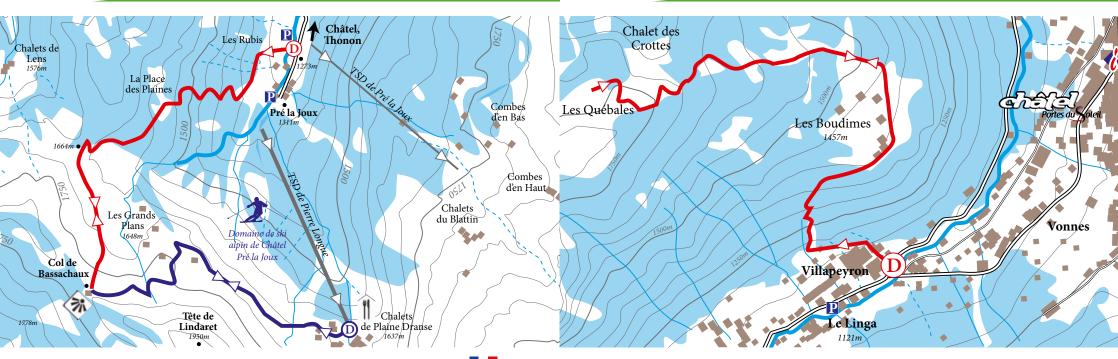
**Itinerary** Take the road to Petit-Châtel as far as the Le Tenne bend. The starting point is around 2 km from the center of the village. You are advised to take the shuttle bus, as space is very limited at the car park. Alternatively, you can take the Petit-Châtel chairlift (reduced fare for foot passengers). The path sets off from Le Tenne bend before climbing gently up the mountainside through forest. After two bends, the path arrives at the halfway station of the Petit-Châtel - Barbossine chairlift. Turn left and then right 100 meters further along to join the path coming up from Le Mouet. Carry on as far as the first hairpin bend. Turn left immediately to reach the alpine pastures. The view gradually opens up as you climb and you can see as far as Mont Blanc to the south. The trail continues between the forest and pastureland and arrives on a plateau where you pick up the path again. Continue as far as Le Saix Pass (Col du Saix) for a beautiful panoramic view of Abondance Valley and Mont de Grange. At this point you can join La Chapelle d'Abondance route n° 6 and return home using the intervillage ColomBus shuttle. Head downhill through the forest until you reach the Flammet chalets. At the fork in the pathway, keep right in the direction of Le Ryz. You will pass several farmhouses, a shrine and after a short, steep descent, the road. Follow this road to the end to return to Petit-Châtel junction.

**3** Châtel

### **Bassachaux Pass Plaine Dranse**



### Les Québales

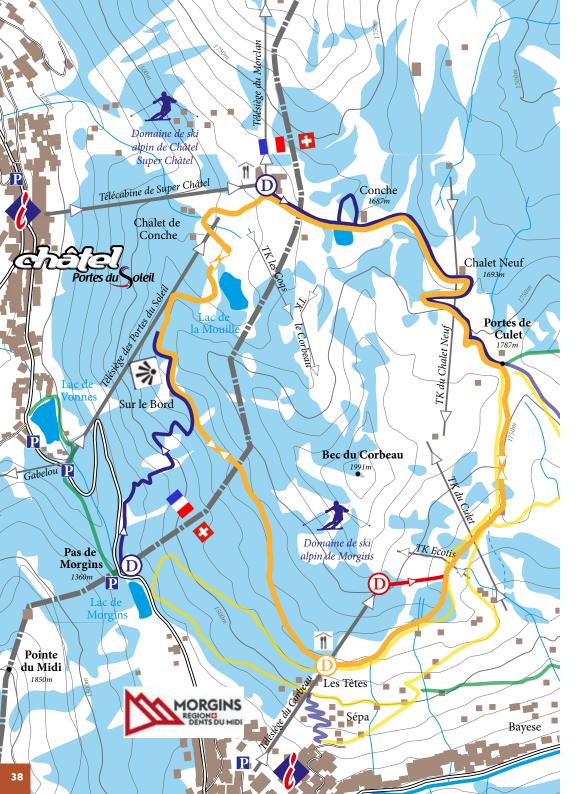


- D Starting point Pré-la-Joux
- Time 4-5hr there and back to Bassachaux (+ another 2hr if you go as far as Plaine Dranse)
- Ascent 505 m (646m if you go as far as Plaine Dranse)
- Lambda Difficulty level Difficult (2 or 3 streams to cross which may be frozen)

Itinerary Head for Pré-la-Joux from the village center, then turn left at Villapeyron Bridge. Carry on along this road for around 4 km as far as the small car park on the right just before Pré-la-Joux Bridge (near to the Pré-la- Joux chairlift). The path rises gently at first above the lift and then enters the forest, following the stream. It runs left, crossing the stream over a small bridge and comes out just above the Bobsleigh and luge slope. Follow the right-hand path which again enters the forest and, after a few hairpin bends, comes out at La Place des Plaines where there is a small shrine. The path turns left up towards Grands Plans alpine pastures; from here, you can see Bassachaux Pass (Col de Bassachaux) on your left. Just follow the tracks and the path markers across this superb open landscape. Those with enough stamina can continue from Bassachaux Pass as far as the Plaine Dranse alpine pastures along the summer path. Return by the same route. Alternatively, you can reach Plaine Dranse directly by the Pierre-Longue chairlift, which can be reached on foot, and then continue to Bassachaux Pass by the snow-covered road to take advantage of the superb panoramic view.

- ① Starting point Villapeyron
- Time 5hr there and back
- Ascent 665m
- Lifficulty level Difficult (2 or 3 streams to cross wich may be frozen)

Itinerary Follow signs for Villapeyron for around 2 km. At the junction at Villapeyron Bridge, the starting point for the trail is at the end of the small road in front of you. You can left your car at the Linga's Car park at 50 meters. The path enters the woods, crosses a stream and heads up towards another track which cuts across it. Continue up the rather steep, winding path and take the turning off it at the shrine. Keep to the uphill path to the right of the shrine to join a second, path that crosses your way after a few bends. Turn right onto this broad track which leads up to Les Boudîmes alpine pasture. Continue along this path through the pasture until you reach a small plateau just behind the electricity pylon. The path rises gently through the pasture and occasionally through the forest. The view gradually opens up as you climb. Behind you the Dents du Midi (3,257 m/10,686ft) should be visible in fine weather. Once you reach Les Québales-Bas, ignore the left-hand path that leads into the forest and take the one which will take you to the highest point of this trail, Les Québales. You're now in the Mont de Grange hunting reserve and with a little bit of patience, if you're quiet, you may see some chamois! Return by the same route as the area is in an avalanche zone and it may be dangerous to proceed any further.



### **Châtel / Morgins**

### The Crow Circuit Loop of the Fox

- (D) Starting point Restaurant du Corbeau / Sur le Bord / Super Châtel
- **Time** 4 to 5hrs
- Ascent 650 m
- Difficulty level Difficult



**Itinérary** The Crow circuit (tour du Corbeau), or loop of the fox (sentier du renard), is an French-Swiss route of 6.5 kilometers. The loop surrounds the Bec du Corbeau mountain and can be done in both directions. It includes slopes more or less marked and is reserved for good snowshoe walkers.

The departure can be done from the restaurant of Corbeau, located under the chairlift of the same name. The path in the forest joins France, in the area of Sur le Bord, and then the Mouille lake (lac de la Mouille), with a breathtaking view of the valley of Abondance. Continue to the top of the Super Châtel gondola and then on the nordic path to arrive at Conche lake (lac de Conche) and its chalet. The trail then goes to Chalet Neuf and climbs to Portes de Culet, a pass offering an exceptional panorama of the Dents du Midi, the Vaudois and Valais Alps, as well as Mont Blanc. On the way down, you will walk througt an unspoiled and completely natural area. You will cross the Culet and Ecotis ski lifts. Continue down to the Têtes area and the Corbeau restaurant.

**Variant from the Corbeau chairlift:** go down on about 300m to find the path that crosses the Ecotis ski-lift. From there, follow the main loop in the direction of Portes de Culet – lac de Conche – Super Châtel – Sur le Bord – Corbeau restaurant.

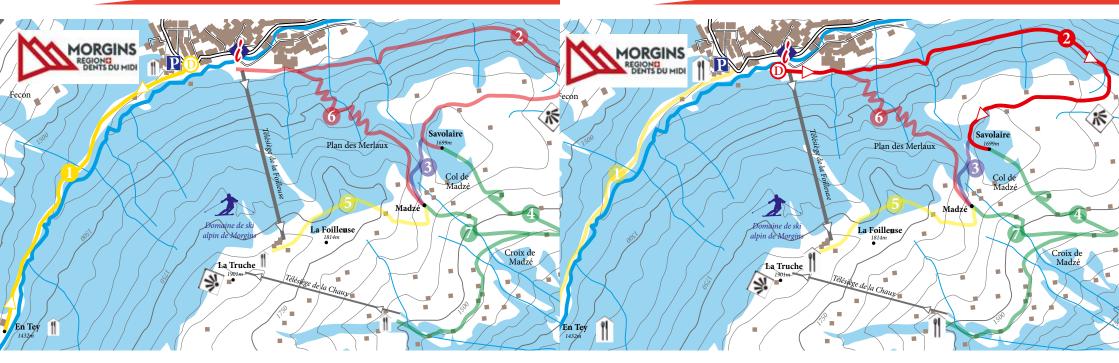
**Variant from Super Châtel gondola:** from the arrival of the gondola, follow the nordic path to Conche lake (lac de Conche). At the chalet named "chalet de Conche", and after a small loop in the forest, you can continue on the loop towards Chalet Neuf and the Portes de Culet pass, or go back to the gondola.

Variant from Pas de Morgins pass: departure from the car park. The path starts from the other side of the road (cross with caution), in the forest by a slight descent. To the first forest exit, continue on the forest trail on your right and start a rather steep climb to Sur le Bord. After several laces, the path passes nearby from the alpine chalet of Sur le Bord before arriving at the culmination located some hundreds meters away. After admiring the view, you can return to starting point by retracing your steps, or go to the Mouille lake (lac de la Mouille) and Super Châtel, and eventually continue on the Crow circuit.

### Ponts/They trails



### Morgins Savolaire



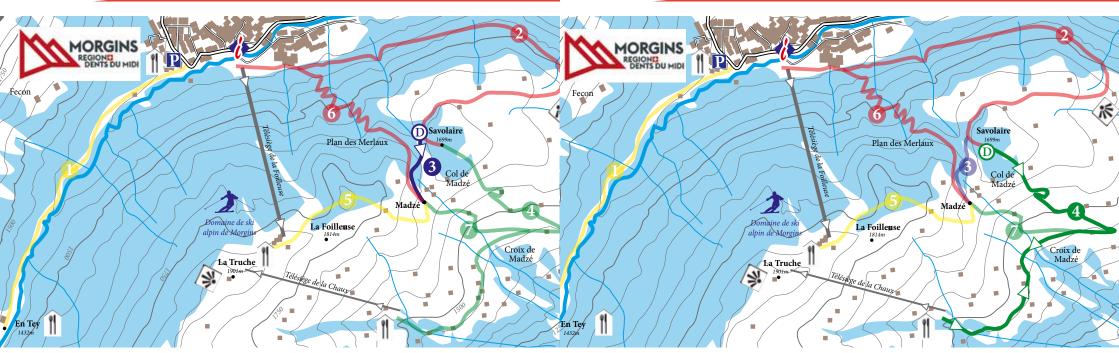
- ① Starting point Morgins riding-school
- Time 2hr15 there and back
- Ascent 100 m
- ▲ Difficulty level Easy

Itinerary Start from the entrance to Vallon de They (They Valley) - Portes du Soleil Pass. Go past the horse-riding stables in the direction of the Sun on the Planetary Trail. Turn left at the next crossroads onto the Eau Rouge path. You'll cross around a dozen bridges and gangways over the River Vièze. The path also takes you past the Eau Rouge cave. People used to bathe in the iron-rich water and it is pure enough to be drunk even today. After the first bridge, on your left you'll see the Dry Biotope tower belonging to the Forest Paths Association. This acts as an observatory to monitor the gradual colonization of the habitat by insects and plants. The walk finishes when you reach the refreshment area.

Precautions: Do not go futher than the avalanche warning sign unless you have been given the all-clear by the tourist office. On part of the route, please take care not to damage the cross-country ski tracts.

- D Starting point La Foilleuse chairlift
- U Time 2hrl5
- Ascent 320 m
- Difficulty level Easy (moderately difficult over a 700m stretch after Champarin)

**Itinerary** From La Foilleuse chairlift, walk up to your left past Le Bois Gentil chalet and behind it; take the path on your left. The snowshoe path is parallel to the cross-country ski trail as far as Champarin, where you have a superb view of the Dents du Midi and the Vaudois Alps. At Savolaire, there's a panoramic view of Mont de Grange (F), Morgins, Les Cornettes de Bise (F), Le Corbeau and Pointe de Bellevue. Return to Morgins by retracing your steps or by taking route n°3 and n°6 via the Madzé pass (Col de Madzé).







Ascent 20 m

▲ Difficulty level Moderate



Itinerary From the Savolaire refreshment area (closed in winter time), go slightly on the left in direction of Morgins into a gently sloping comb, and then up again on your left before the next chalet. This short trail takes you to Madzé pass (Col de Madzé), from where you can either go down to Morgins, or up to La Foilleuse.

**D** Starting point Savolaire

**Time** Ihr30

Ascent 100 m

▲ Difficulty level Easy to moderate on some slopes

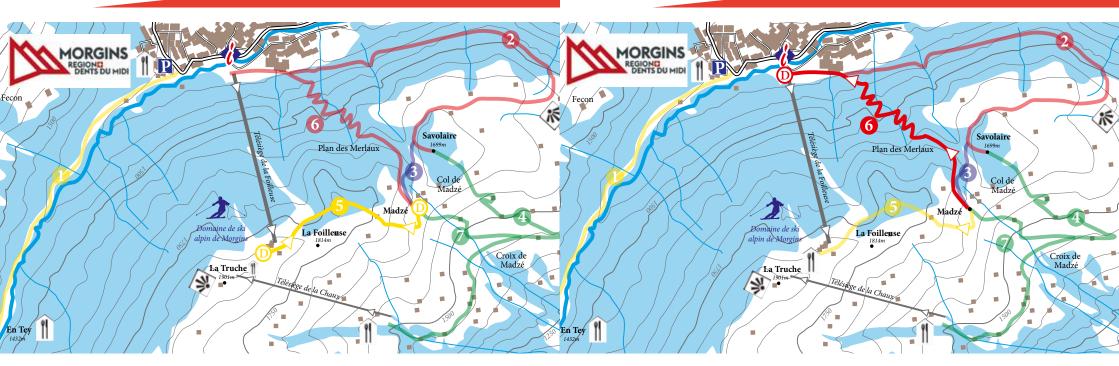
**Itinerary** From Savolaire walk towards the Dents du Midi peaks. On your left you will see a small wayside shrine. Continue to the right. At the next crossroads, you'll see Madzé Cross (Croix du Madzé). A few meters further along, take the path which descends on your

left. The Yeu Tsalé restaurant is a convenient stop-off point by Chaux chairlift which you can use to return to La Foilleuse chairlift. Or, if you decide to retrace your steps, turn left after the Madzé Cross crossroads and then right after another 40 meters to join route n°7. That route, (number 7) is signposted but not numbered. Route number 6 is shorter to go back to Morgins.









- D Starting point Foilleuse chairlift top
- U Time Ihr30
- Ascent 200 m
- **Difficulty level** Moderate



Itinerary At the top of the chairlift, take the path that goes down in direction of the Madzé pass (Col de Madzé). Return by the same itinerary. Restaurant with panoramic terrace at top of the chairlift.

This trail is marked in both meaning. So you can follow the route from the Madzé pass (Col de Madzé) if you started your outing by elsewhere.

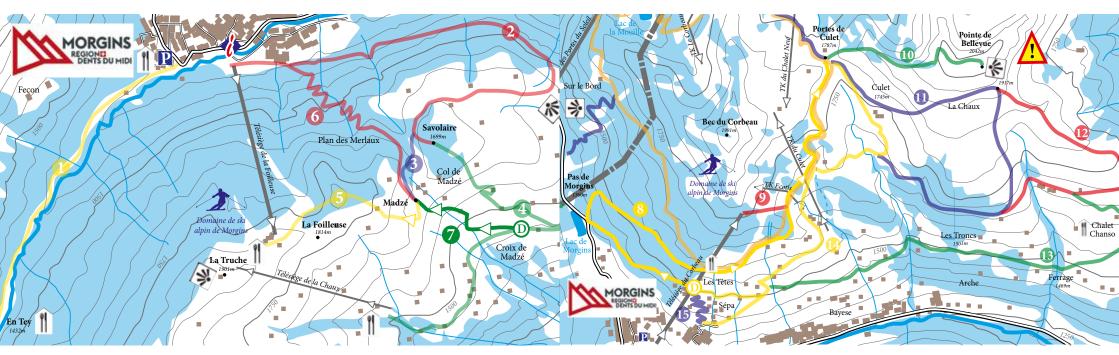
- **(D)** Starting point Madzé Pass
- **Time** Ihrl5
- Ascent 300 m
- **Difficulty level** Moderate



At the Itinerary Madzé Pass you go down the comb which leads up to Abérieu Cross. Continue into the forest and carry on to return to Morgins.



© JF.Vuarand







Ascent 40 m

▲ Difficulty level Easy









Lasy (moderately difficult over the last kilometer)



**Itinerary** This route is a shortcut back from route n°4 to return to Madzé pass. The green route markers are not numbered.

**Itinerary** From Têtes square (Place des Têtes), stroll through the woods to Corbeau restaurant. Go a little further and you will reach Portes de Culet where you can see Mont-Blanc on one side and Lake Geneva on the other... From this pass, you can join the Châtel snowshoe trails by following Chalet Neuf (restaurant) - Conches - Super-Châtel (restaurant).

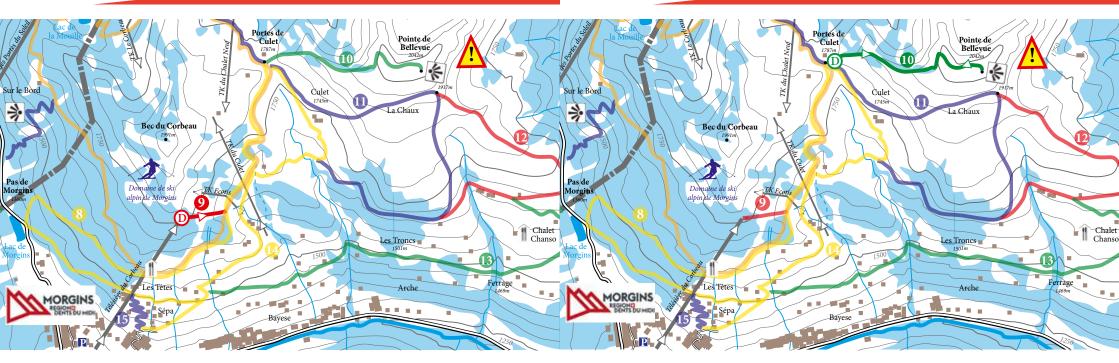
Precautions: Beware of skiers where the Culet and Ecottis draglifts cross over.

9 Morgins

#### Ecottis Portes de Culet Liaison with Châtel-France



### Portes de Culet Bellevue

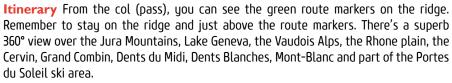


- D Starting point Corbeau chairlift
- U Time Ihr30
- Ascent 40 m
- ▲ Difficulty level Easy (moderately difficult over the last kilometer)



Itinerary As you arrive at the top of Corbeau chairlift you'll see the red route markers straight ahead. Proceed a little way to Ecottis crossroads, then rejoin route n°8 which heads towards Portes de Culet.

- D Starting point Portes de Culet
- U Time 2hr
- Ascent 250 m
- Difficulty level Difficult



For safety reasons, return home by the same route.

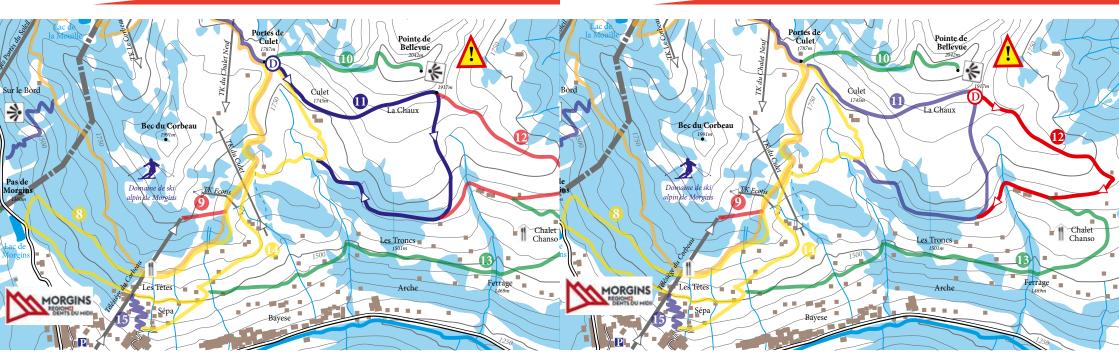
Precautions: Before setting out, find out about snow conditions and wether the route is open or closed. Keep at least 200m from the edge of the cliff at the end of the walk and keep to the marked route.



#### Portes de Culet La Chaux/Tovares



#### La Chaux Chanso



- D Starting point Portes de Culet
- **◆ Time** Ihr30
- Ascent 60 m
- Difficulty level Moderately hard as far as La Chaux, easy there after



Itinerary Over approxi-mately 250 meters, follow the directions detailed in route n°14 heading towards the Dents du Midi. Carry on to your left along the Culet meadow (alpage). Head up onto the flat area at La Chaux below the Pointe de Bellevue. At La Chaux crossroads, the path (on the right) will lead you into a little comb and then into the Tovares woods.

- D Starting point La Chaux
- **Time** Ihrl5
- Ascent 10 m
- ▲ Difficulty level Easy

**Itinerary** This is an easy walk with a lovely panoramic view. From La Chaux crossroads, head out strait under la pointe de Bellevue. At the end of the walk, you can take either route N°11 or N°13 to return to Morgins.

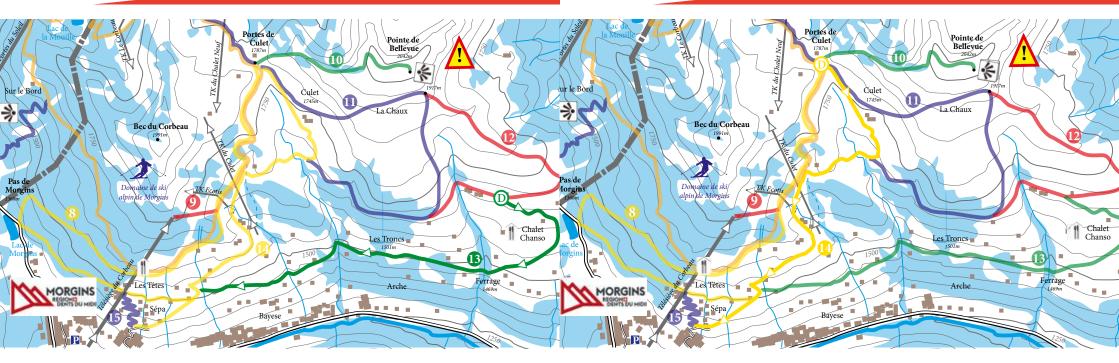
Precautions: Do not go further than the avalanche warning sign unless you have been given the all-clear by the tourist office.

**B** Morgins

### Chanso/Ferrage Sépa



### Portes de Culet Morgins



- D Starting point Below Chanso meadows (alpage)
- U Time 2hr
- Ascent 170 m
- ▲ Difficulty level Easy



Itinerary Take the path below the road (towards the high voltage electricity pylon). You will pass along the Chanso Chalet, then over the Ferrage refreshment area before the steep 100m stretch toward Sépa. Here, you can pick up the path to Portes du Culet (n°14). At the crossroads, continue towards Morgins.

Note to walkers: 100 meters after the covered bridge, the path rises steeply for around 20m.

- ① Starting point Portes de Culet
- U Time 2hr
- Ascent 460 m
- ▲ Difficulty level Easy

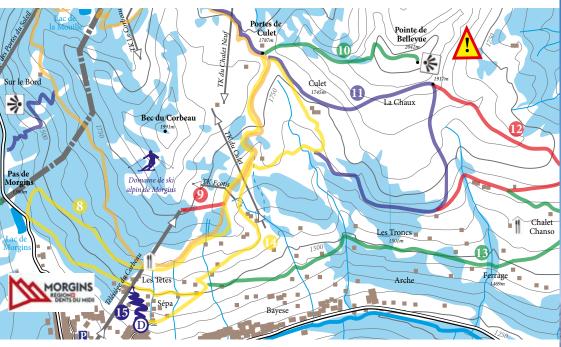
**Itinerary** Start by taking the same route as n°11 for about 250 m and stay on the right-hand path that ends up on the ski slopes. When reaching the last route marker (n°1) you can either take the Karmazin path (route n°15) which leads to La Place des Têtes or you can continue on the side of the slope back to Morgins (no markers)

Advice: Beware of skiers using the Les Ecotis and Le Culet ski-tow and the return track from Le Corbeau chairlift. Keep to the edge of the tracks. Late in the winter season, you're advised to consult the timetable if you wish to take the chairlift back down again.



### Karmazin Parc des Têtes

+

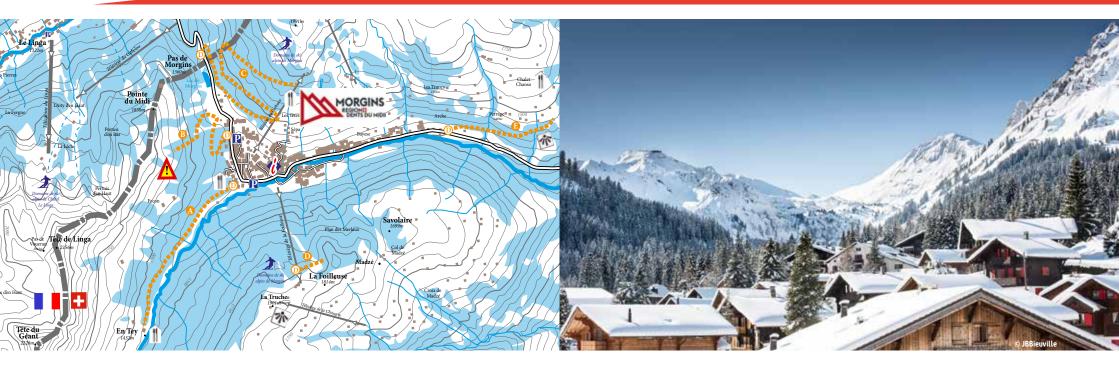


- ① Starting point Karmazin
- **Time** 30 minutes
- Ascent 50 m
- ▲ Difficulty level Easy

**Itinerary** Approximately 50m after the television aerials, take the Karmazin path which will take you to Place des Têtes.



### Walking Routes



#### A - Chemin de They

You reach They Valley by the path behind the residence of Bellevue. From the ranch, follow the Planetary trail for 2.5km with an ascent of 90m as far as Uranus (They). At Saturn, follow the avalanche warning instructions. Do not go further than They canteen/restaurant where a sign warns you of a high avalanche risk.

Restaurant: + 41 24 477 48 45 / 10am-5pm and evenings on reservation / cash only, euros accepted.

You can also take Ponts path (popular with snowshoe walkers) as far as Ancienne Plage, at which point you should take the pisted track.

#### **B** - Chemin de Fécon

Go through the campsite near the customs post. Follow the cross-country ski trail for around 100m - do not walk on the ski tracks. Walk through the forest for 1.5km - there's an ascent of 120m. **Warning:** do not go further than the "Danger d'avalanches" hazard sign.

#### C - Pas de Morgins - Restaurant du Corbeau

At Le Pas de Morgins (Morgins Pass), take the narrow road leading to Les Têtes. Just

over 2km down the road, you'll enter the forest on a groomed snow path. After another 2km, you'll reach Le Corbeau restaurant. Ascent: 1hr 45 (270m ascent). The views include the Dents du Midi and Dents Blanches peaks and the Vaudois Alps.

Restaurant: + 41 24 477 13 83

Take the ski bus from the village center to reach the start of this walk.

#### D - Top of La Foilleuse chairlift

When you get to the chairlift (easy access for walkers), follow the groomed snow path on you left for 600m. The views include the Dents du Midi and Dents Blanches peaks and the Vaudois Alps.

#### E - Chanso walk

Two kilometers along this road in the direction of Monthey, take the small road on your left by the last chalet. This 2.5km path rises100m, the path affords views of the Dents du Midi and Dents Blanches peaks and the Vaudois Alps. Possibility to continue to the restaurant Chalet Chanso open in winter (closed Sunday evening, Monday and Tuesday, +41 24 477 12 39): 4.3km. To reach the starting point To reach the starting point of this trail, take the ski bus from the village center.

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# BUREAU DE LA MONTAGNE DE LA VALLEE D'ABONDANCE

Information: 06 52 55 07 74 Facebook: bureaumontagnevalleedabondance



### BUREAU DES GUIDES DU PAYS D'EVIAN

Information: 06 48 78 65 44 alpevianature.com

Programs are available at tourist offices in Thollon, Bernex, Abondance, La Chapelle d'Abondance, Châtel and Morgins.

Reservations in tourist offices and partner location shops.

#### **SOME SAFETY INSTRUCTIONS**

Have you checked the weather forecast and the avalanche bulletins?

Météo-France: 08 99 71 02 74

**TOURIST OFFICES** 

Thollon: 04 50 70 90 01 Bernex: 04 50 73 60 72

Abondance: 04 50 73 02 90

La Chapelle d'Abondance : 04 50 73 51 41

Châtel: 04 50 73 22 44 Morgins: +41(0)24 477 23 61

- Find out about the itineraries opening conditions with town halls and tourist offices.
- Follow and respect the markings.
- In the mountains, caution is always necessary. You are responsible for your own safety and that of others.
- Be vigilant when crossing with other users (skier, ...)
- Before leaving, tell someone about your itinerary. Never leave alone.
- Do not disturb the tranquility of wild animals, keep dogs on a leash.
- Pick up your waste.

IN CASE OF ACCIDENT, CONTACT 112



Abondance Tourisme
Chef lieu - 74360 Abondance • Tél. 04 50 73 02 90
info@abondance.org • www.abondance.org



Châtel Tourisme

14, route de Thonon - 74390 Châtel • Tél. 04 50 73 22 44

touristoffice@chatel.com • www.chatel.com



La Chapelle d'Abondance Tourisme Chef-lieu - 74360 La Chapelle d'Abondance • Tél. 04 50 73 51 41 accueil@lachapelle74.com • www.lachapelle74.com



Morgins Région Dents du Midi Route de Bas-Vièze 4 -1875 Morgins • Tél. +41(0)24 477 23 61 morgins@rddm.ch • www.morgins.ch



Thollon les Mémises Tourisme
Station - 74500 Thollon les Mémises • Tél. 04 50 70 90 01
ot.thollon@wanadoo.fr • www.thollonlesmemises.com



Bernex Tourisme

20, route du Champ de foire - 74500 Bernex • Tél. 04 50 73 60 72 info@bernex.fr • www.bernex.fr



Communauté de communes pays d'Evian - vallée d'Abondance 851, av. des Rives du Léman - CS 10084 - 74500 Publier • Tél. 04 50 74 57 85 accueil@cc-peva.fr - www.cc-peva.fr