



# Montagnes du Giffre

RETOUR AUX SOURCES



**haute  
savoie**   
le Département

**32** guided  
walks



€3

Châtillon-sur-Cluses, La Rivière-Enverse, Mieussy - Sommand,  
Morillon, Samoëns, Sixt-Fer-à-Cheval, Taninges - Praz de Lys, Verchaix



# THE GIFFRE MOUNTAINS



The Giffre Mountains stand between Lake Geneva and Mont-Blanc, offering a vast area of greenery close to the big cities. This 351 km<sup>2</sup> area stretches across eight towns: Châtillon-sur-Cluses, La Rivière-Enverse, Mieussy - Sommand, Morillon, Samoëns, Sixt-Fer-à-Cheval, Taninges - Praz de Lys and Verchaix.

This guidebook features 32 walks ranging from very easy to quite easy, without any steep climbs and with a maximum duration of 3.5 hours out and back.

Leaving from the villages in the valley or the mountain resorts, you'll be able to enjoy the natural wealth and incredible heritage of the Giffre Mountains thanks to the wide range of routes available. If you would prefer to step it up and get into 'hiking' mode, a guidebook and map featuring 54 hiking trails is available to purchase from the Tourist Offices throughout the local area.

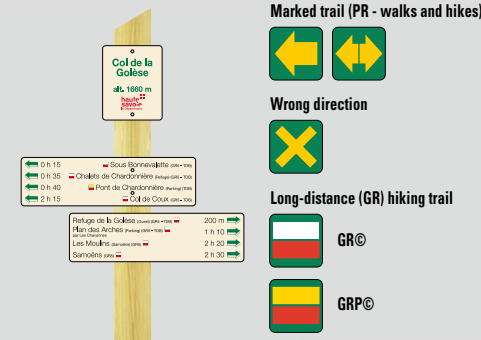
Enjoy your exploration of the Giffre Mountains.

## Follow the guide

This document provides details of a selection of routes. They are all suitable on foot. The durations out and back are indicated for pedestrians, and calculated based on a leisurely pace (flat terrain: 3 km/hr, downhill: 4 km/h or 500 m elevation gain/hr, uphill: 2 km/h or 300 m elevation gain/hr).

## Useful and valuable information

- The hiking departure points are the various parking areas in the villages or in the mountains (mountain passes, hamlets or lift arrival stations). They are clearly indicated on the maps.
- At each intersection along the waymarked route, you'll find a post with:
  - information about the location with the name of this intersection and the altitude. You'll find these names in the guidebook so you will always know where you are.
  - information indicating the main directions so you always know where you're headed.
- These signs will also provide the walking time to various locations. This will help you plan your route duration.
- The information on the maps will help you choose your route: whether you'll be walking along a road or a wide path, a footpath, a narrower, more varied section that can sometimes be more difficult.
- The altitudes of the varied places will help you estimate the difficulties of the chosen route.
- The legend will provide the necessary information to help you read the maps and the signposts and markings that you'll come across along the way.



## Guided outings: so many discoveries to be made...

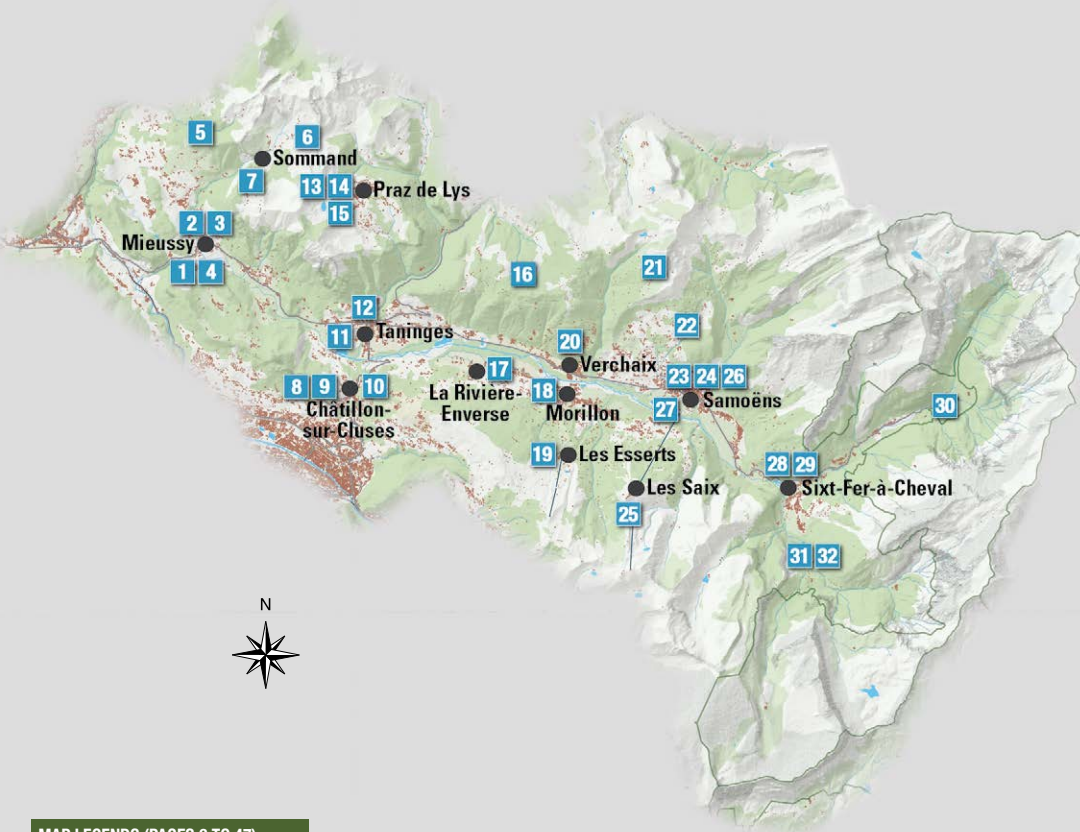
To gain a better understanding of life in this area, of the history and local wildlife, set off with a mountain guide. They will share their passion for the Giffre Valley. Find out more at the Tourist Offices, the contact details for which are on the back of this guide.

## Using the lifts

Some of the lifts at the ski resorts operate during the summer to allow hikers to reach the mountains without having to take on the steep climbs to get there, and to then be able to walk around the Alpine pastures and enjoy the views. In some sectors, these lifts will allow easy access to the resort's peaks and MTB track departure points. Opening hours and prices are available from the Tourist Offices.

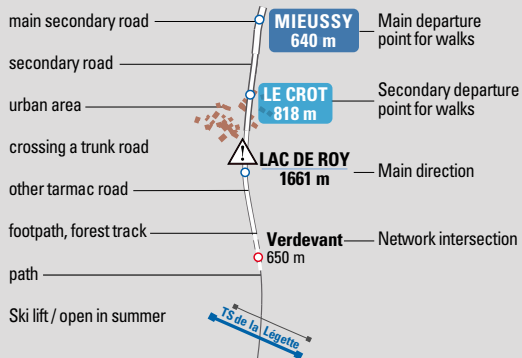


# THE GIFFRE MOUNTAINS



## MAP LEGENDS (PAGES 6 TO 47)

### Geographic information



### Signs and markers



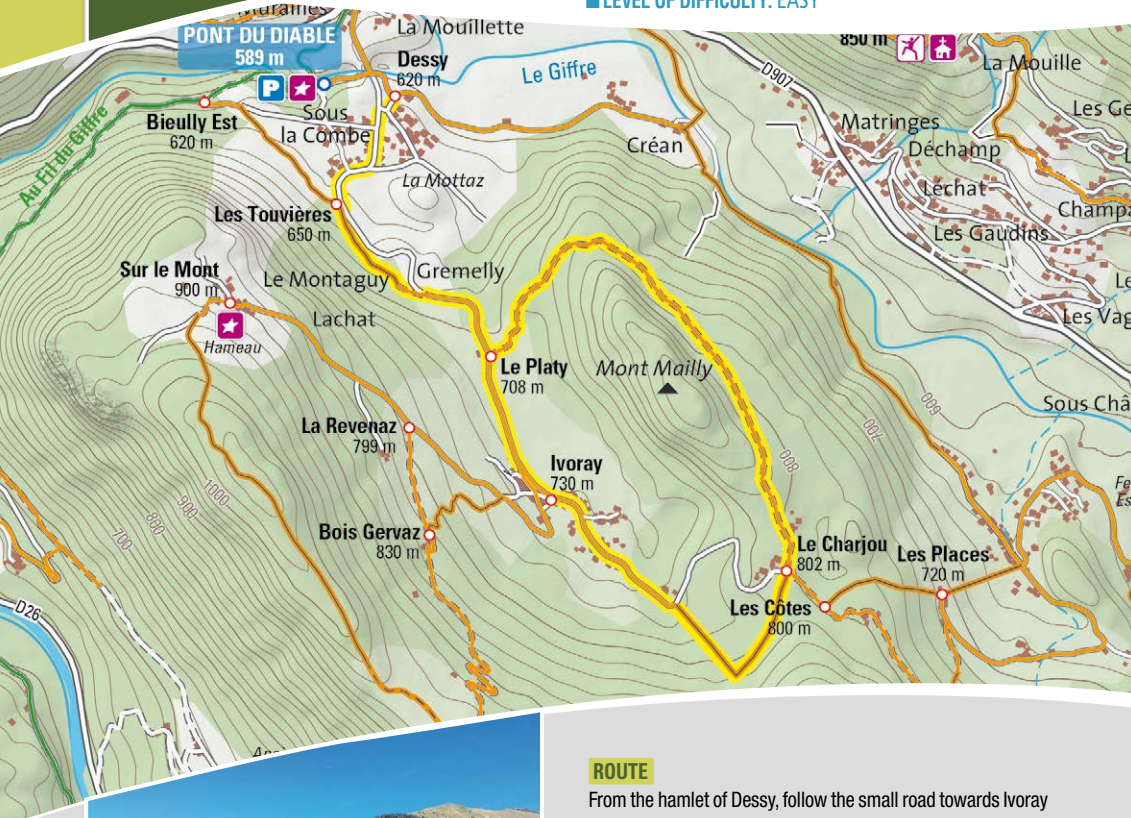
NO.	ROUTE	DEPARTURE	OUT AND BACK OR LOOP TRAIL	DURATION	ELEVATION GAIN	LEVEL OF DIFFICULTY	PAGE
1	Tour of Mont Mailly	Mieussy / Dessy	Loop trail	1h30	+200 m	Easy	6
2	Chapel of saint grat	Mieussy	Out and back	1h20	+173 m	Easy	7
3	South hillside loop	Mieussy	Loop trail	3h	+346 m	Easy	8
4	Sur le coux trail	Mieussy	Loop trail	3h	+414 m	Easy	10
5	La charmette pastures	Mieussy / Sommand	Out and back	2h	+342 m	Easy	12
6	Chalet blanc	Mieussy / Sommand	Loop trail	2h	+260 m	Quite easy	13
7	Paragliding loop	Mieussy / Sommand	Loop trail	2h	+231 m	Easy	14
8	Chemin du calvaire (road to calvary)	Châtillon-sur-Cluses / Balmotte	Out and back	1h	+74 m	Very easy	16
9	Chapel of saint innocent	Châtillon-sur-Cluses / L'Arroz	Out and back	1h30	+235 m	Very easy	17
10	Les guers trail	Châtillon-sur-Cluses	Out and back	1h15	+104 m	Very easy	18
11	The lakes and villages trail	Taninges	Loop trail	2h30	+272 m	Easy	20
12	Banks of the foron and old town trail	Taninges	Loop trail	30 mn	+32 m	Very easy	21
13	Roy lake	Taninges / Praz de Lys	Out and back	50 mn	+105 m	Easy	22
14	Les munes pastures	Taninges / Praz de Lys	Out and back	1h	+209 m	Easy	23
15	Combe de gron via le petit planey	Taninges / Praz de Lys	Loop trail	1h	+107m	Quite easy	24
16	Loëx plateau	Taninges et Verchaix / Les Rossignols	Loop trail	1h	+209 m	Easy	25
17	Grands bois trail	La Rivière-Enverse	Loop trail	1h40	+130 m	Very easy	26
18	Les miaux / le châtelard	Morillon / Lac Bleu	Loop trail	2h	+100 m	Easy	27
19	The croix des 7 frères (7 brothers' cross)	Morillon / Les Esserts	Descent	1h30	- 614 m	Easy	28
20	Lornaz trail	Verchaix	Loop trail	1h30	+117 m	Very easy	29
21	Joux plane lake and la bourgeoise	Samoëns et Verchaix / Joux Plane	Loop trail	1h15	+79 m	Easy	31
22	Les rutines pastures	Samoëns / La Rosière	Loop trail	1h15	+206 m	Easy	32
23	Le bérrouze - mathonex - vigny	Samoëns	Loop trail	2h30	+300 m	Easy	33
24	From Samoëns to verchaix	Samoëns et Verchaix	3 trails: 1h30 - 1h30 - 3h30				34
25	Gouilles rouges lake	Samoëns / Samoëns 1600	Loop trail	1h15	+174 m	Very easy	36
26	Chantemerle and les suets forest	Samoëns	2 trails: 2h10 - 3h20				38
27	Tour of giffre, lacs aux dames to the lac bleu	Samoëns et Morillon	3 trails: 30 mn - 40 mn - 2h10				40
28	Le mont hamlet	Sixt-Fer-à-Cheval / Les Tines	Out and back	2h	+200 m	Very easy	42
29	The tines gorges	Sixt-Fer-à-Cheval / Les Tines	Loop trail	45 mn	+90 m	Quite easy	43
30	'Le bout du monde' trail	Sixt-Fer-à-Cheval / Cirque du Fer-à-Cheval	Loop trail	2h	+200 m	Easy	44
31	Frenalay walk	Sixt-Fer-à-Cheval / Cirque du Fer-à-Cheval	Loop trail	45 mn	+45 m	Very easy	46
32	Rouget waterfall	Sixt-Fer-à-Cheval / Nant Sec	Out and back	1h30	+180 m	Easy	47



# 1 TOUR OF MONT MAILLY

MIEUSSY- DESSY

■ DURATION: 1.5 HRS ■ ELEVATION GAIN: + 200 M  
■ LEVEL OF DIFFICULTY: EASY



## LOCATION / DEPARTURE

Dessy - From the centre of the village of Mieussy, near the viaduct, follow the signs for Ivoray. The village of Dessy is on the other side of the river Giffre.

## ROUTE

From the hamlet of Dessy, follow the small road towards Ivoray and then a path runs alongside the road on the right. Go left along the Mont Mailly forest track. After around 3 km, the track leads to the hamlet of Charjou. Carry on along a forest track where you'll pass by some ancient pools before heading down to the pretty village of Ivoray. The view over the ridges from the Pointe Perret to Marcelly peak is remarkable. Go back along the quiet Route d'Ivoray towards Dessy, and then join onto the same path you took at the beginning of the walk.

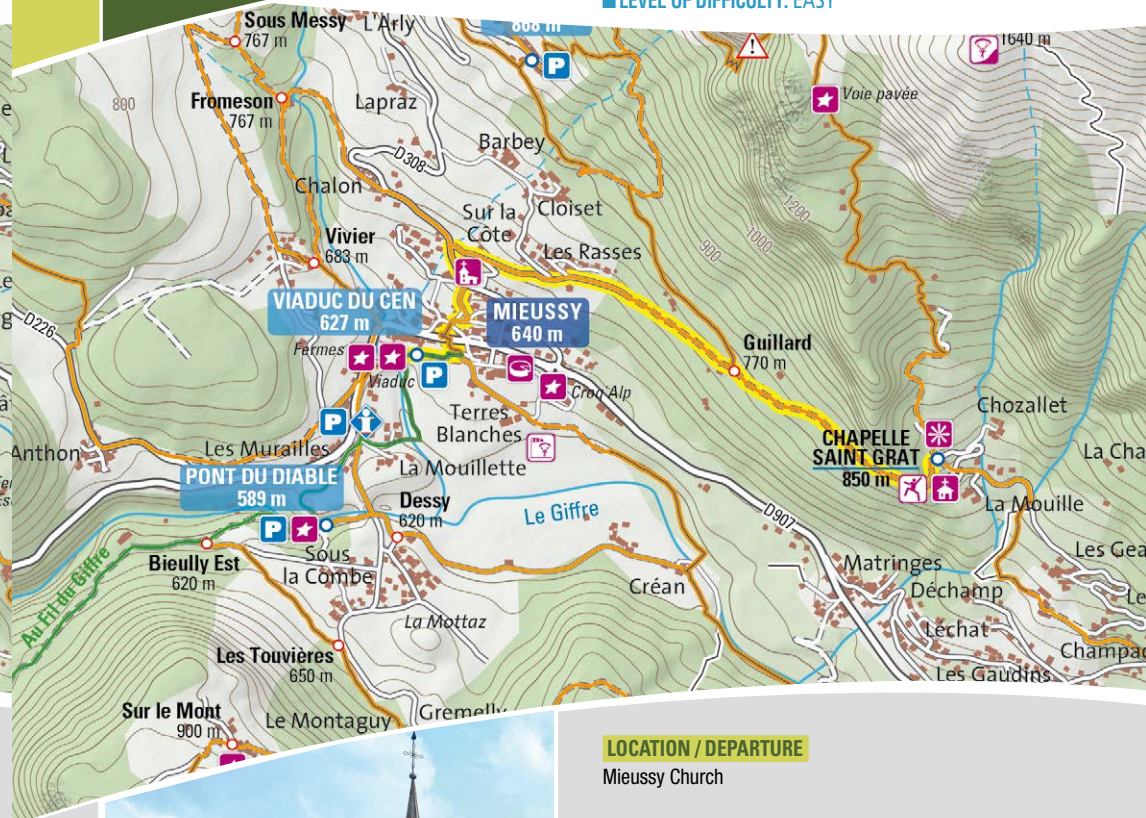
## TO DISCOVER

A forest loop trail along the left banks of the river Giffre. There are some great views of the south side of Mieussy and the Pertuiset take-off site, where paragliding originated. The villages of Dessy and Ivoray boast some beautiful Savoyard farms. The Ivoray marshland is a remarkable natural area. There is an alternative route for the way back, alongside the river Giffre via the Pont du Diable bridge.

# 2 CHAPEL OF SAINT GRAT

MIEUSSY

■ DURATION: 1 HR 20 ■ ELEVATION GAIN: + 173 M  
■ LEVEL OF DIFFICULTY: EASY



## LOCATION / DEPARTURE

Mieussy Church

## ROUTE

Follow the road up to the right behind Mieussy Church, pass through the hamlet of Les Rasses and carry on along the Guillard forest track towards the Chapel of Saint Grat. You'll be walking up a gentle slope that isn't challenging. There is a bench in front of the chapel, facing a great view of the Alps. Go back along the same route. If you're feeling brave, you could carry on up to the Roche-Pallud / Sommand pastures along a very steep cobblestone path dating from the Middle Ages.

## TO DISCOVER

- Along this route, you'll have some superb views of Mieussy, the entrance to the Giffre Valley and Mont Orchez.
- Mieussy Church, at the beginning of the route, can be recognised by its onion dome and Gothic-style door listed as a Historic Monument.
- The Chapel of Saint Grat (1697), devoted to the Holy Family and Saint Grat, protector of crops.



■ DURATION: 3 HRS

■ ELEVATION GAIN: + 346 M

■ **LEVEL OF DIFFICULTY: EASY**



## LOCATION / DEPARTURE

### Mieussy community centre

## ROUTE

From the car park, go across the viaduct and then go right onto the main road for around a hundred metres before joining onto a path in front of the Brasserie K&G. The route will lead you through the hamlets of Vivier and Messy. When you reach Messy, go along a path and cross the main road to the Route Communale d'Anglay, to the hamlet at the foot of the towering Bartou cliff. This small road will lead onto a forest road to Le Châble and Le Jourdy. Continue to the right along a small tarmac road and at the bend, follow signs to Messy, via the 'Moulin' (mill). Cross through the village of Messy and then get back onto the path to Vivier. 'Sous Messy', go left towards Fromeson and when you reach an isolated farm, go right on a path into the undergrowth, to Vivier. Then head towards Miessy viaduct.

## TO DISCOVER

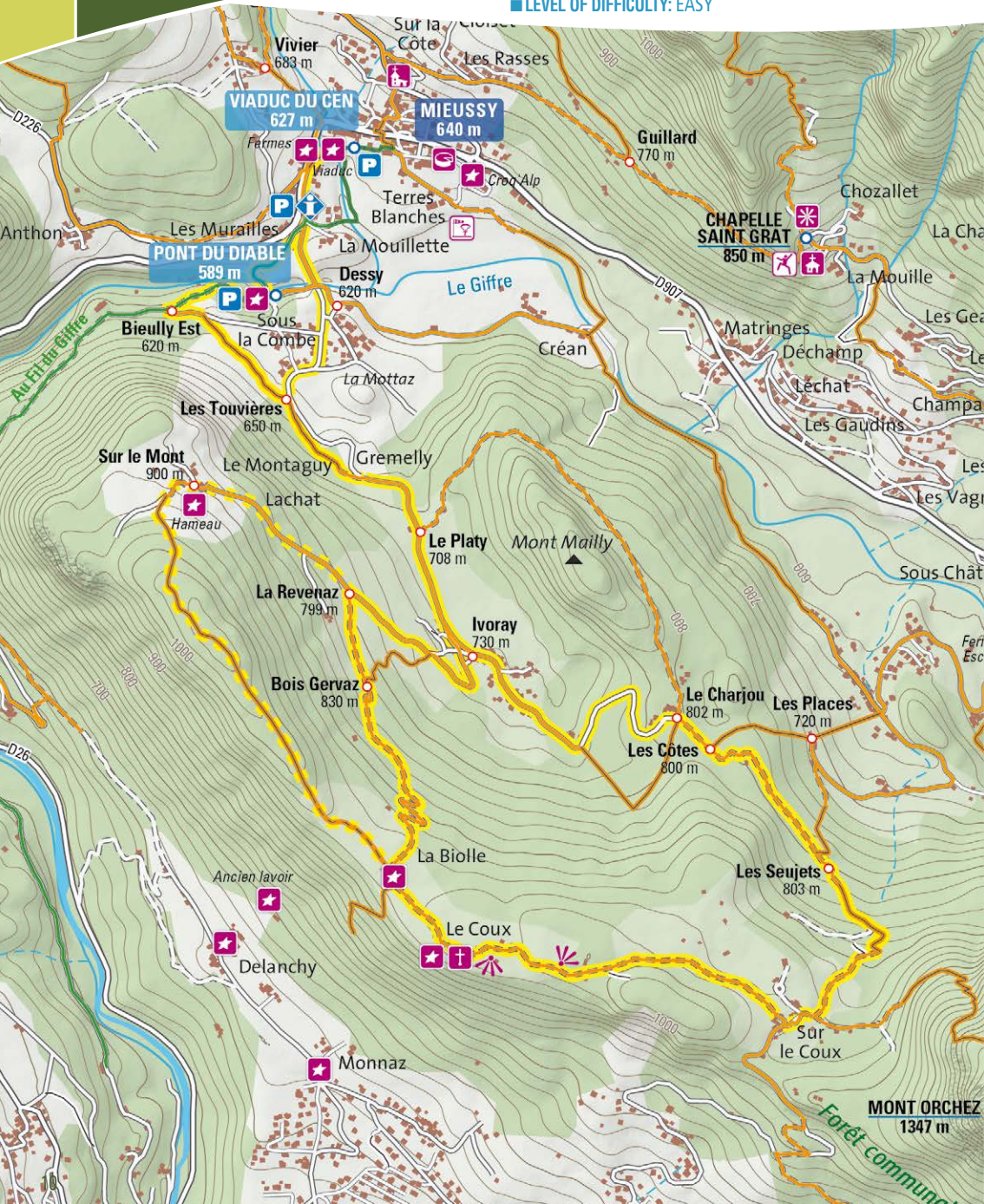
There is a variety of landscapes along this route, including the forest, pastures and villages, as well as views of the Giffre Valley and Mont Blanc. Treasures of Savoyard architecture can be seen along the way (farms, mazots, pools, etc.).



■ DURATION: 3 HRS

■ ELEVATION GAIN: + 414 M

■ LEVEL OF DIFFICULTY: EASY

**TO DISCOVER**

Panoramic view of Mieuussy hill, the Marcellly and Bargy mountains.

**LOCATION / DEPARTURE**

Mieuussy community centre

**ROUTE**

From Mieuussy community centre, go across the Pont du Diable bridge and head towards Bieully, Ivoray, Les Seujets, Sur le Coux. When you reach La Biolle, follow signs to Bois Gervaz where you'll pass by a pottery workshop, then follow signs to Ivoray and Dessy. You'll be able to enjoy a clear view of Mieuussy hill and the Marcellly mountains.

From La Biolle there's an alternative route via Sur le Mont. It is a section across the fields with a barbed wire gate.



## 5 LA CHARMETTE PASTURES

MIEUSSY - SOMMAND

■ DURATION: 2 HRS

■ ELEVATION GAIN: + 342 M

■ LEVEL OF DIFFICULTY: EASY



### LOCATION / DEPARTURE

Véragé pastures, 4 km from Sommand (town of Mieussy)

### ROUTE

Go to Véragé pastures from the main road between Mieussy and Sommand, in the hamlet of Boisriond. Car park at the end of the tarmac road. Go along a forest track towards La Charmette. You'll arrive at the lush-green pastures, at the foot of the Col de Cordon and Haute-Pointe. Carry on up to the Charmette d'en Haut pastures to see a farm that is still in operation. You can add an additional section via the Col de Cordon for a superb view of Sommand plateau. Go back along the same route.

### TO DISCOVER

La Charmette pastures is an amazing natural place. Cows and sheep can be seen grazing here and you might even be lucky enough to see chamois.



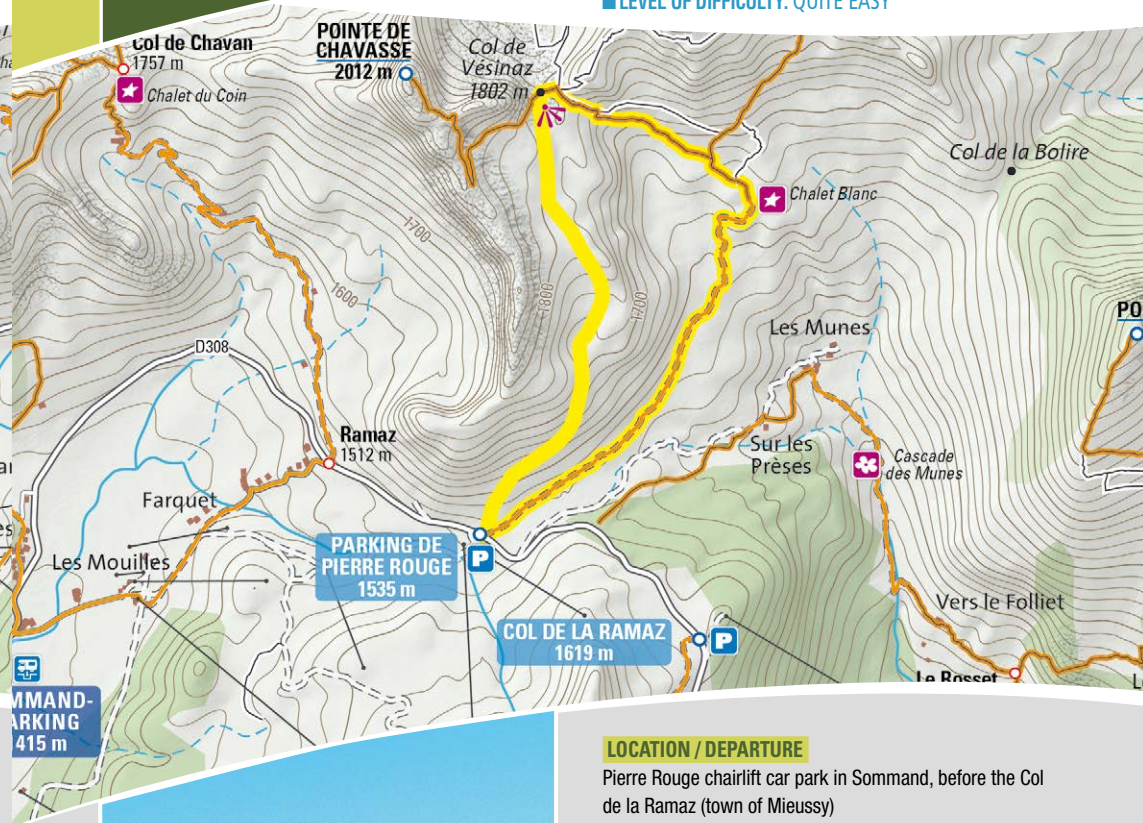
## 6 CHALET BLANC

MIEUSSY - SOMMAND

■ DURATION: 2 HRS

■ ELEVATION GAIN: + 260 M

■ LEVEL OF DIFFICULTY: QUITE EASY



### LOCATION / DEPARTURE

Pierre Rouge chairlift car park in Sommand, before the Col de la Ramaz (town of Mieussy)

### ROUTE

Go along the path near the Col de la Ramaz. The route leads up towards the magnificent Pointe de Chalune, one of the peaks of this area. Go past Chalet Blanc on the right. Then head left towards the Col de Vesinaz and go along the path to the left that will lead back to the departure point via a beautiful meadow at the foot of the Pointe de Chavasse. An additional, quite challenging, exposed route is available to reach the Pointe de Chavasse.

### TO DISCOVER

The playful marmots at the Chalet Blanc in a magical setting facing the Mont-Blanc massif. Panoramic view across the French, Swiss and Italian Alps. Dogs are not permitted on this route.





■ DURATION: 2 HRS

■ ELEVATION GAIN: + 231 M

■ LEVEL OF DIFFICULTY: EASY

**LOCATION / DEPARTURE**

Résidences de Sommand car park (town of Mieussy)

**ROUTE**

Follow the Route de Roche-Pallud into Ima forest with pine, fir and spruce trees, then go left along the forest track to Pertuiset. The route goes via the paragliding take-off site. After enjoying the superb view of Mont-Blanc and the Marcelly peak from in front of the Pertuiset chalets, go down towards Roche-Pallud. In Roche-Pallud, near the road, go to the cross up on a hill. From there, there is a spectacular view of the Bornes massif, the Aravis mountains, Le Bargy, Cenise, Le Môle, etc. You'll also see Sommand peatland at the foot of the Résidences de Sommand before leaving the plateau.

**TO DISCOVER**

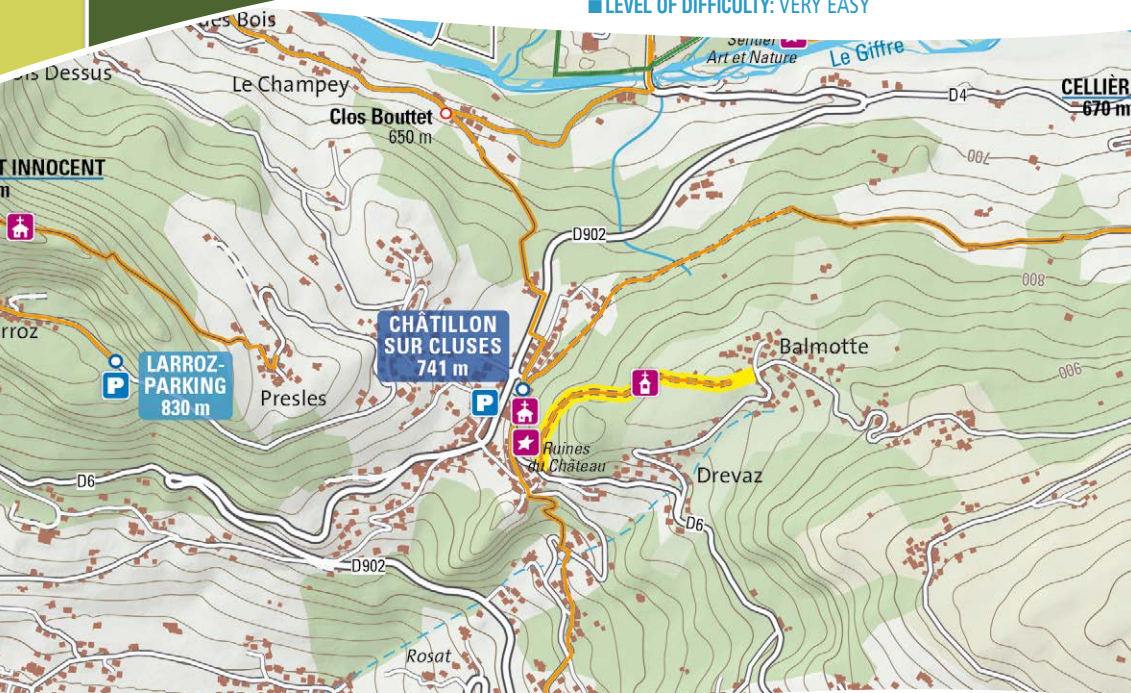
You will most likely see paragliders taking off from Pertuiset, a historic site for this sporting activity, created in 1978.



## CHEMIN DU CALVAIRE (ROAD TO CALVARY)

CHÂTILLON-SUR-CLUSES

■ DURATION: 1 HR ■ ELEVATION GAIN: + 74 M  
 ■ LEVEL OF DIFFICULTY: VERY EASY



## LOCATION / DEPARTURE

Car park in the hamlet of Balmotte in Châtillon-sur-Cluses

## ROUTE

From the car park in the hamlet of Balmotte in Châtillon-sur-Cluses, follow the 'Chemin du Calvaire' (Road to Calvary) from the stone basin. Once you pass the first houses, you'll reach a wider path next to a field. There is a great view across Arve valley. Carry on along the path marked with crosses. At the end of the route, when you arrive above the road leading up to Saint Sigismond, you can stop to admire the church of Châtillon-sur-Cluses and the ruins of the castle on the right.

## TO DISCOVER

A Way of the Cross initially built in 1846 and renovated in 1993. A view of the church of Châtillon-sur-Cluses and the ruins of the castle built in the 12th century and restored several times since. Between the 13th and 16th centuries, this was the seat of a castellany of thirteen parishes, then the centre of Faucigny bailiwick.

## CHAPEL OF SAINT INNOCENT

CHÂTILLON-SUR-CLUSES

■ DURATION: 1.5 HRS ■ ELEVATION GAIN: + 235 M  
 ■ LEVEL OF DIFFICULTY: VERY EASY



## LOCATION / DEPARTURE

L'Arroz car park

## ROUTE

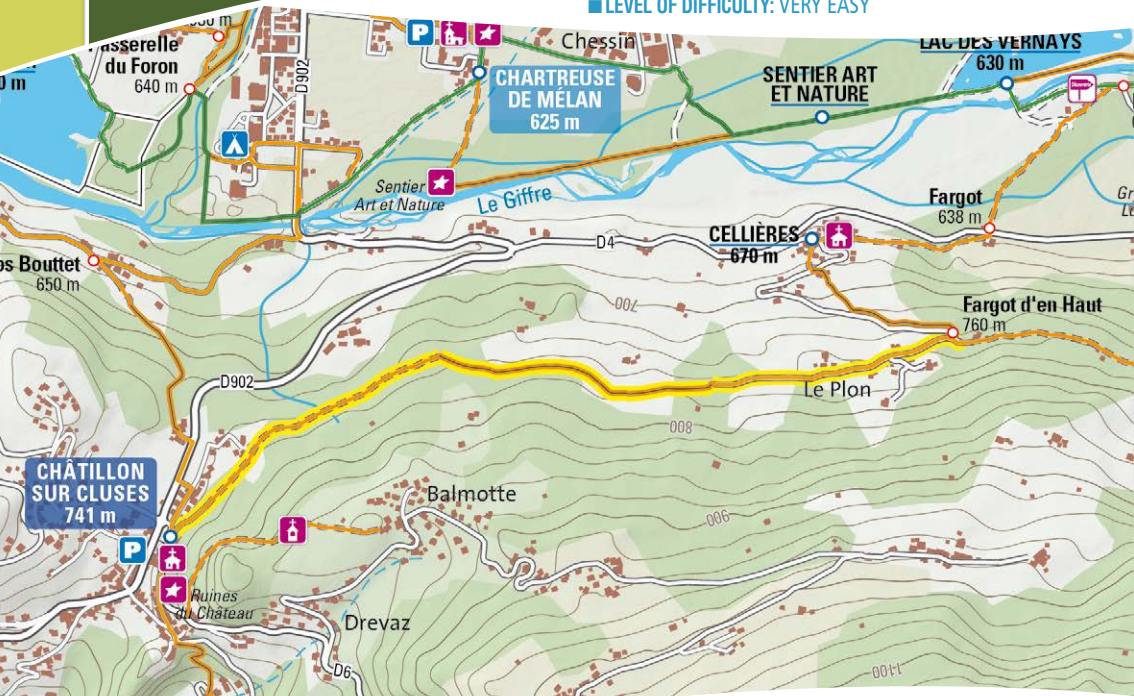
From L'Arroz car park, cross through the hamlet. The path leads past the houses and then into the forest. There's a steep climb up through the woods, along a well-shaded path. On the way up, you'll see a great number of large stones from landslides, some recent and some occurred a long time ago, from the Pointe d'Orchez up above. After around 35 minutes, you'll reach a sign with 2 directions, go right to the Chapel of Saint Innocent at the foot of a large rock. This church is open to the public (please behave responsibly). There is a superb view across Arve valley bordered with trees.

## TO DISCOVER

The magnificent hamlet of L'Arroz.  
 The Chapel of Saint Innocent, ancient place of pilgrimage.



■ DURATION: 1 HR 15 ■ ELEVATION GAIN: + 104 M  
■ LEVEL OF DIFFICULTY: VERY EASY



**LOCATION / DEPARTURE**

Salle Béatrix car park

**ROUTE**

From the Salle Béatrix car park, cross the Route de Taninges towards the bakery, then follow the path to the left. After a pleasant walk through the leafy woods, you'll come to a beautiful clearing and a superb panoramic view of Marcelly peak, Taninges and Flérier lake. Continue along this path and enjoy the succession of forest and clearings. Further on, you will walk under an oak tree forming an arch over the path, marking the border between the towns of Châtillon-sur-Cluses and La Rivière-Enverse. Then head down towards the hamlet of Le Plon. Go back along the same route, and enjoy the views of the valley from a different perspective.

**TO DISCOVER**

Plunging view across the south side of the Haut-Giffre valley.

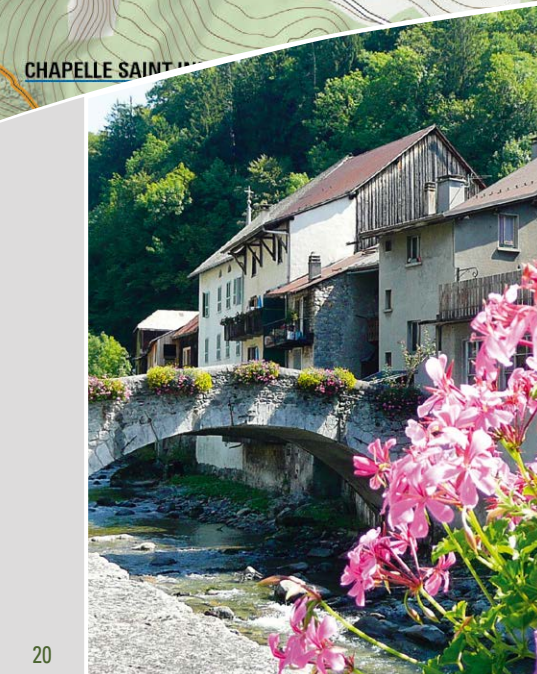




# 11 THE LAKES AND VILLAGES TRAIL

TANINGES

■ DURATION: 2.5 HRS ■ ELEVATION GAIN: + 272 M  
■ LEVEL OF DIFFICULTY: EASY



## LOCATION / DEPARTURE

Place du Château car park in Taninges

## ROUTE

From the old town centre of Taninges, follow the Foron and go along the path that runs alongside the right banks of the Foron, towards Flérier. The route joins onto the 'Au Fil du Giffre' greenway route as you get closer to Flérier Lake. In the area around Faucigny fish pond, you'll see evidence of the presence of beavers (dams, felled trees). The route then leads you to Flérier, then the hamlet of 'Les Crottuts' before crossing over the D907 at 'Chez les Montants' / 'Les Verchères'. Follow an uphill path across meadows and through the forest and then go right via the pretty mountain villages of 'Sur Marcelly', 'Marcelly' and 'Sous Marcelly'. You'll then head back to Taninges with some incredible views down on the village, via Hauteville and La Montée du Sapeur.

## TO DISCOVER

The village of Flérier was a former historic centre of Taninges with its chapel, bread oven and wash house.

# 12

# BANKS OF THE FORON AND OLD TOWN TRAIL

TANINGES

■ DURATION: 30 MINUTES ■ ELEVATION GAIN: + 32 M  
■ LEVEL OF DIFFICULTY: VERY EASY



## LOCATION / DEPARTURE

Tourist Office car park

## ROUTE

From the Tourist Office, pass in front of the church and then cross the bridge over the Foron and walk along the Quai du Bras de Fer up towards the Rue de l'Usine. Continue on the Chemin des Gorges du Foron until you reach an isolated house (private footbridge). The view of the river from here is incredible. Turn around and go back as far as 117 Rue de l'Usine, then walk along the path that runs alongside the river until you reach the Rue de Croyère. Turn left and then at a small intersection, go between the two stone walls to enter the grounds of the old castle. Go down to the Place du Château and cross the old bridge. When you're in front of the fountain, go left along Rue Sainte Anne, then Rue des Traboules. Go down the Montée du Char to the Rue des Arcades to get back to the Tourist Office car park.

## TO DISCOVER

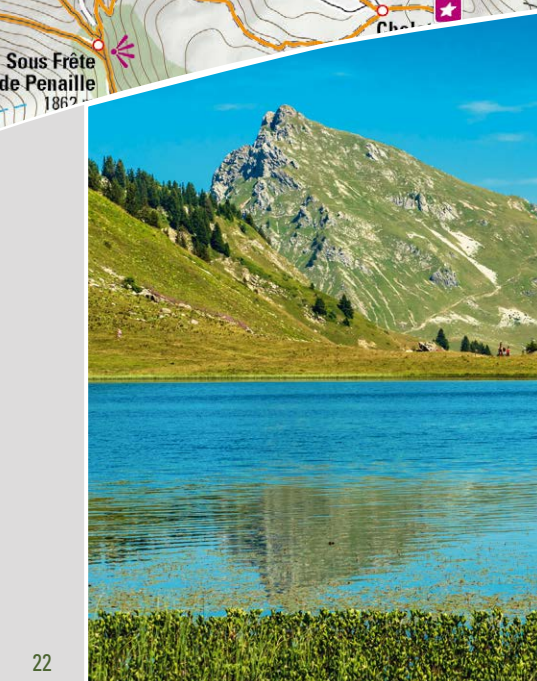
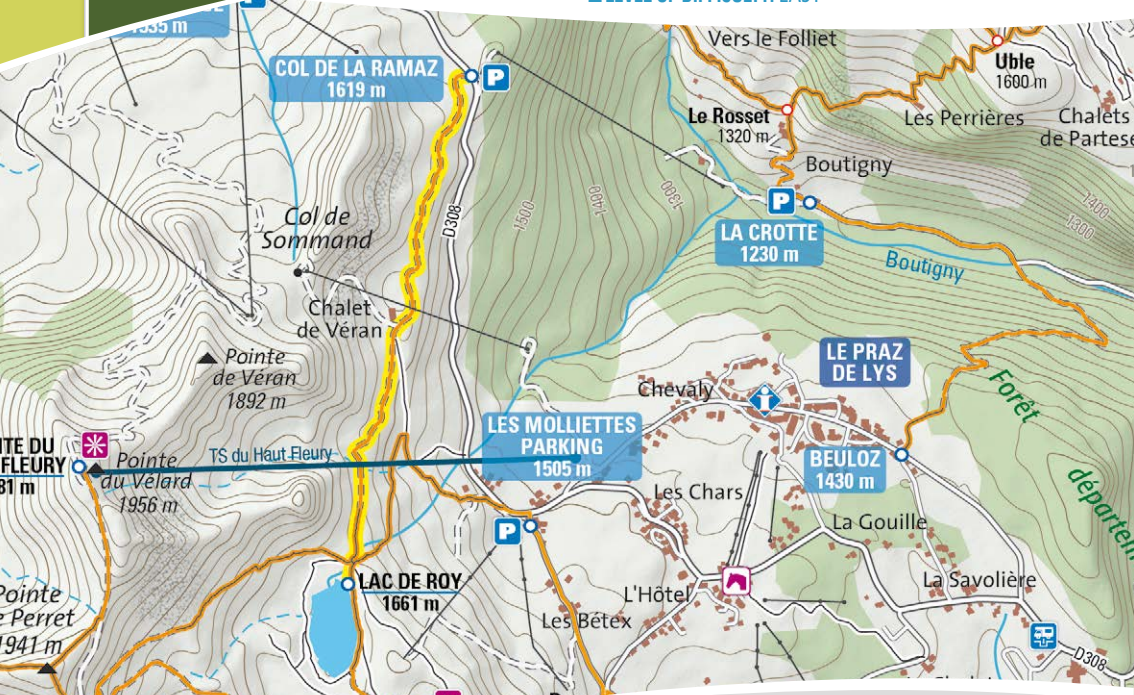
The old town of Taninges, the river Foron and the grounds of the historic castle with a superb view of the village, the Renaissance-style houses.



■ DURATION: 50 MINUTES

■ ELEVATION GAIN: + 105 M

■ LEVEL OF DIFFICULTY: EASY

**LOCATION / DEPARTURE**

Col de la Ramaz car park in Praz de Lys (town of Taninges)

**ROUTE**

The perfect family walk! From the Col de la Ramaz, follow the wide stony path slightly uphill towards Roy Lake. In the summer season, herds will be grazing up on Véran pastures so remember to close any gates behind you. It's possible to just walk around the lake or continue up to the ridge for a plunging view of the Giffre valley, the Môle and Aravis mountains (360 degree view from the Pointe du Haut-Fleury).

**TO DISCOVER**

The magnificent Roy glacial lake, a real treasure of our resort. Panoramic view of the Grandes Alpes.

The walk to the lake via this balcony path facing Mont-Blanc is incredible.

You'll see marmots along the way in the pastures, take the time to observe them!

■ DURATION: 1 HR

■ ELEVATION GAIN: + 209 M

■ LEVEL OF DIFFICULTY: EASY

**ROUTE**

From the car park you have 2 possibilities: go up the path to the right to the Rosset chalets or take the wider path to the left that runs alongside the stream. Then go left, the path along the side of the pastures at the foot of the green Point d'Uble. The path leads to the torrent and near Les Munes waterfall. A few hundred metres further on, you'll reach the Les Munes pastures and traditional chalets. Herds of cows can be seen grazing here in the summer. Go back along the same route.

**TO DISCOVER**

A wild and silent valley, far from any signs of human activity! Paradise for those looking to admire wildlife. If you're patient, you might catch a glimpse of mouflons at the Pointe d'Uble. From Les Munes pastures, the view of the Praz de Lys plateau, the surrounding mountains and Mont-Blanc is breathtaking.

**LOCATION / DEPARTURE**

La Crotte car park (at the end of a small road off the D328 hairpin bend, a few metres after leaving the Route du Col de l'Encrenaz, on the way up - hamlet Les Côtes, between Fry and Praz de Lys)



# COMBE DE GRON VIA LE PETIT PLANEY

TANINGES - PRAZ DE LYS

■ DURATION: 1 HR ■ ELEVATION GAIN: + 107 M  
■ LEVEL OF DIFFICULTY: QUITE EASY



### LOCATION / DEPARTURE

Hotel car park on the side of the RD308 main road in Praz de Lys

### ROUTE

From the car park, go along the Route Communale de Br  sy. When you reach Lys Blanc and the Chalet des Bons Fromages, this road leads onto a path up to Gron plateau, a magnificent wild combe at the foot of Marcelly peak. Leave the bustling resort behind you and embrace this vast, wild natural environment. At Le Petit Planey, we recommend taking a detour to the right via the Planey viewpoint overlooking the Giffre Mountains. On the way back, follow the fairly quiet Route de Planey or the alternative route via Le Pontet where you'll end your walk on the cobblestone path.

### TO DISCOVER

Gron pastures overlooks the Praz de Lys plateau, with a superb view of Mont-Blanc and the Chablais mountains.

# LO  X PLATEAU

TANINGES AND VERCHAIX

■ DURATION: 1 HR ■ ELEVATION GAIN: + 209 M  
■ LEVEL OF DIFFICULTY: EASY



### LOCATION / DEPARTURE

From the village of Taninges. Follow signs for Les Gets (D307) for 3 km and then at the hamlet of Vers-le-Mont, go right towards Lo  x mountain. At the Mouille Rosse junction, go right and park in the Rossignols car park, at the departure point for the Les T  tes trail.

### ROUTE

Follow a wide forest track to the right that will lead you up over the hamlet of Les T  tes (1,470 m), an ancient Alpine village surrounded by perfectly maintained pastures. 500 m further on, follow the steep forest track up to the left to the Veruy chalet (1,580 m) for a superb view of the Col de Joux Plane, Pointe de Chamoss  re and La Bourgeoise. After the chalet, go along the track to the left which leads onto a small path at the end of this route, and then to Jacquicourt Chapel. After the Chapel, the route goes back down into the forest and then onto a narrow road back to the departure point.

### TO DISCOVER

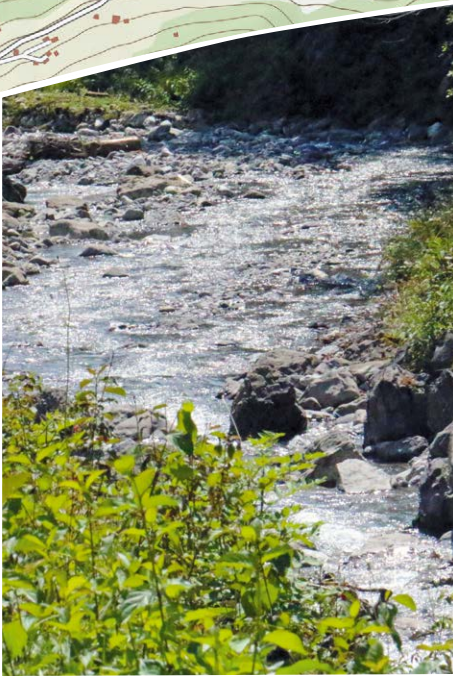
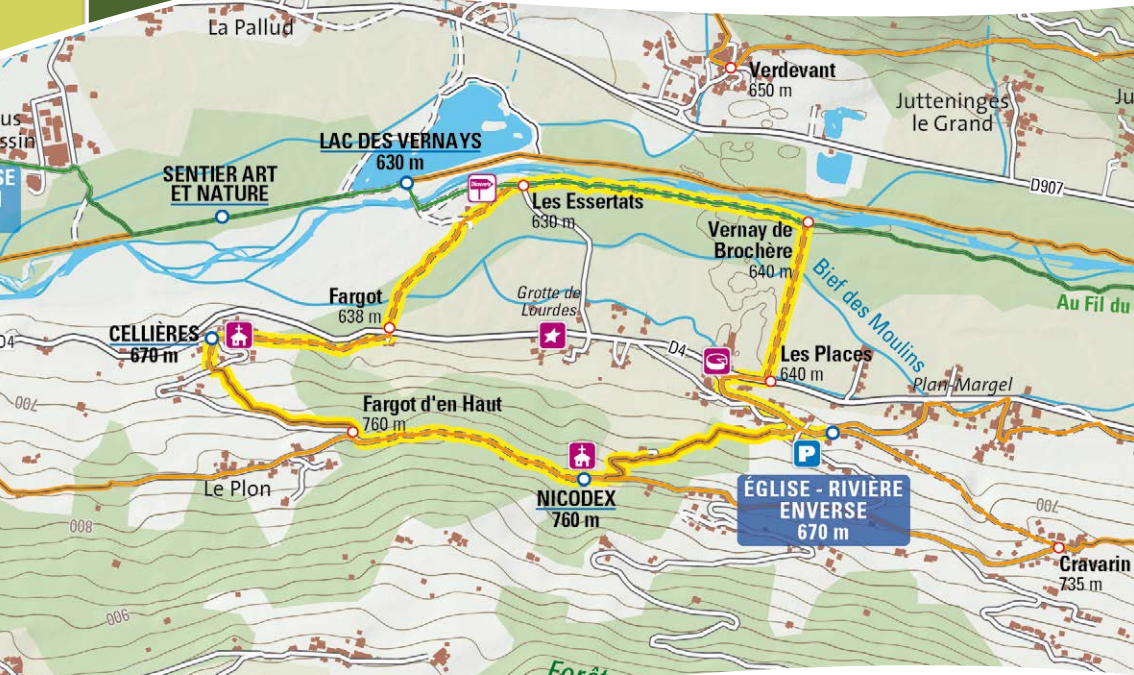
Lo  x Plateau is a protected, Natura 2000 site. There are some remarkable plant and animal species here.



# 17 GRANDS BOIS TRAIL

LA RIVIÈRE-ENVERSE

■ DURATION: 1 HR 40 ■ ELEVATION GAIN: + 130 M  
■ LEVEL OF DIFFICULTY: VERY EASY



## LOCATION / DEPARTURE

The centre of La Rivière-Enverse (near the school)

## ROUTE

From the side of the school, follow signs for Nicodex. The path will lead up to the chapel of the same name. Then follow signs for Fargot d'en Haut, where you'll bear right and head to Cellières. When you reach the marker, go right (towards Fargot), pass by the recently restored chapel, then carry on and cross the RD4 main road in Fargot. Follow the path towards La Rivière alongside the river Giffre, walk alongside the gravel pit and then carry on along the Giffre towpath. At the Vernay de Brochère junction, go right along the wide gravel track that will lead you to the church via Les Places.

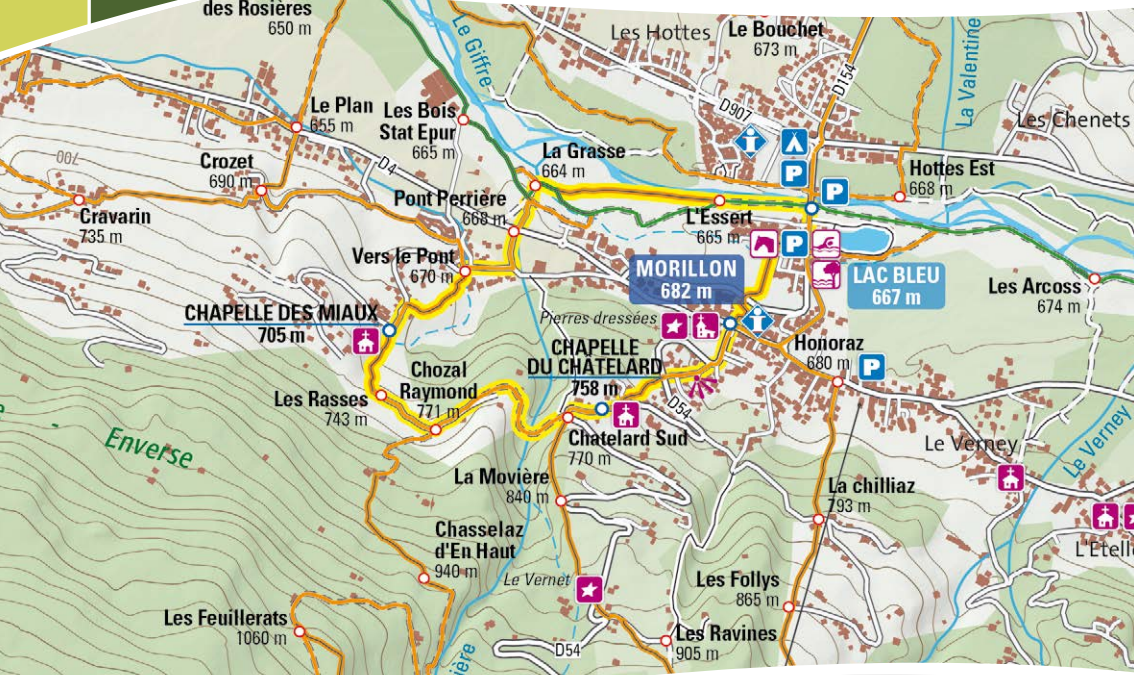
## TO DISCOVER

- Nicodex and Cellière chapels.
- The viewpoints overlooking Marcelly, Criou, Tuet peaks and the Giffre valley. The banks of the river Giffre.

# 18 LES MIAUX / LE CHÂTELARD

MORILLON

■ DURATION: 2 HRS ■ ELEVATION GAIN: + 100 M  
■ LEVEL OF DIFFICULTY: EASY



## LOCATION / DEPARTURE

The Pont du Giffre bridge is next to the Lac Bleu in Morillon.

## ROUTE

From the Pont du Giffre, follow signs for Les Miaux. The path follows the banks of the river Giffre as far as La Grasse footbridge. Follow signs for Les Miaux via the village of Vers-le-Pont. A narrow path leads to the village of Les Miaux and the chapel dating from 1529. Follow signs to Le Châtelard. Follow the path uphill through the woods to Les Rasses. Continue towards Le Châtelard with a brief section along the road and then a wide footpath. The path then goes down to Le Châtelard chapel, built in 1750, then leads to the Lac Bleu via Morillon church.

## TO DISCOVER

- The village of Les Miaux with some beautiful restored chalets and a chapel dating from 1529.
- Le Châtelard chapel, built in 1750, with a superb panoramic view across the Haut Giffre peaks.
- An alignment of standing stones (in Sixt stone) by Michel Ducastel, between Morillon church and the Lac Bleu.



■ DURATION: 1.5 HRS DOWNHILL ■ DIFFERENCE IN ALTITUDE: - 614 M

■ LEVEL OF DIFFICULTY: EASY



From Morillon church, follow the RD53 towards Les Esserts. Head to the cable car arrival station and the Les Esserts chairlift nearby.

Take the chairlift up to the top (open in July/August). From the Igloo restaurant, follow signs for 'La Croix des 7 Frères'. In just a few minutes, this trail will lead you to the viewpoint overlooking the pastures. You'll have a view of the Giffre Mountains. Turn around and go back, at the Igloo marker, follow signs for La Vieille d'en Haut Alpine chalets (it takes five minutes to get there). Turn around and go back to the 'Carrefour de la Vieille' marker and follow signs for Les Esserts via Bergin. The wide stony path will lead you back to the resort of Les Esserts.

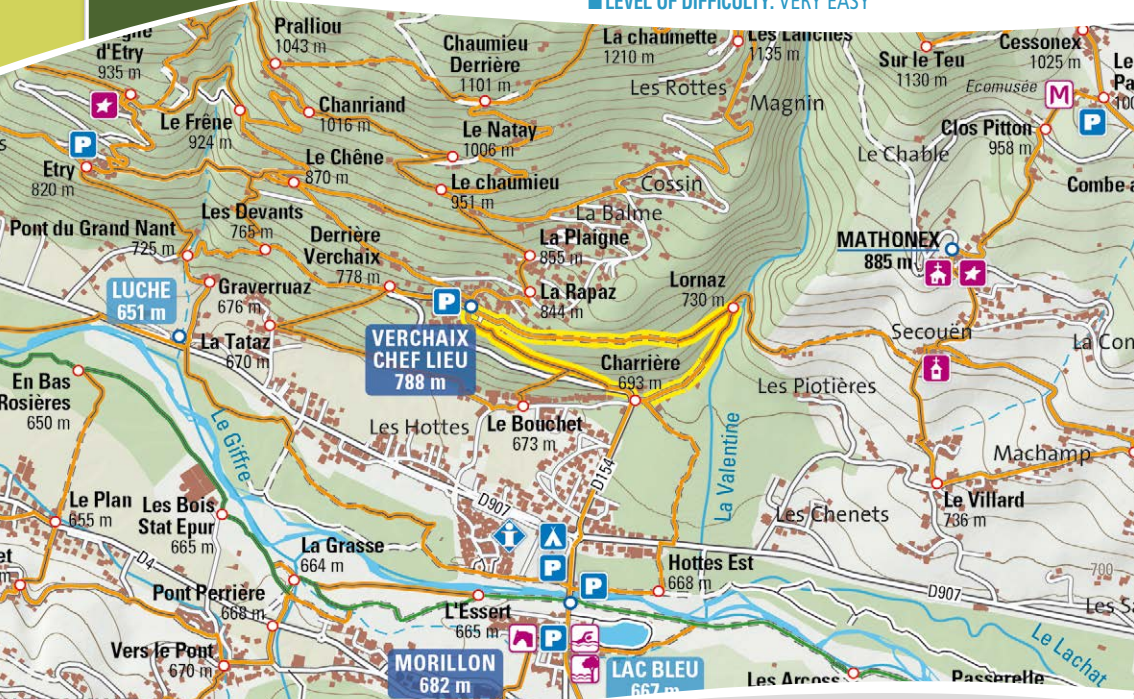
The mountain farm, La Vieille d'en Haut, organises tasting afternoons at the farm. A great way to meet the locals and learn about what they do here, while enjoying a blueberry tart.



■ DURATION: 1.5 HRS

■ ELEVATION GAIN: + 117 M

■ LEVEL OF DIFFICULTY: VERY EASY



LOCATION / DEPARTURE

Verchaix Church

ROUTE

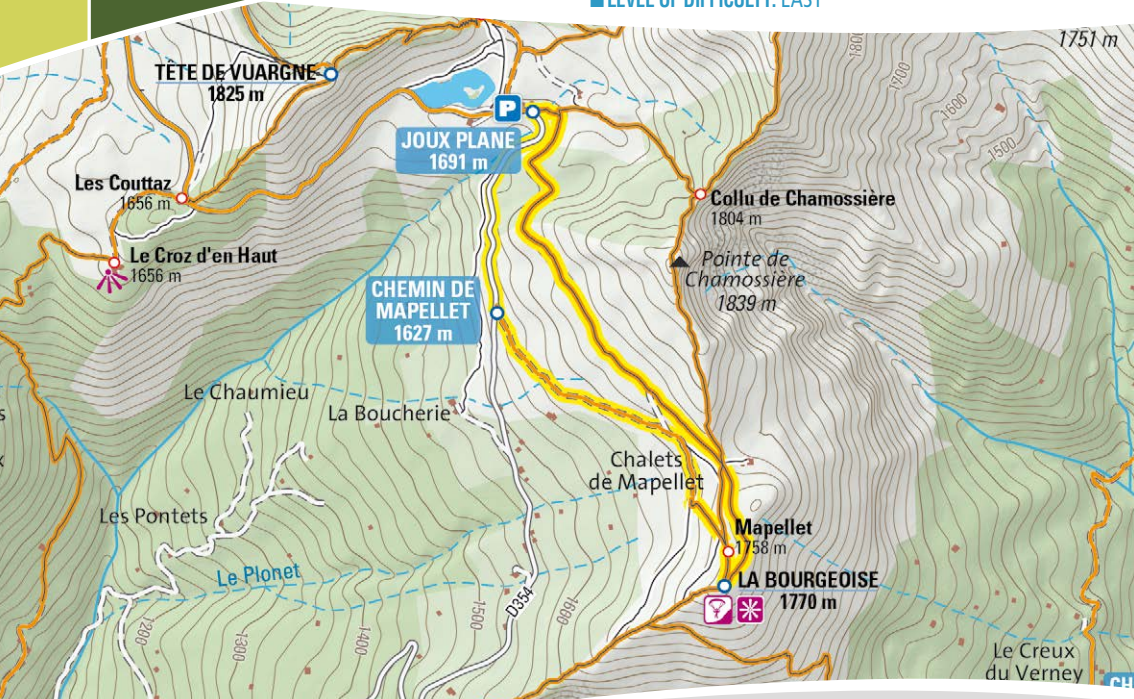
This route begins with a visit of the church built in 1783. After the church, take the first road on the left. You'll pass by the remarkable 'Maison Rouge' with a beautiful front door and traditional pebble stone curtain wall. The route then bears to the left once again, back behind the church and along the 'La Voie Courbe' path. Continue down through the woods to the hamlet of 'Charrière Lornaz'. After the cross, go straight on along a small road and then a pretty footpath, until you reach the intersection with the footpath leading to the footbridge over the Valentine. To the left, you'll see the remains of a hydraulic ram that was used to pump water to the basin in Lornaz where the path will lead you.

From the houses in Lornaz, up above the hamlet, there's a panoramic view across the Bourgeois, Criou and Buet peaks. The path is now wider and will lead you past an oratory just before entering the village of Verchaix.

■ DURATION: 1 HR 15

■ ELEVATION GAIN: + 79 M

■ LEVEL OF DIFFICULTY: EASY



LOCATION / DEPARTURE

The Col de Joux Plane

ROUTE

From the car park, take the path to the right between the Nordic chalet and the car park. After a short uphill section, the path bears to the right and follows a wide track to a big plateau: The Plan des Vacherets.

The track leads up above the Mapellet chalets, then after a short uphill climb, arrives at Mapellet cross and the orientation table at La Bourgeoise peak. From this viewpoint, you can admire the Giffre valley surrounded by the snow-covered peaks of the Haut-Giffre and Mont-Blanc.

You can go back along the same route or from the Mapellet chalets you can choose to follow the wide stony path back down to the road.

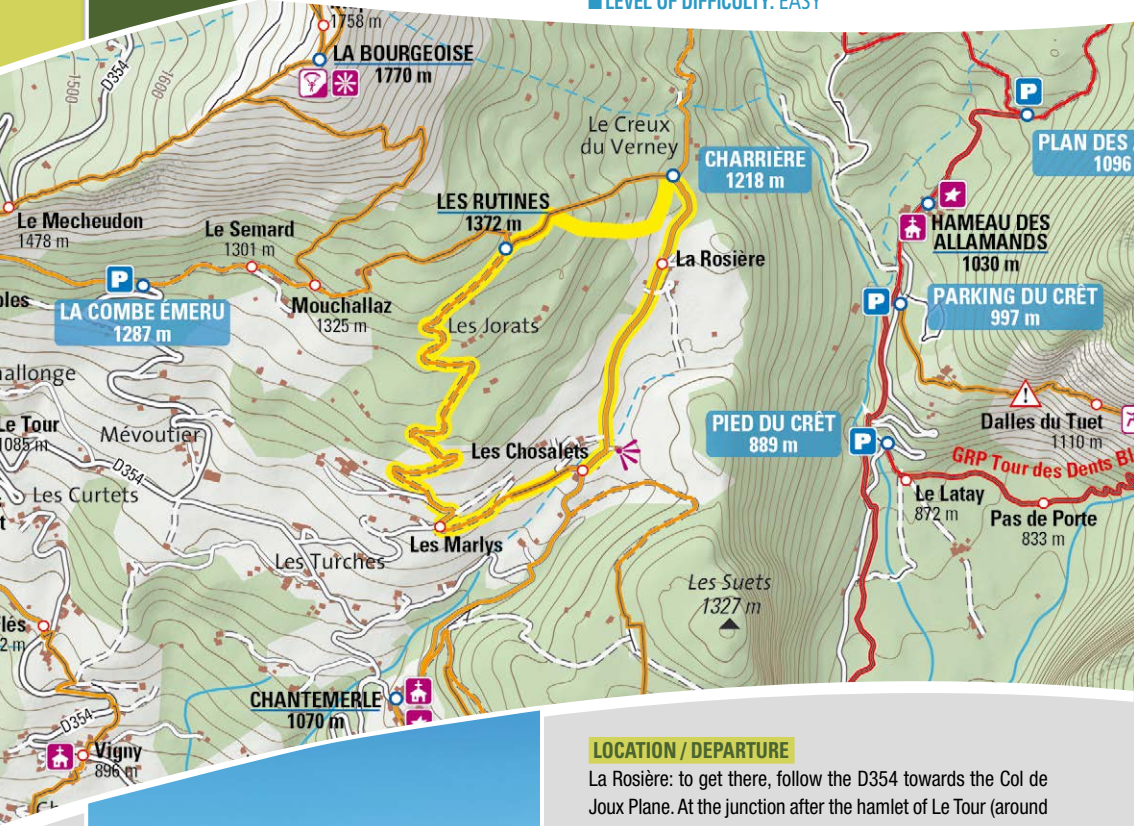
Then go up the road to reach the car park.



22 LES ROUTINES PASTURES

SAMOËNS

■ DURATION: 1 HR 15 MIN ■ ELEVATION GAIN: + 206 M  
■ LEVEL OF DIFFICULTY: EASY



LOCATION / DEPARTURE

La Rosière: to get there, follow the D354 towards the Col de Joux Plane. At the junction after the hamlet of Le Tour (around 8 km after Samoëns) go past the road to the left leading up to the mountain pass and carry on straight ahead to Les Chosalets and then La Rosière. Park just after this hamlet on the left, on the side of the road.

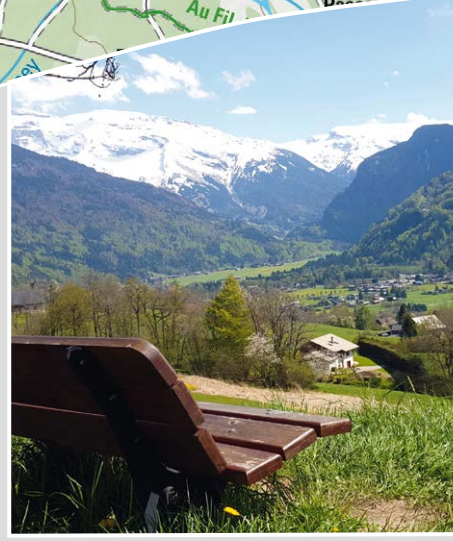
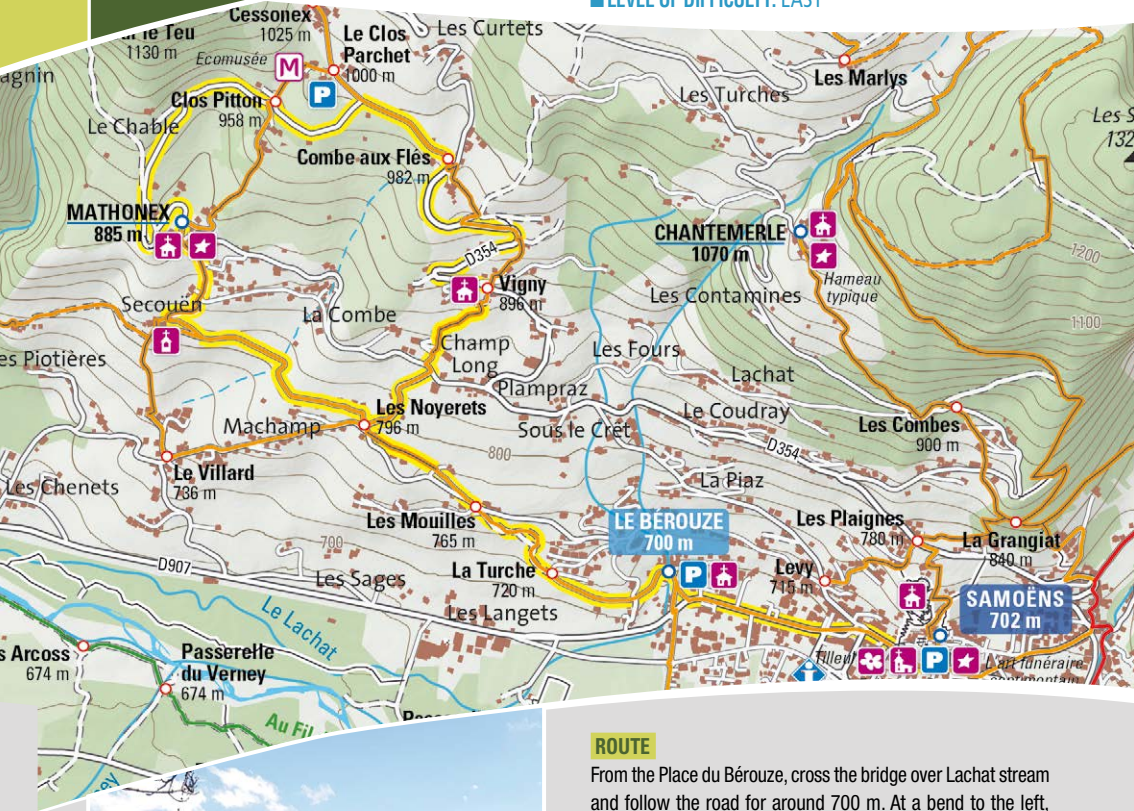
ROUTE

From the car park, continue along the road for 200 metres and then go left up a narrow footpath alongside a stream. Then head towards Les Rutines pastures through the forest. Follow the edge of the woods, pass by a cabin and you'll reach Les Rutines chalet.  
Go down the path to the left of the chalet. This path will lead you to the Jorats chalets and then after passing a barn, you'll reach the Route des Marlys. Head left towards Les Chosalets and then a few dozen metres further on, go left again towards Les Chosalets. From this hamlet, follow the road up to La Rosière.

23 LE BÉROUZE - MATHONEX - VIGNY

SAMOËNS

■ DURATION: 2.5 HRS ■ ELEVATION GAIN: + 300 M  
■ LEVEL OF DIFFICULTY: EASY



ROUTE

From the Place du Bérouze, cross the bridge over Lachat stream and follow the road for around 700 m. At a bend to the left, follow the wide footpath that leads to Les Mouilles. Cross the road and head towards the 'L'Accueil Savoyard' chalet (1926 oratory). A wide path (old road) will lead you to Les Noyerets, then to the junction of the same name. Continue straight ahead on a pleasant little road to Secouen. When you enter Secouen, follow the path to the right up to Mathonex, in the shade of the trees and hazel trees. From the village of Mathonex, go past the covered basin. After this, there's a sunken path that leads up to Clos Pitton, then after a section along the road, head towards Clos Parchet. On the left, you'll see the Ecomuseum farm. From Clos Parchet, go back along the main road, down to the Combe aux Flés. When you reach a cross on the left side of the road, go along the footpath to a road further down. In the hamlet of Vigny, head right towards the pretty chapel, then follow the path that leads down to a holiday centre (Champ Long). Go back onto the main road and then head right back towards Les Noyerets. Go back along the same route as the way there to get back to the village of Bérouze.

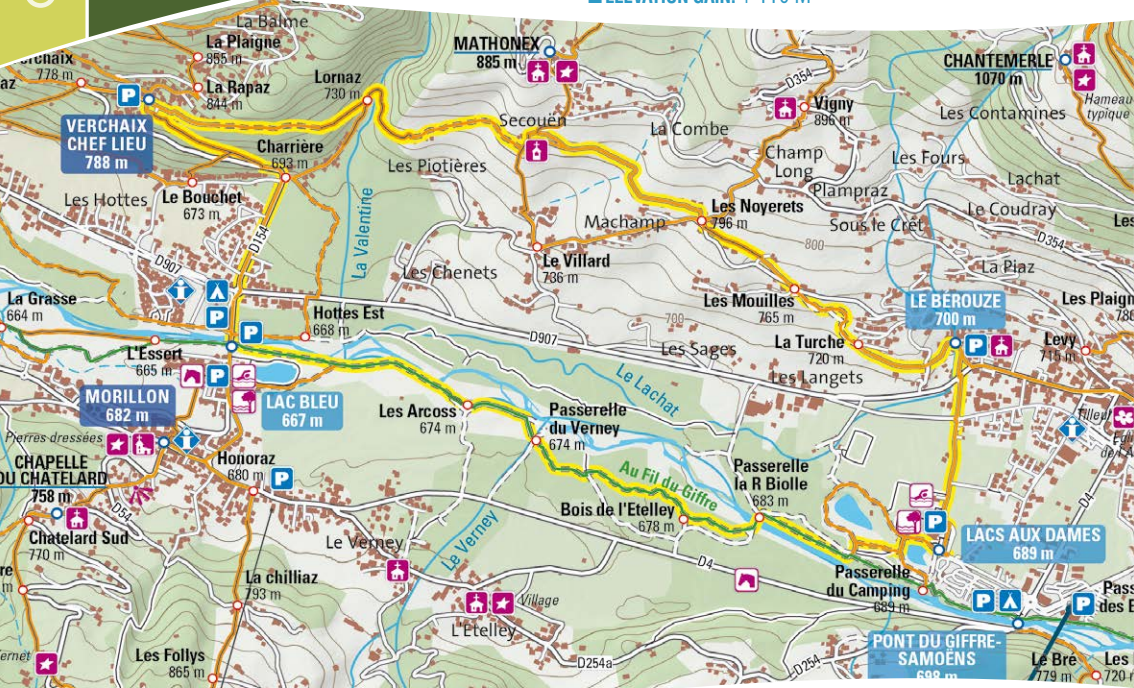
LOCATION / DEPARTURE

Place du Bérouze in Samoëns



■ LEVEL OF DIFFICULTY: EASY

■ ELEVATION GAIN: + 110 M

**1ST ROUTE: FROM BÉROUZE TO SECOUEN: 1.5 HOURS****LOCATION / DEPARTURE**

The Place du Béroze (west entrance from Samoëns, on the Taninges side)

**ROUTE**

From the Place du Béroze, cross the bridge on the left and follow the road for 700 metres. Leave the road and go along a wide path to the left that leads to the hamlet of Les Mouilles. Cross the main road and take the small road that passes by an oratory (built in 1926) and then the 'L'Accueil Savoyard' chalet. Carry on along the wide path (formerly the main road) as far as the hamlet of Les Noyerets. At the junction, follow signs to Secouen. At the next intersection, go left past a basin and then an oratory by Françoise-Marie Girod (blind sculptor) dating from 1826.

Go back along the same route.

**2ND ROUTE: FROM SECOUEN TO VERCHAIX: 1.5 HRS****LOCATION / DEPARTURE**

Park at the entrance to the village before the basin.

**ROUTE**

Carry on along the gravel track overlooking the valley. Walk past a renovated farm and then follow a narrower path that will lead to the footbridge over the Valentine torrent. After the torrent, go left and then right to follow the path that leads to Verchaix church. After the church, take the first road on the left. The route then bears to the left once again, back behind the church and along the 'La Voie Courbe' path.

Continue down through the woods to the hamlet 'Charrière-Lornaz'. After the cross, go along a small road and then a pretty footpath until you reach the intersection with the footpath leading to the footbridge over the Valentine. Go back along the same route.

**3RD ROUTE: FROM BÉROUZE TO VERCHAIX AND BACK VIA THE LEFT BANKS OF THE GIFFRE: 3.5 HRS****LOCATION / DEPARTURE**

The Place du Béroze (west entrance from Samoëns on the Taninges side)

**ROUTE**

After combining the 2 previous routes, from the village of Charrière, head right and follow the path down into the woods to the main road. Cross the main road to the banks of the Giffre. Go right and follow the path to the bridge over the Giffre. Cross the bridge and then head immediately left. The path leads you past the Lac Bleu in Morillon and then to the Lacs aux Dames in Samoëns. When you leave the leisure complex, go left in front of the swimming pool and then keep going straight on until you reach Béroze chapel.

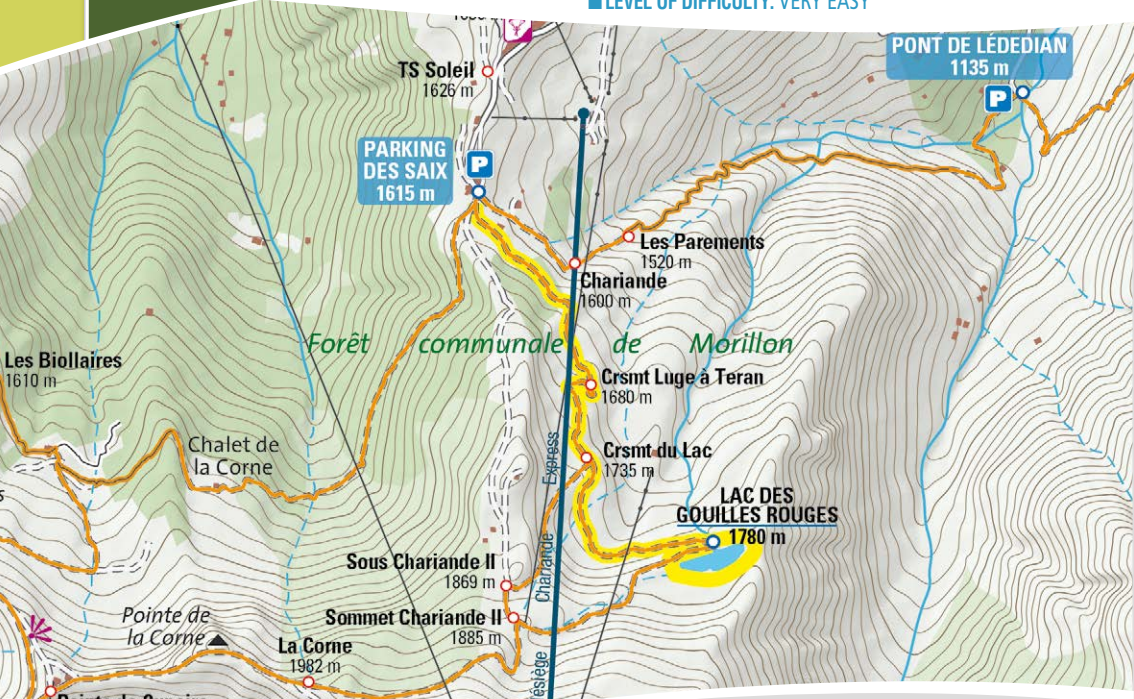


# 25 GOUILLES ROUGES LAKE



SAMOËNS

■ DURATION: 1 HR 15 MIN ■ ELEVATION GAIN: + 174 M  
■ LEVEL OF DIFFICULTY: VERY EASY



## LOCATION / DEPARTURE

Samoëns 1600 (last car park)

## ROUTE

On the far side of the car park, go along the wide path which bears left and passes under the Chariande chairlift, leading you across the peaceful surroundings, past blueberry bushes and rhododendrons to Gouilles Rouges lake. This 45,000 m3 artificial lake supplies the water used by the ski resort's snow cannons. From the lake, follow the path to the left which, after just a few metres, will lead you to a small outlook overlooking the cirque of Vaconnant. In winter, there are many avalanches down the canyons in front of you.





# 26 CHANTEMERLE AND LES SUETS FOREST

SAMOËNS

■ LEVEL OF DIFFICULTY: QUITE EASY  
■ ELEVATION GAIN: + 538 M



**LOCATION / DEPARTURE**  
Place du Tilleul in Samoëns

**SMALL LOOP: VILLAGE OF CHANTEMERLE: 2 HRS 10 MIN**

**ROUTE**  
From the Place du Tilleul (linden tree planted in 1438), head to the town hall. Twenty metres after the main entrance, go left along the path that once led to the Château de la Tornalta (destroyed by the Valaisans in 1476). The path runs alongside the wall of the Botanical Garden, then past the impressive Simon farm (towards Chantemerle). After crossing the road, go along a pleasant shaded path lined with dry stone walls, which will lead you up over the hamlet of La Grangiat, to the village of Les Combes. As you leave the village, make sure you admire the oratory built in 1754. Continue along the wide stony path (former access road) and head to the village of Chantemerle\*. Cross through and/or visit the village (which is just as charming as its name). When you reach the hamlet of 'La Pierre du Dîna' (literally meaning, the 'stone of dinner'), take the path to the right back down to Samoëns.

**BIG LOOP: VILLAGE OF CHANTEMERLE, LES CHOSALET, BACK THROUGH LES SUETS FOREST: 3 HRS 20 MIN**

**ROUTE**  
Follow the shorter loop trail route on the way up, then carry on along the path on the other side of the road, behind the chapel. A footpath and then a narrow road will lead you to the hamlet of Les Chosalets. Just before you arrive there, go right following the sign 'Samoëns par la Forêt des Suets' and follow the path up over the meadows. On the edge of the forest, go right along a logging road up to the ruins of a chalet. Very quickly, the path then leads down to the village of Chantemerle and past a path to the hamlet of 'La Pierre du Dîna' (literally meaning, the 'stone of dinner'). Follow this path to the left into the beautiful Les Suets forest, full of game. The path leads into a wooded area with some superb viewpoints overlooking Vallon plain, the Pointe de Sales and the Mont-Blanc massif. It continues on to the hamlet of La Grangiat. At Les Plaignes cross, head back to Samoëns along the same route as the way there.

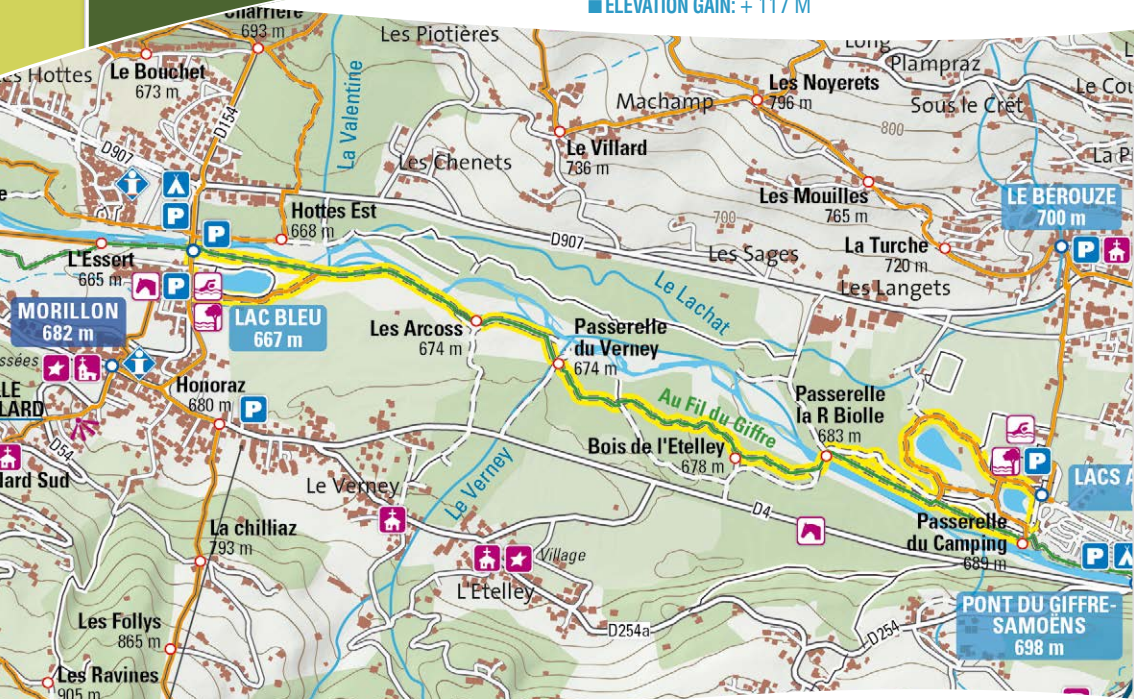




# TOUR OF GIFFRE, LACS AUX DAMES TO THE LAC BLEU

SAMOËNS AND MORILLON

- LEVEL OF DIFFICULTY: EASY
- ELEVATION GAIN: + 117 M



**LOCATION / DEPARTURE**

Samoëns from the leisure complex at Lacs aux Dames

**TOUR OF THE LACS AUX DAMES: 30 MINUTES**

**ROUTE**

Samoëns leisure complex is spread over two lakes linked by a waterfall. The tour of these lakes alone is a short but very pleasant walk, with the Haut Giffre mountains serving as a backdrop, particularly the Criou.

**FROM THE TOUR OF THE LACS AUX DAMES TO THE R'BIOLLE FOOTBRIDGE: 40 MINUTES**

**ROUTE**

After going half way around the lakes from the restaurant and towards the treetop adventure trail, just after the footbridge, bear right and then left into a forest of spruce and beech trees. A wide path will then lead you to the R'Biolle footbridge which is 17 metres long and straddles the Giffre. Go back along the same route.

**FROM THE LACS AUX DAMES TO THE LAC BLEU IN MORILLON: 2 HRS 10 MIN**

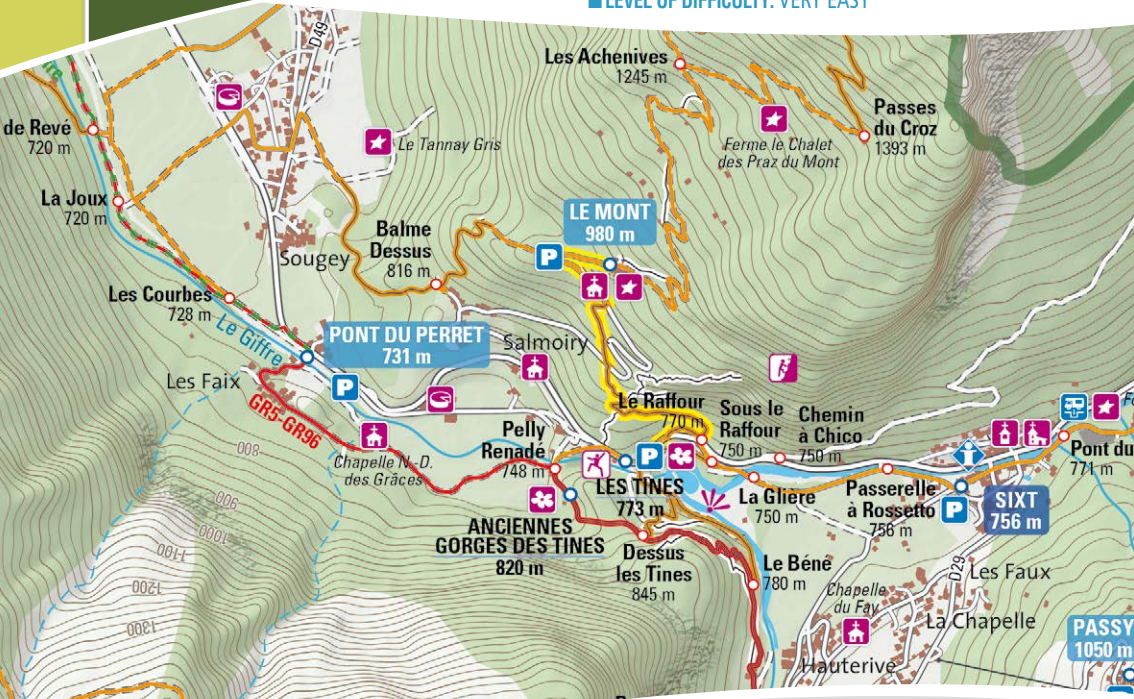
**ROUTE**

Follow the instructions for the 2nd route and then when you leave the R'Biolle footbridge, go right through L'Etelley woods and then alongside the river Giffre until you reach Morillon lake.





■ DURATION: 2 HRS ■ ELEVATION GAIN: + 200 M  
■ LEVEL OF DIFFICULTY: VERY EASY



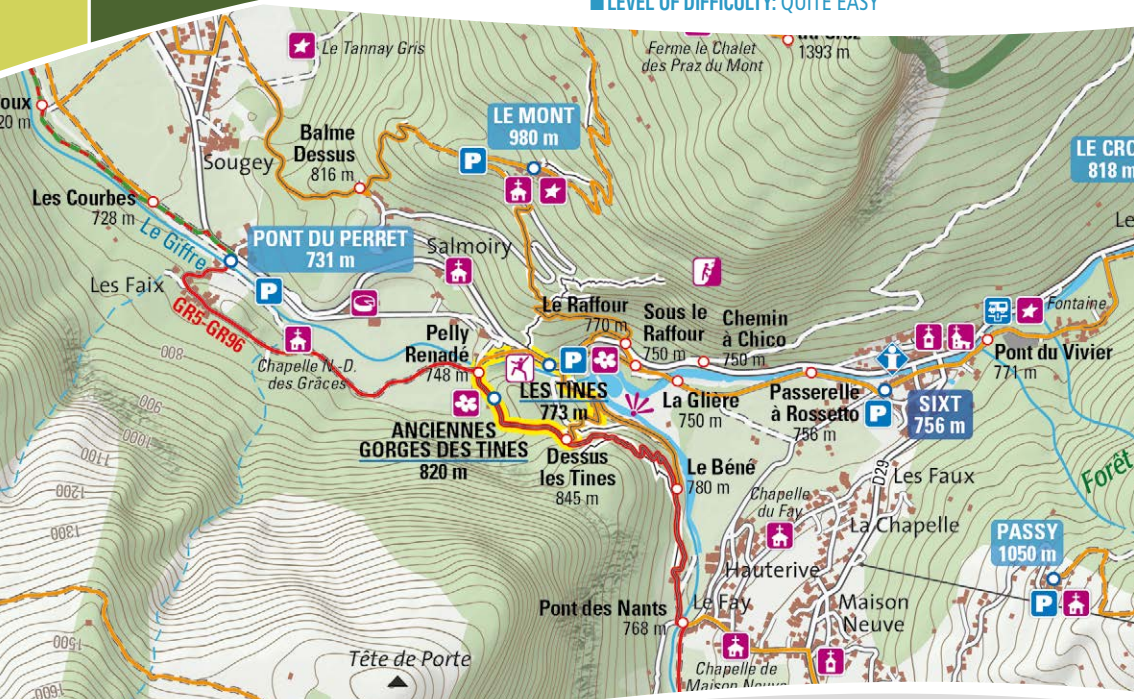
LOCATION / DEPARTURE

The departure point is the Tines Gorges car park

ROUTE

From the car park, pass the Tines Gorges quarry and follow signs to 'Le Raffour' to the left. Follow the path into the forest until you reach Le Mont, one of the most beautiful hamlets of Sixt-Fer-à-Cheval. The buildings here are characteristic of the Savoie region and in very good condition, adding to the charm of the village. A great walk for families.

■ DURATION: 45 MINUTES ■ ELEVATION GAIN: + 90 M  
■ LEVEL OF DIFFICULTY: QUITE EASY



LOCATION / DEPARTURE

The departure point is the Tines Gorges car park

ROUTE

From the car park, do not cross over the Giffre, instead follow signs to the 'Ancienne Gorge des Tines'. The path leads down to a footbridge with a fantastic view into the gorges. At the intersection, follow signs to the Tines Gorges GR5. The path leads into the ancient gorges down some easy-to-access ladders. At the 'Dessus les Tines' intersection, head down to the Tines footbridge. There are 2 possibilities from here to get to the Tines car park:

- go along the first path to the left and then walk alongside the climbing wall.
- carry on straight ahead and then head left along a narrow path through the gorges with a dizzying view of the river Giffre.

TO DISCOVER

- The impressive Tines footbridge, 70 metres over the rushing waters of the river Giffre.
- The ancient gorges with harmonious curves shaped by the waters over centuries.

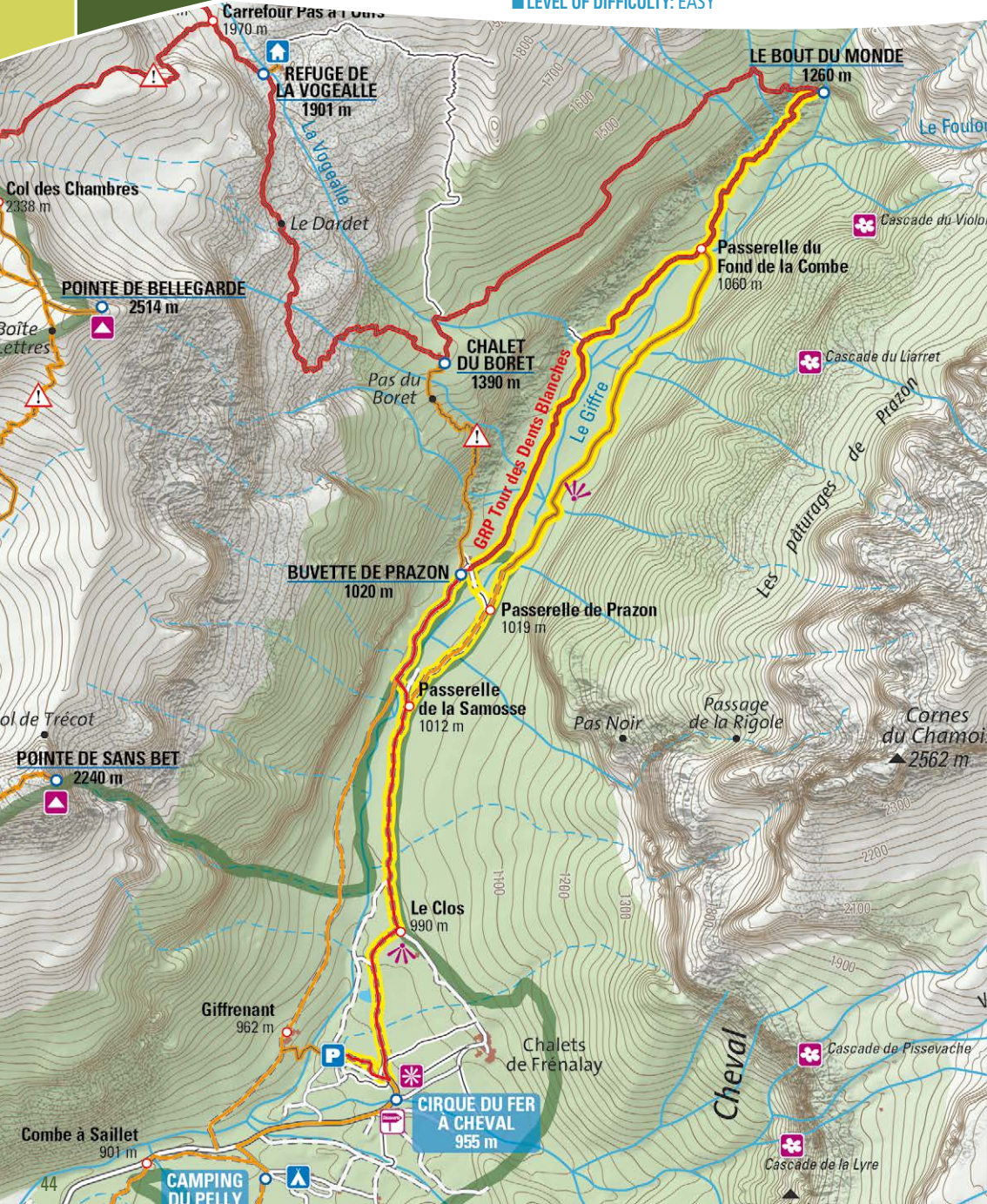




# 'LE BOUT DU MONDE' TRAIL

SIXT-FER-À-CHEVAL

■ DURATION: 2 HRS      ■ ELEVATION GAIN: + 200 M  
■ LEVEL OF DIFFICULTY: EASY



## LOCATION / DEPARTURE

The Cirque du Fer à Cheval car park which can be reached from the village of Sixt-Fer-à-Cheval.

## ROUTE

From the Cirque du Fer à Cheval, follow signs for the 'Chalet de Prazon'. After passing by a small lake and then over two footbridges, the path leads you to Prazon Chalet (bar/café). The path continues into the combe until you reach the Fond de la Combe suspended footbridge. Waterfalls flow down the staggering limestone cliffs and along with the waters from Ruan and Prazon glaciers, flow into the river Giffre. Cross over the footbridge and follow the left banks of the Giffre as far as Prazon footbridge. Cross this footbridge to reach Prazon bar/café. You are now in the Sixt-Fer-à-Cheval/Passy Nature Reserve, the biggest reserve in the French department of Haute-Savoie. This protected area is regulated (see instructions), so make sure you respect the rules. Follow signs to the Cirque du Fer-à-Cheval. Then cross the Fond de la Combe suspended footbridge back over to the left banks and walk up to 'Le Bout du Monde'.

## TO DISCOVER

- The Cirque du Fer-à-Cheval is a natural cirque. More than thirty waterfalls can be seen flowing down the sheer cliffs.
- The Combe du Bout du Monde is a unique and wild valley where you will most likely catch a glimpse of ibex.



## Rules of good conduct:

- No dogs permitted.** They disturb the wildlife and pastoral life here.
- No picking or collecting any plants or wildlife.** Flowers, fruit, shrubs and fungi belong to the wilderness. Respect them.
- No camping.** Sleeping under the stars for one night is permitted.
- No rubbish left behind.** It is damaging to the environment and sometimes causes harm. Take any rubbish with you.
- No fires.** They leave irreparable and catastrophic damage.
- No motor vehicles,** they disturb nature. Only service and farming vehicles are authorised.





# FRENALAY WALK

SIXT-FER-À-CHEVAL

■ DURATION: 45 MINUTES ■ ELEVATION GAIN: + 45 M  
■ LEVEL OF DIFFICULTY: VERY EASY



**LOCATION / DEPARTURE**

Cirque du Fer-à-Cheval car park

**ROUTE**

From the Cirque du Fer-à-Cheval, take the path to the cirque then follow the path alongside the restaurant and then the reserve chalet, towards the 'Chalet de Prazon' (bar/café). This path is sheltered underneath the huge spruce trees and leads to a small lake with crystal-clear waters. Further on, you'll come to a clearing. Follow the path to your right at the top of the clearing which leads to the beautiful village of Frénalay. Go along the road back down to the Cirque du Fer-à-Cheval.

Suitable for an off-road pushchair.

**TO DISCOVER**

The waterfalls at the Cirque du Fer-à-Cheval.



# ROUGET WATERFALL

SIXT-FER-À-CHEVAL

■ DURATION: 1.5 HRS ■ ELEVATION GAIN: + 180 M  
■ LEVEL OF DIFFICULTY: EASY



**LOCATION / DEPARTURE**

Nant Sec car park in Salvagny, on the right after the bridge.

**ROUTE**

From the car park, go along the road and then down the dirt track immediately to the right, below the car park. Join onto the GR5 route and follow signs for Rouget Waterfall (Cascade du Rouget). The path leads back to the road to cross the bridge over the torrent. Carry on, then after a few dozen metres, go along a path to the left. The path leads through woodland, crosses over a small stream (bridge), then back up to the main road. Continue alongside the road. Around a bend, you'll suddenly catch a glimpse of Rouget Waterfall! Go back along the same route.

**TO DISCOVER**

Rouget Waterfall, also known as 'the Queen of the Alps'.



# HIKING WITH CHILDREN



**As long as you keep a few rules in mind, hiking with children can be a great opportunity for quality time together to make some new discoveries. Adapt your hike to the age of the children (duration, elevation gain, altitude, etc.)**

## An activity suitable for children

Walking is a sports activity that requires endurance. It is suitable for children and can be very good for their health. While out hiking, children will become more independent and will act like responsible citizens. They will explore the natural environment and along with the adults, learn to deal with any unexpected surprises along the way.

## Give your child their own backpack

At first this bag is more symbolic than anything else, it will make your child feel like a true hiker. Between the ages of 4 and 6, the backpack should be very lightweight (1 small bottle of water, a cereal bar), the rest should be in the parents' backpack.

## Age-appropriate hiking

### Very young children:

No minimum age, very young children will be carried by an adult, but try not to carry your child for longer than 2 hours at once. In a baby sling, the child is not moving and so you are advised to avoid very cold or very hot weather. In any case, make sure they are protected, especially from the sun. Never go above altitudes of 1,800/2,000 metres and make sure you stop for regular breaks from 1,500 m.

### Between 4 and 8 years old:

Longer walks are possible. Keep in mind an average speed of 1 km/hr for younger children, up to 3 km/hr for older children. Children can walk between 3 km and 12 km depending on the age, at elevations of up to 2,000/2,500 m.

### Between 8 and 12 years old:

The child can walk up to 15 km per day. Hikes over several days could be possible as long as the parents carry any change of clothes.

### Children aged 12 and over:

The hike is very similar to an adult's hike. The more the child gets used to walking, the easier it will be for them to accompany you.



Make sure you stop for regular breaks (around every 45 min to rest and drink plenty of water). Motivation is key for children so don't hesitate to play games or sing along the way. Bringing friends with them helps ensure your hike is a success and creates a good atmosphere.



This area has been shaped by past generations. Let's protect it for the future generations. Enjoy this environment but make sure you respect it.

## Respect and courtesy

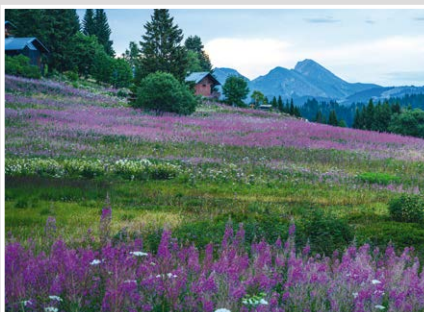
- Some of the paths are used by walkers, cyclists and horse riders. To make sure everyone can enjoy this path, ensure you respect other users (farmers, foresters, local residents, etc.).
- Cyclists and horse riders, bear in mind that you go at a faster speed than pedestrians, so to avoid any accidents, slow down, be vigilant and give way to users coming the other way.
- On the mountainside with the lifts, special pedestrian and MTB routes have been created so that everyone can enjoy their chosen activity. Be careful at any intersections where these routes cross over one another. On downhill MTB routes such as Enduro routes, some sections are to be shared with pedestrians. Mountain bikers and pedestrians, remain vigilant to ensure everyone's safety.

## Pleasure and safety

- In the mountains, an enjoyable walk can very quickly turn sour if you don't have what you need in your backpack to deal with the various circumstances: heat, rain, wind, fatigue, hunger, thirst. Clouds can appear suddenly, carried by strong winds, and you might not have time to get back to your departure point. Plan for your outing!
- If you are alone, imagine the consequences of twisting your ankle in the depths of the forest late afternoon! Always let someone know where you're going and what time you expect to arrive back.
- The Adret mountainside is south facing and is often very sunny. You are advised to go for a hike on this side in the mornings to avoid high temperatures.
- Some sectors are risky places for certain sports activities. Before setting off on a hike, check the route is suited to your ability.
- Respect your surroundings and always take your rubbish away with you. Remember to sort your waste in the specific bins available in the towns.
- During hunting season, signs will indicate any hunts underway. To guarantee your safety, respect the signs and do not enter the hunting sites.

## Respect the natural and rural heritage

- Respect any current regulations in the Sixt-Fer-à-Cheval Nature Reserve and at Loëx plateau.
- Wild animals avoid human presence. To observe them, be discreet and keep your dogs on a lead!
- Some plants are fragile and endangered and so picking them is forbidden. If you'd like a souvenir of your findings, take a photo and let the next walkers admire these species too. Young trees are the future of our forests, respect them.
- Some natural sites such as wetlands are classified and regulated to ensure their protection. Respect these regulations, stay on the footpaths or marked-out routes. Most of these sites are very sensitive to trampling.
- Pedestrians and mountain bikers, do not cut corners. This causes erosion and damages the footpaths. It is complex and costly to repair this damage.



## Farming and the Forest

- Farmers and foresters use these natural spaces and paths for their livelihood. Most of the paths cross through or near private property which is often used as farming land. Respect the work of these farmers!
- In Alpine pastures, do not scare the herds, keep your dogs on a lead.
- In the mountains, the grass in the fields and pastures is very important for farmers, and the same applies to recently planted trees for foresters. To protect these resources, stay on the footpaths, close gates behind you. If animals escape, they could be injured or cause an accident.
- Wood is a significant economic resource. The resources of the forest are used to produce wood for the lumber industry and heating, to protect the ground and make access easier for the various users of the forest. Respect the work of foresters.
- On private forest land, it is forbidden to take anything out of the forest, such as mushrooms for example. In a state-owned forest, any foraging must be done sparingly.

## Access and parking

- With the protection of nature in mind, the Environmental Code forbids any motor vehicles outside of national, departmental and local public roads, country lanes and private paths that are open to the public.
- Farmers, foresters and maintenance workers use these paths to work. A badly parked vehicle can obstruct these workers and could be damaged. Please do not block any access roads when you park and use the authorised parking areas marked on the map.

## In winter

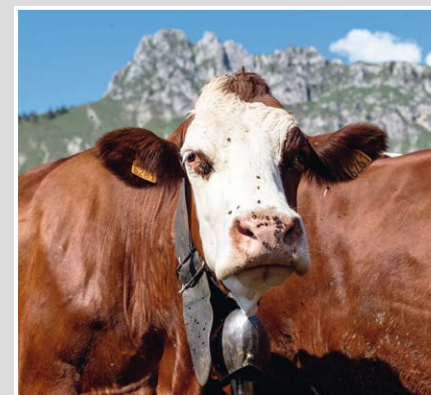
- The suggested routes are not all feasible in winter. In mountainous areas, some sectors are at risk of avalanches. In periods of snowfall, signs might also be partly covered or hidden.
- Make sure you stay on the routes that have been specifically designed for pedestrians and for snowshoeing. Ask at the Tourist Office for information, they have available documentation.
- If you plan on leaving the safe, marked-out areas, make sure you are aware of the risks, the snow conditions and dangerous areas that should not be accessed.

## The patous: Pyrenean mountain dogs that will protect you

This big white dogs, commonly known as *Patous*, are trained to protect flocks from predators. They will react instinctively to any threat to the flock.

To avoid any protective reaction, make sure you respect the following precautions:

- When you are approaching a flock, give the animals a wide berth and walk around the pasture.
- Be aware of gestures that may seem harmless to you such as taking photos or trying to pet or feed a lamb. Be calm and passive around the dogs to reassure them.
- The '*patou*' protects and defends their flock, respect their role.







# Montagnes du Giffre

RETOUR AUX SOURCES

Haut-Giffre Tourisme  
[www.haut-giffre.fr](http://www.haut-giffre.fr)  
Tél.: +33 (0)4 50 34 49 36

**- Morillon branch**

23 Route des Follys  
74440 Morillon

**- Sixt-Fer-à-Cheval branch**

Place du Tilleul  
74740 Sixt-Fer-à-Cheval

Samoëns Tourist Office  
[www.samoens.com](http://www.samoens.com)  
Tél.: +33 (0)4 50 34 40 28

66, Place de l'Office de Tourisme  
74340 Samoëns

Praz de Lys Sommand Tourisme  
[www.prazdelys-sommand.com](http://www.prazdelys-sommand.com)  
Tél.: +33 (0)4 50 34 25 05

**- Taninges branch**

62, Rue de la Poste - BP 50  
74440 Taninges

**- Mieussy branch**

941 Route de la Montagne  
74440 Mieussy

*The Praz de Lys and Sommand branches  
are open in the summer and winter  
seasons.*

**Weather**

Tél.: +33 (0)8 99 71 02 74

**European emergency services**

number (Mobile telephones)  
Tél.: 112