



Domaine Nordique
Valley d'Abondance

Snowshoe trails



Abondance • La Chapelle d'Abondance • Châtel • Morgins

Some advice...

The ski resorts of Abondance valley and Morgins offer **more than 80km of maintained, marked paths** on which you can discover the beauty and diversity of the natural winter environment.

These itineraries, some of which cross the Franco-Swiss border, have been designed to cater for as many tastes 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 magnificent **forest paths** and **steep mountain tracks** are accessible to everyone - on condition that you have **adequate equipment**, such as appropriate clothing and protection from the sun and snow.

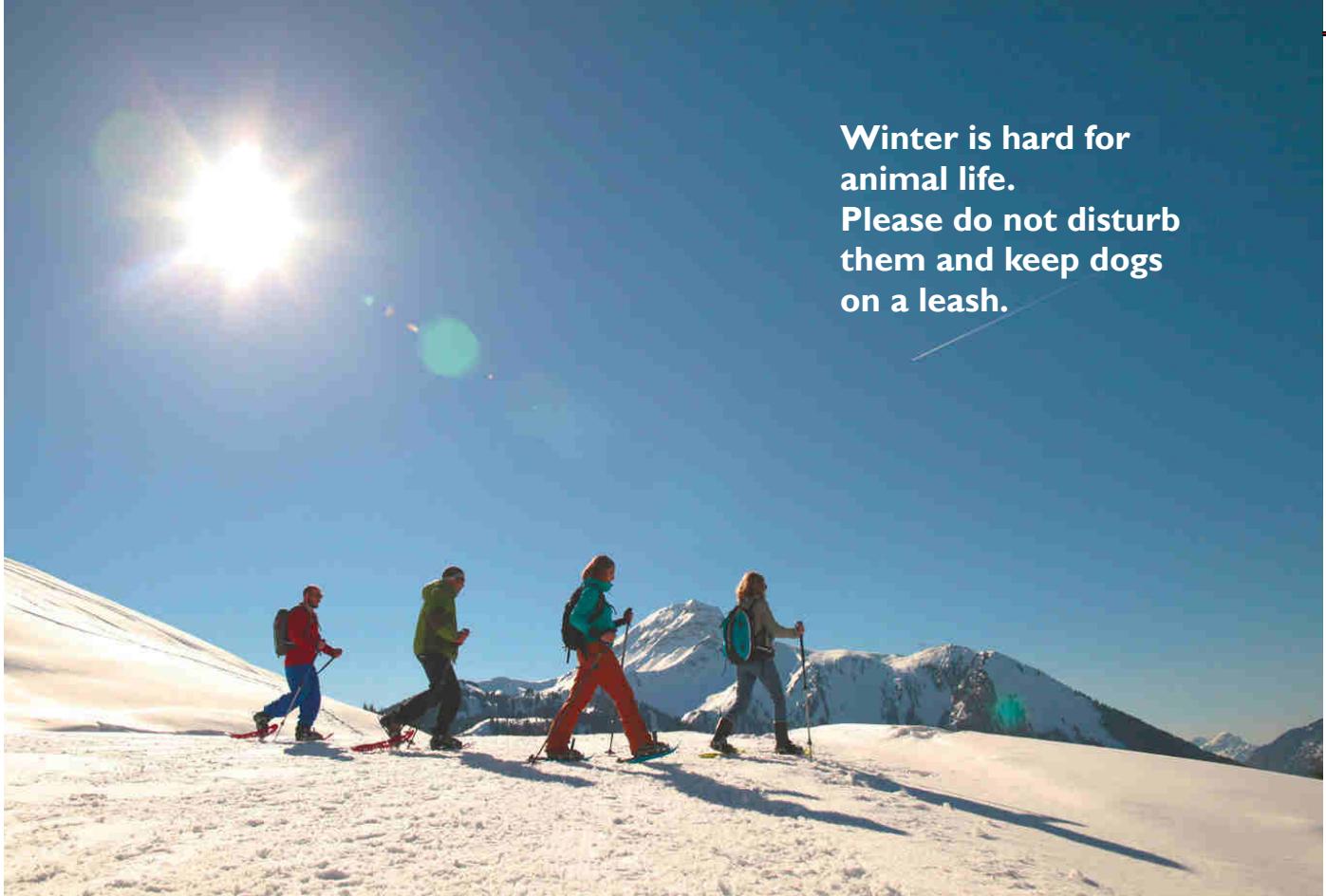
Don't overestimate your capabilities and leave yourself plenty of time to get home. Night falls very quickly in winter! Also, take **something to drink** with you (hot, preferably) and **something to eat**. Remember to take your **identity papers** with you if you are going to cross the border.

Failure to respect certain **safety rules** on a trip into the mountains could have serious consequences. Play it safe and don't take the risk of leaving the marked paths. When setting out on these routes, you do so at your own risk.

This information is available at tourist offices and lift installations. Tourist office personnel can also tell you the **condition of the circuits** and give information about **events** hosted by mountain guides.

Remember: the mountains are a fabulous recreation ground first and foremost. Make the most of them – and treat them with caution and respect!

If you feel reluctant to go out on your own, if you want to know more about the mountain environment, or if you want to leave the marked paths and discover the mountain scenery in all its beauty, **regular outings** are organized by mountain guides. **Enquire at tourist offices.**



**Winter is hard for animal life.
Please do not disturb them and keep dogs on a leash.**

This guide does not replace a real mountaineering map of the area which you can find in any bookshop (“librairie”) in one of the village of the valley.

A Nordic map for Abondance valley with all slopes and circuits (cross-country/walking/snowshoes) is freely available at all tourist offices.

If you do not have suitable equipment, sports shops can advise you on the right gear to hire.

ColomBus, the inter-village shuttle: a public bus transport service is available.

You can find out the times and fares from tourist offices.

Useful numbers

WEATHER

Chamonix 08 99 71 02 74

Geneva 014122 372 3311

Switzerland (0041) 162

Weather reports are posted in tourist offices.

EMERGENCY SERVICES

France 18

SAMU 15

Switzerland 144

International emergency 112

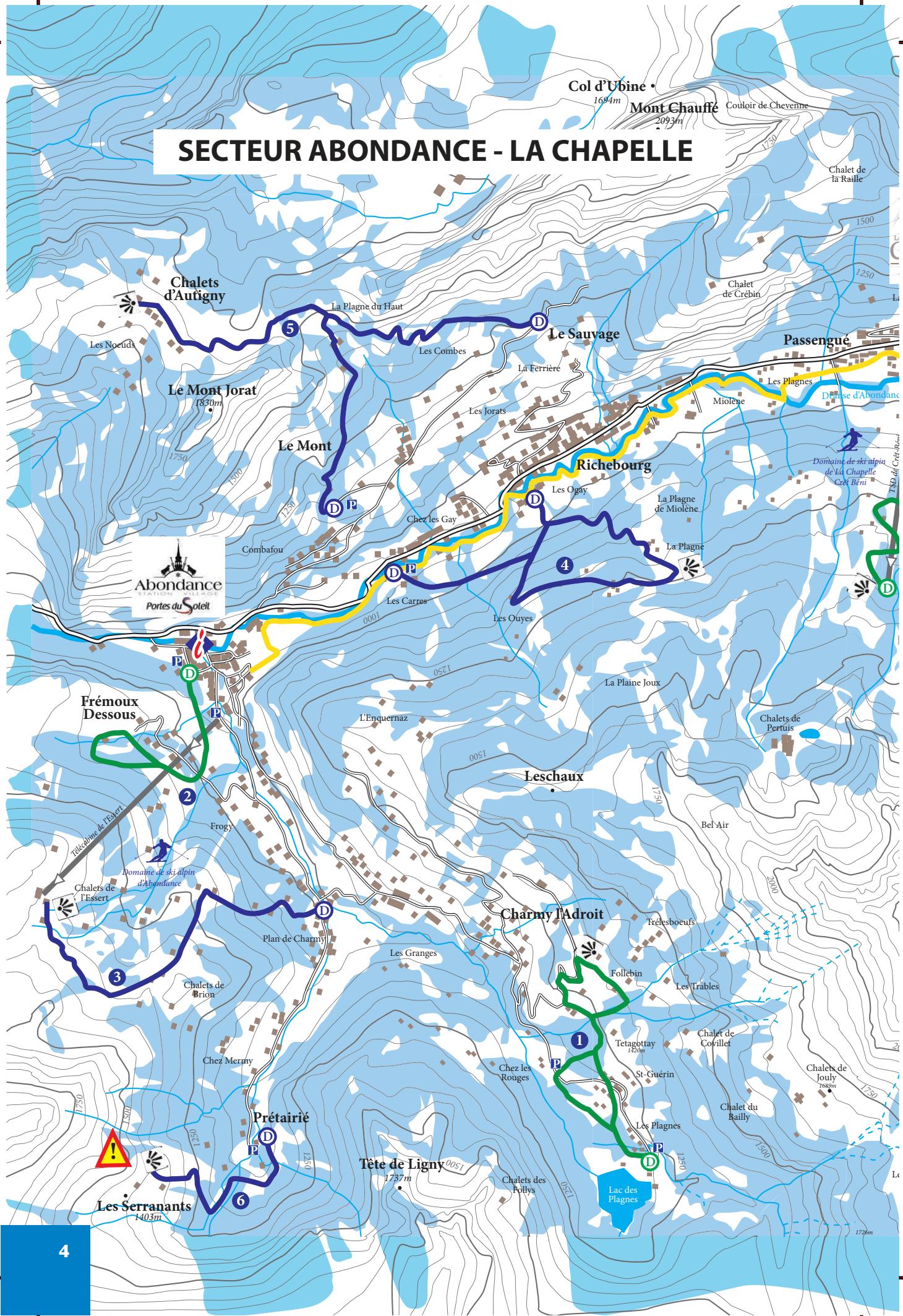
MOUNTAIN RESCUE

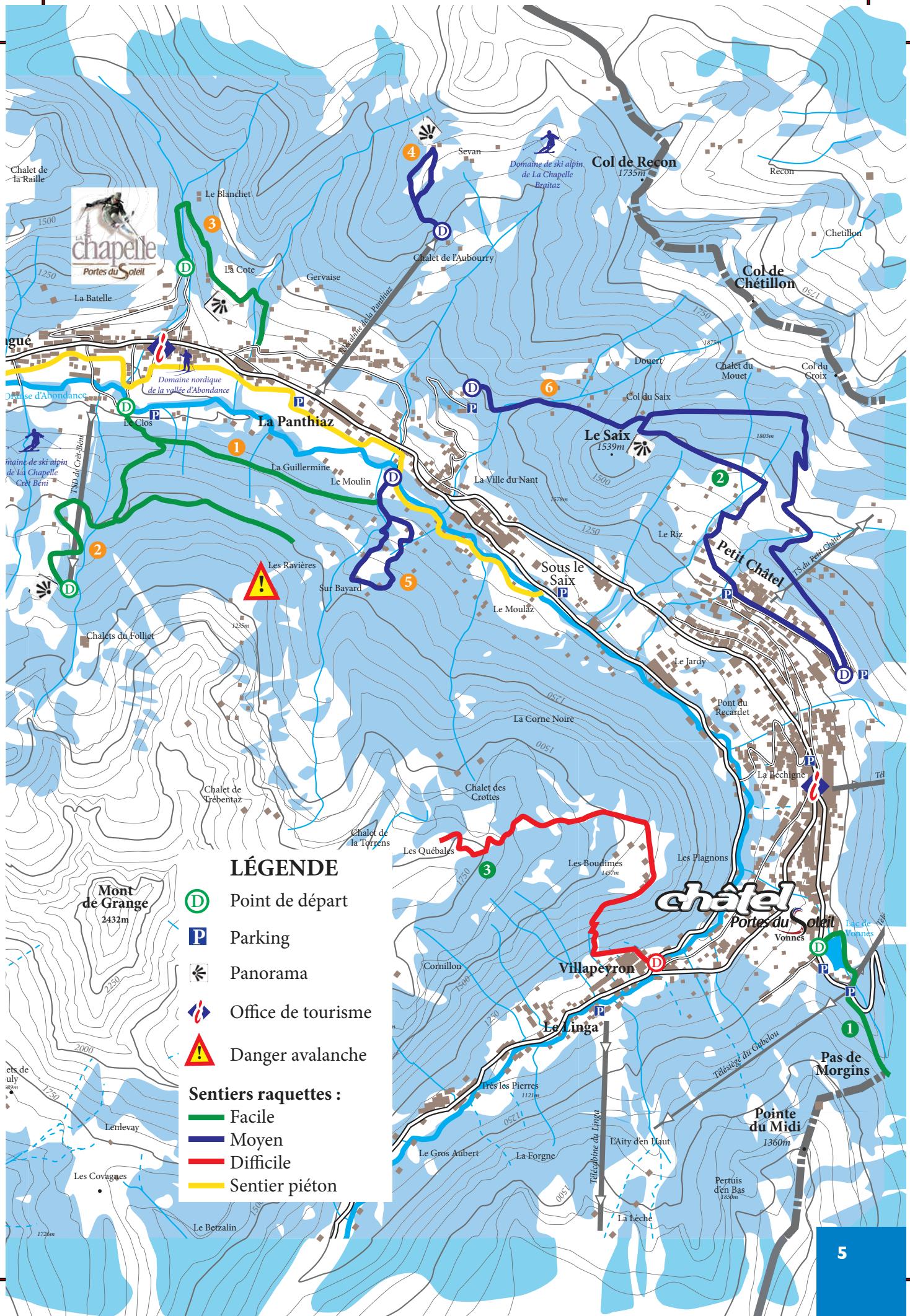
La Chapelle 04 50 73 53 40

Abondance 04 50 73 10 62

Châtel 04 50 73 35 99

SECTEUR ABONDANCE - LA CHAPELLE





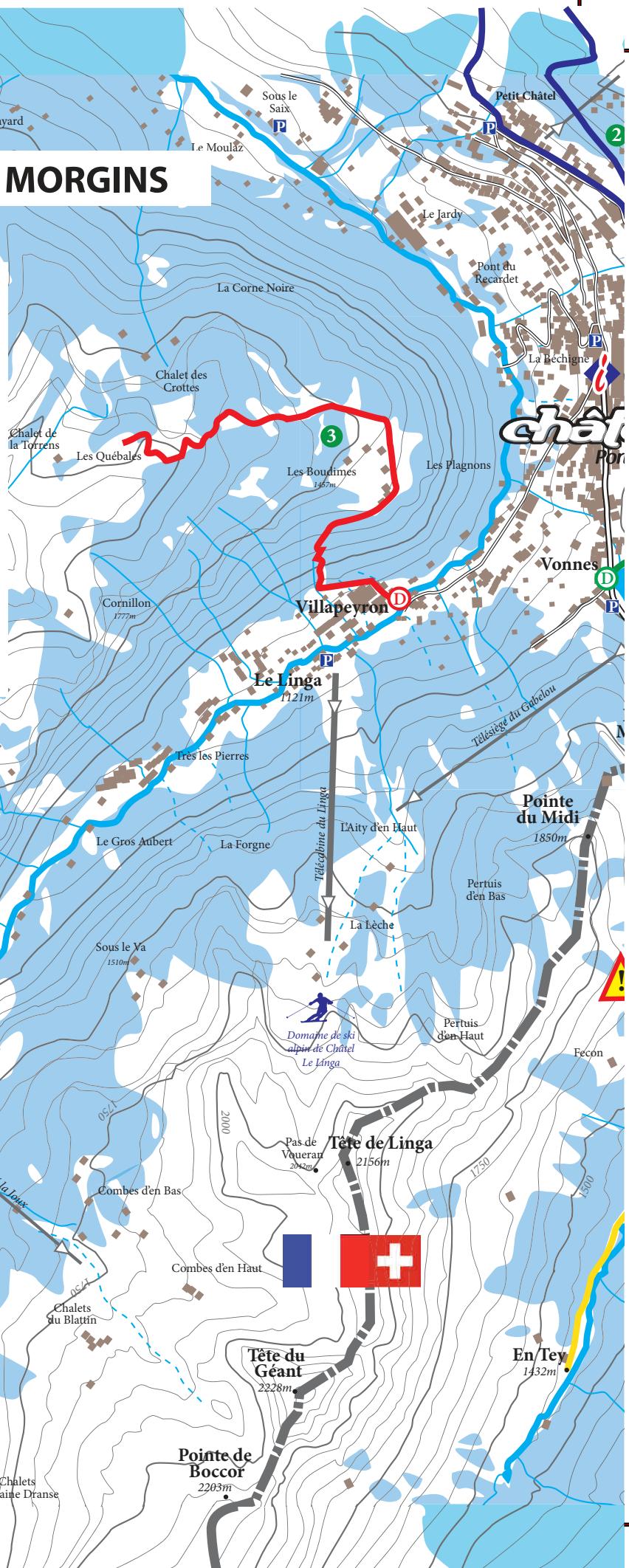
SECTEUR CHATEL - MORGINS

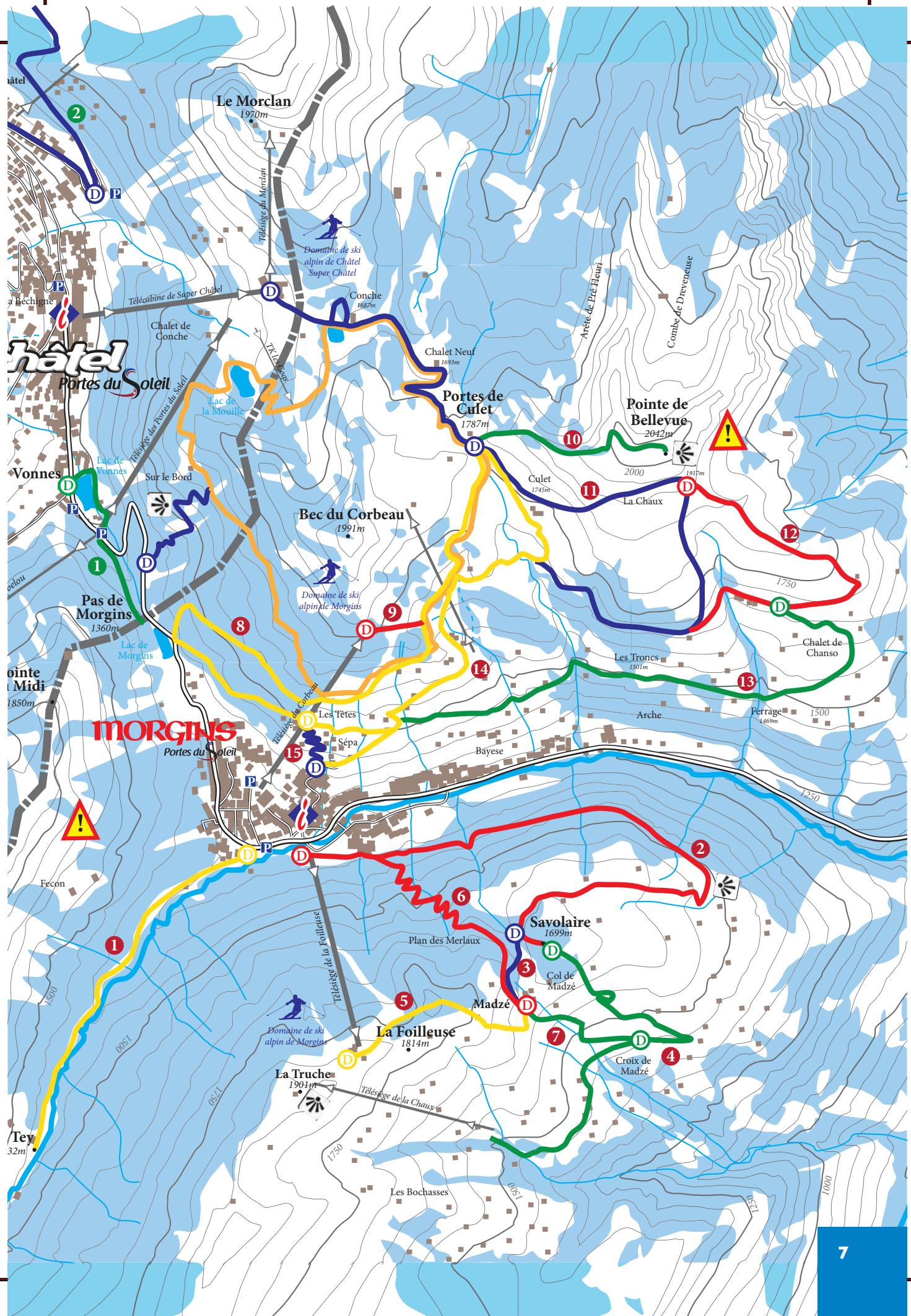
LÉGENDE

- (D) Point de départ
- (P) Parking
- (*) Panorama
- (i) Office de tourisme
- ⚠ Danger avalanche

Sentiers raquettes (France) :

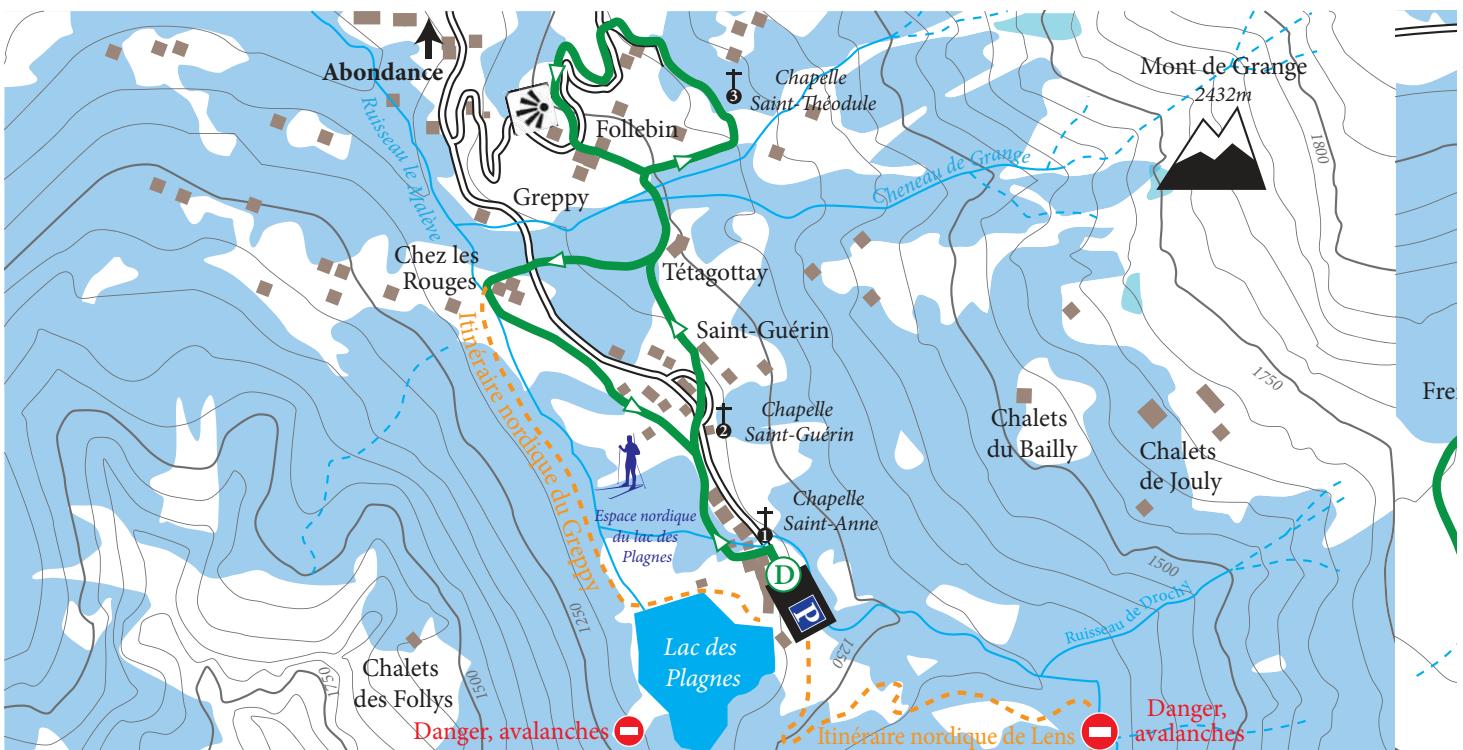
- Facile
- Moyen
- Difficile
- Sentier piéton





1 Abondance

Chapelles and shrines



(D) Starting point Les Plagnes lake car park

⌚ Time 2hr30

▲ Ascent 250 m

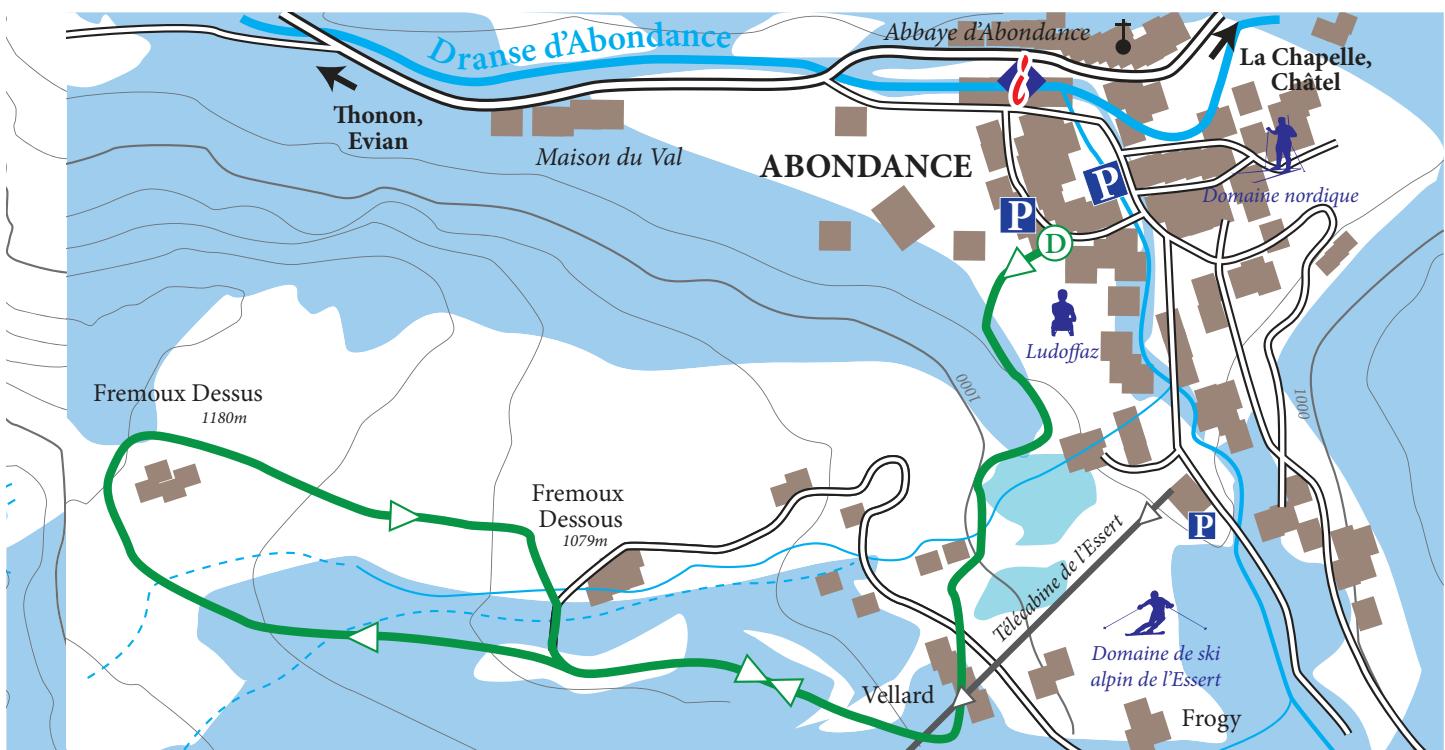
🏔 Difficulty level Easy

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 upwards along the edge of the forest as far as Tettagottay 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 guides.*

Tél. 04 50 81 60 54

2 Abondance

Frémoux



(D) Starting point Plaine d'Auffaz

⌚ Time 1hr45

▲ Ascent 250 m

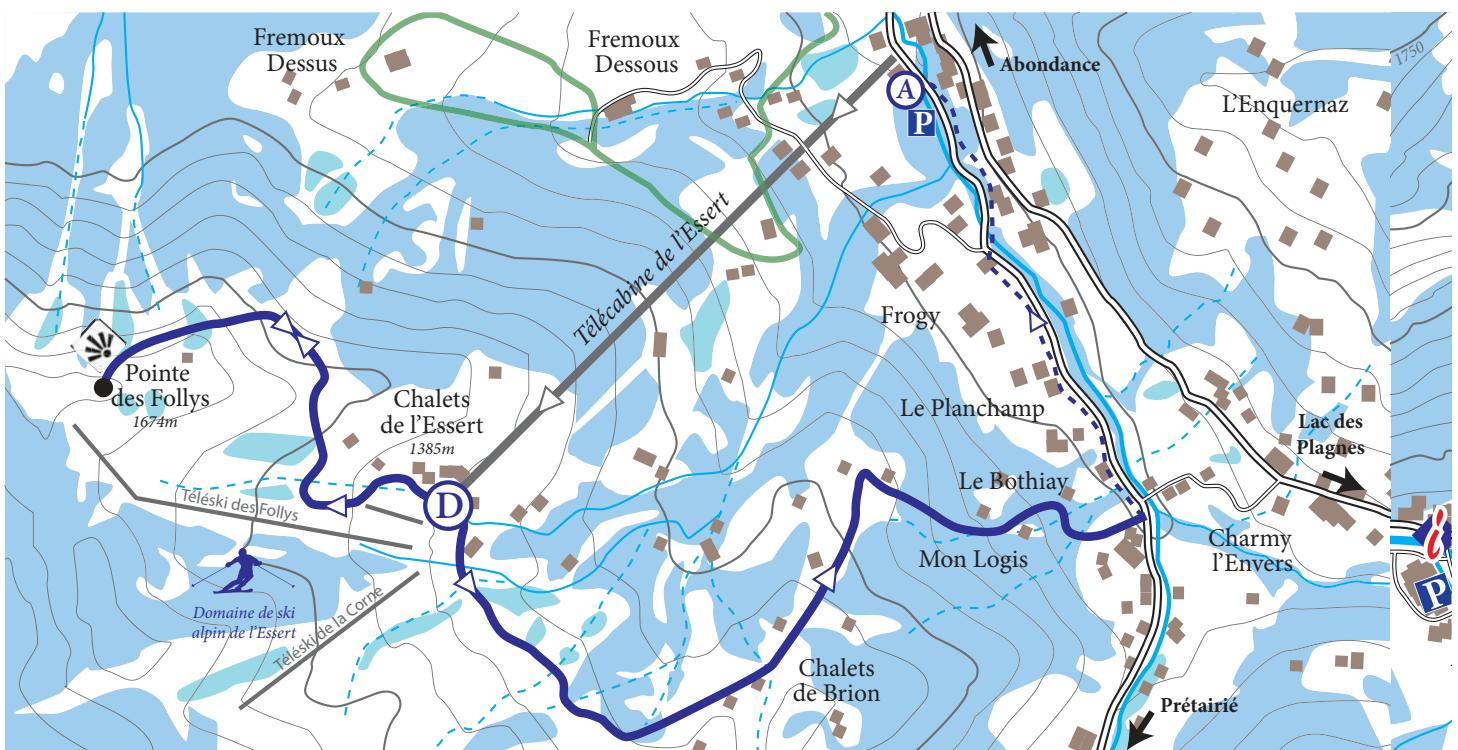
▲ Difficulty level Easy



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.

3 Abondance

Essert sector



(D) Starting point Essert cable car top station

⌚ Time 3hr

▲ Ascent 300 m

▲ Difficulty level Moderate



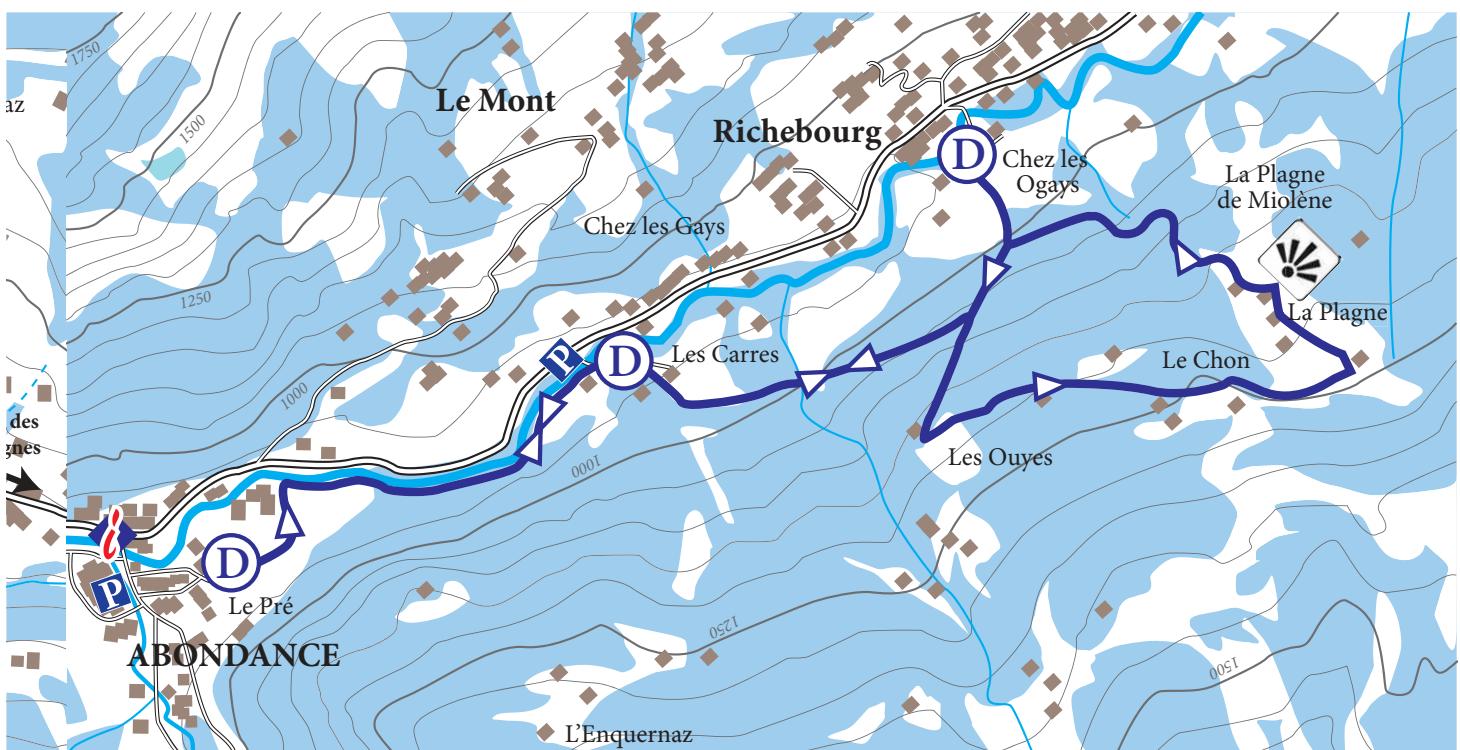
Itinerary Note: this walk will take you across part of the Essert ski area; it is advisable not to walk on the ski slopes. You can reach the signposted walking route by taking Essert cable car (please purchase a one-way ticket).

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.

4 Abondance

A woodland walk

Liaison Abondance - La Chapelle d'Abondance



(D) Starting point Le Pré, Les Carres, Les Ogay

⌚ Time 3hr (from Le Pré)

▲ Ascent 300 m

▲ Difficulty level Moderate



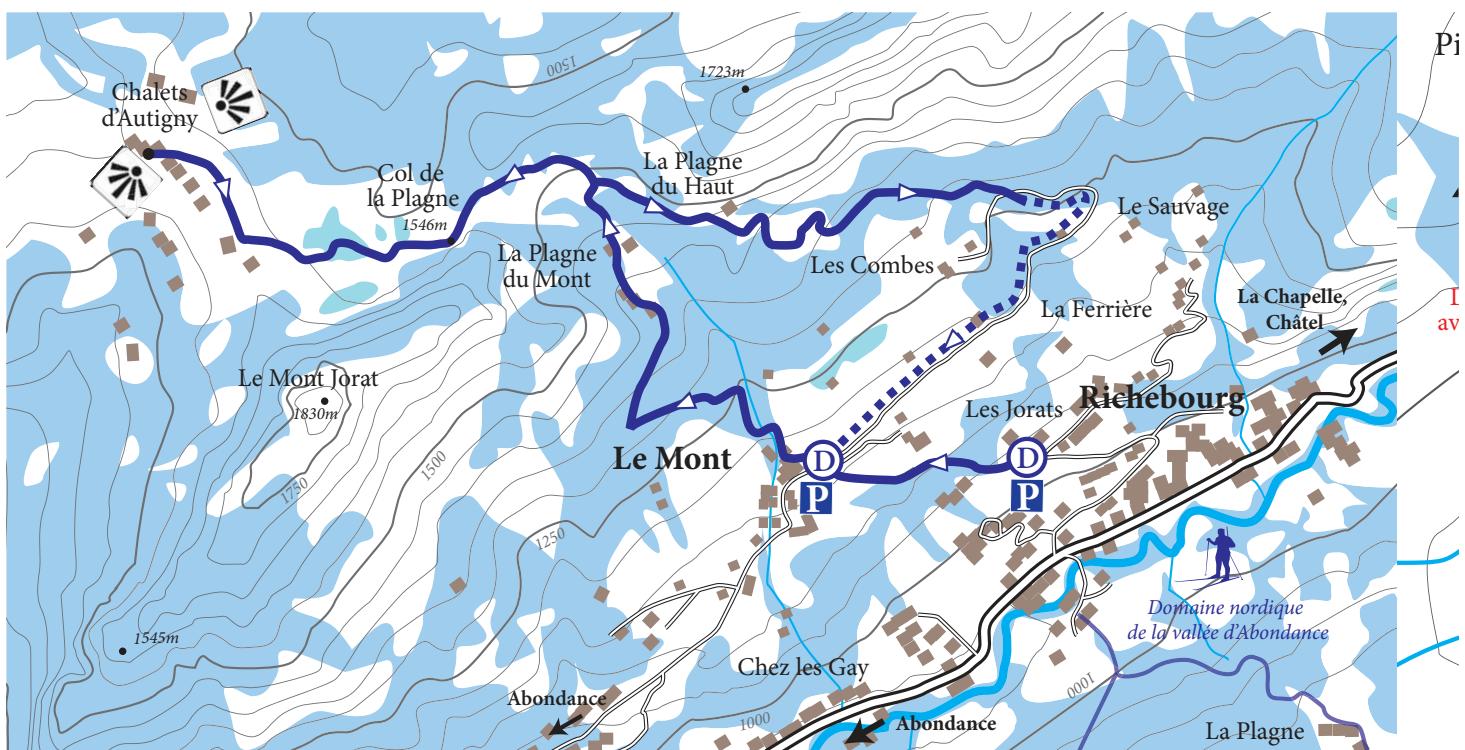
Itinerary From Le Pré, follow the cross-country skiroute alongside the Dranse River, taking care to watch out for skiers. Once at Les Carres, starts your climb through the forest until you reach Les Ouges chalet, staying on the forest trail*. The next stage is on the flat to Chalet Chon. The route then 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 Ouges chalet. Then follow the directions as indicated above by the asterisk *. From Chez les Ogays hamlet, you can also return to La Chapelle d'Abondance by following La Chapelle n°7 route.

5 Abondance

Autigny chalets



(D) Starting point Le Mont or Richebourg (Les Prolets goat farm)

⌚ Time 3hr30

▲ Ascent 400 m

⛰ Difficulty level Moderate

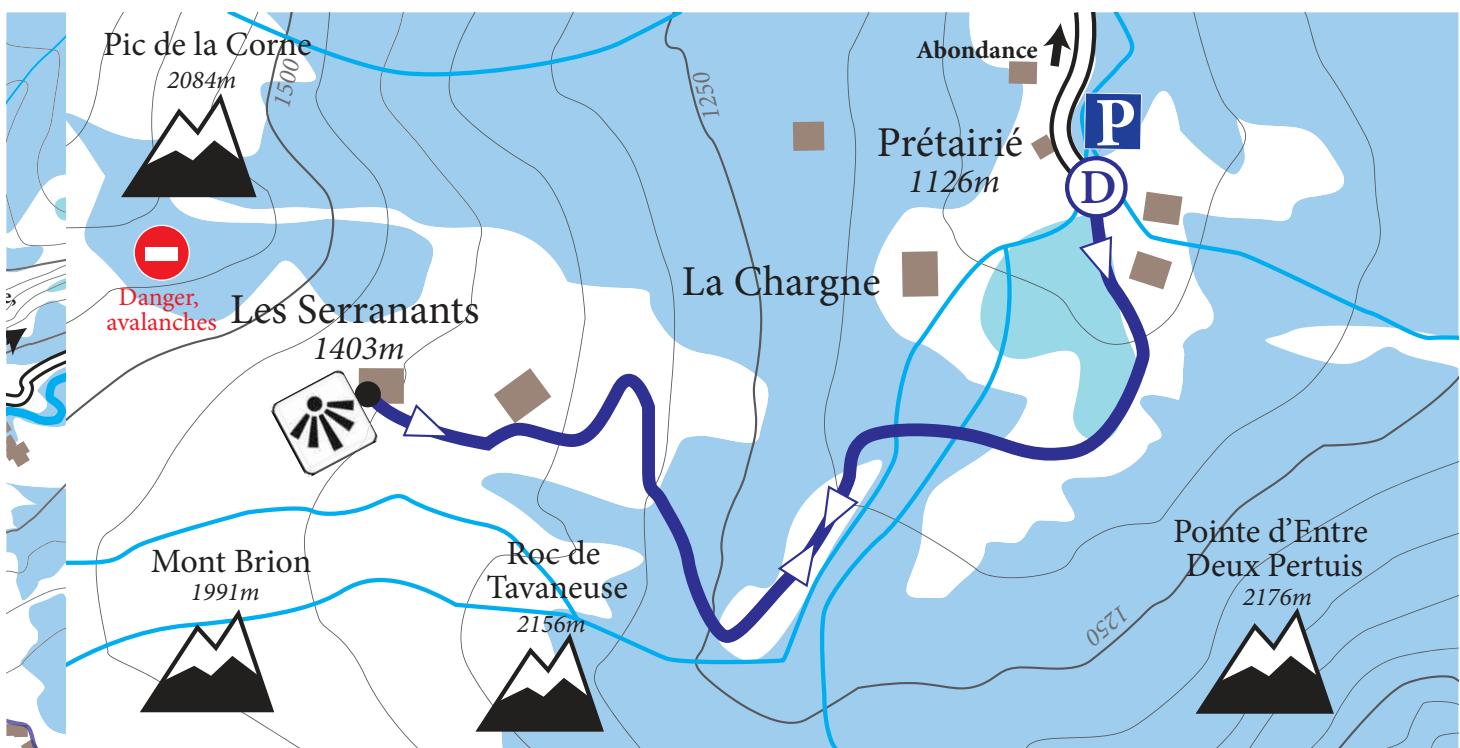


Itinerary Starting from the hamlet of Le Mont, head upwards towards La Plagne Pass (Col de la Plagne). From here, you join the path to Autigny, which is fairly flat. Once you arrive at the chalets, admire the panorama, especially the view of Mont Chauffé cliffs. You can go back down either by the same path, or by going towards Le Sauvage from La Plagne Pass. Once you reach the place called Le Sauvage, continue down towards Le Mont. *From Richebourg, you can join the main route to Le Mont along the path above Les Prolets goat farm.*

Sauvage from La Plagne Pass. Once you reach the place called Le Sauvage, continue down towards Le Mont. *From Richebourg, you can join the main route to Le Mont along the path above Les Prolets goat farm.*

6 Abondance

Serranants Chalets



(D) Starting point Prétairié car park

⌚ Time 1hr30

▲ Ascent 300 m

▲ Difficulty level Moderate



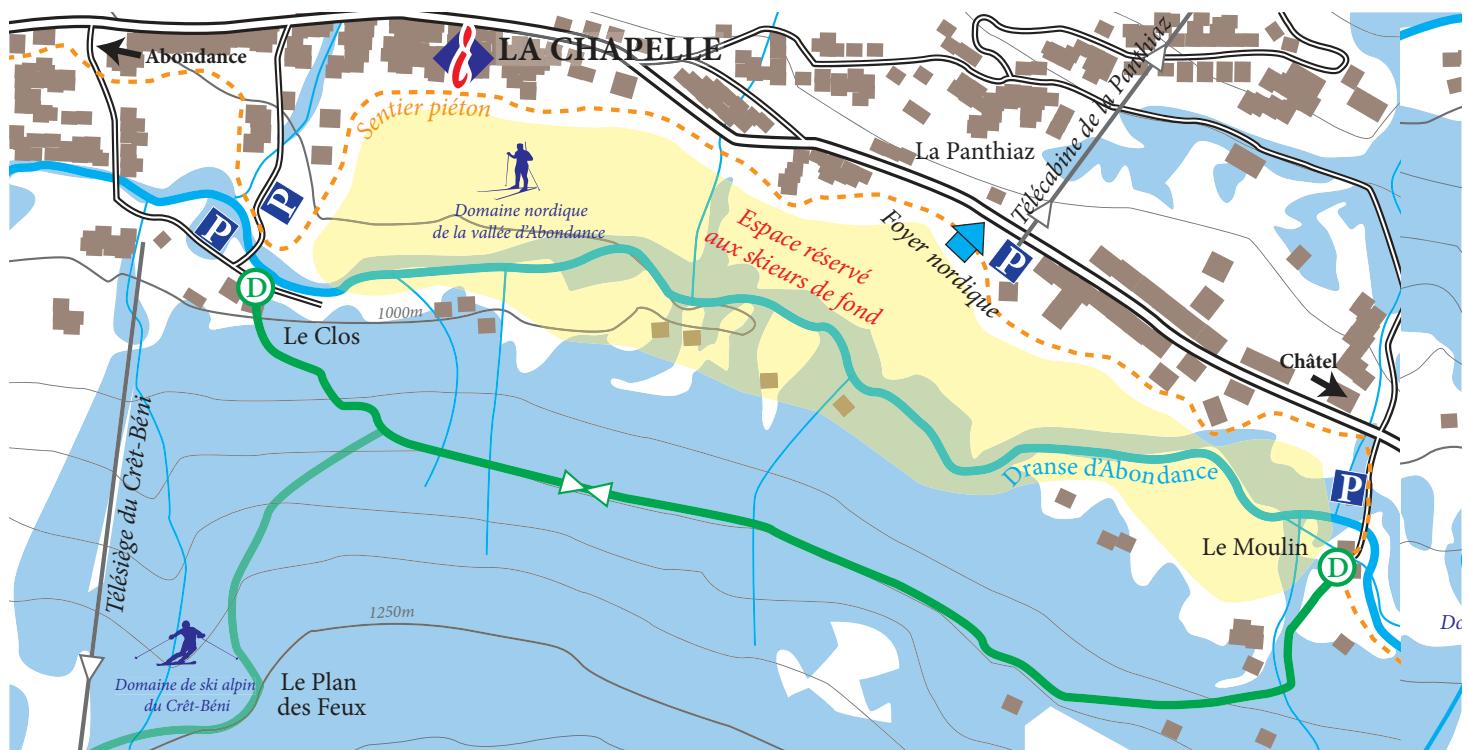
Itinerary From the car park, walk up and along the river bank until the path flattens out. Continue, keeping the conifers on your left and then, at the first information panel, bear right towards Serranants. The climb starts along a track lined with scattered spruce trees before opening up, at which point you should see the first of the Serranants chalets below. Carry on uphill taking the creek as your guide until you reach the highest chalet. This is your arrival, don't continue after this point and go back by the same track.

Warning: The avalanche risk is high beyond this point so please check snow conditions and the weather forecast at the tourist office before setting out - mountain weather can change very quickly. After you have taken a moment to enjoy the scenery, head home by the same route.

1

La Chapelle d'Abondance

La Chapelle Gallery



(D) Starting point Tourist Office, Le Clos

⌚ Time 1hr30 to 2hr

▲ Ascent 50 m

⛰ Difficulty level Easy



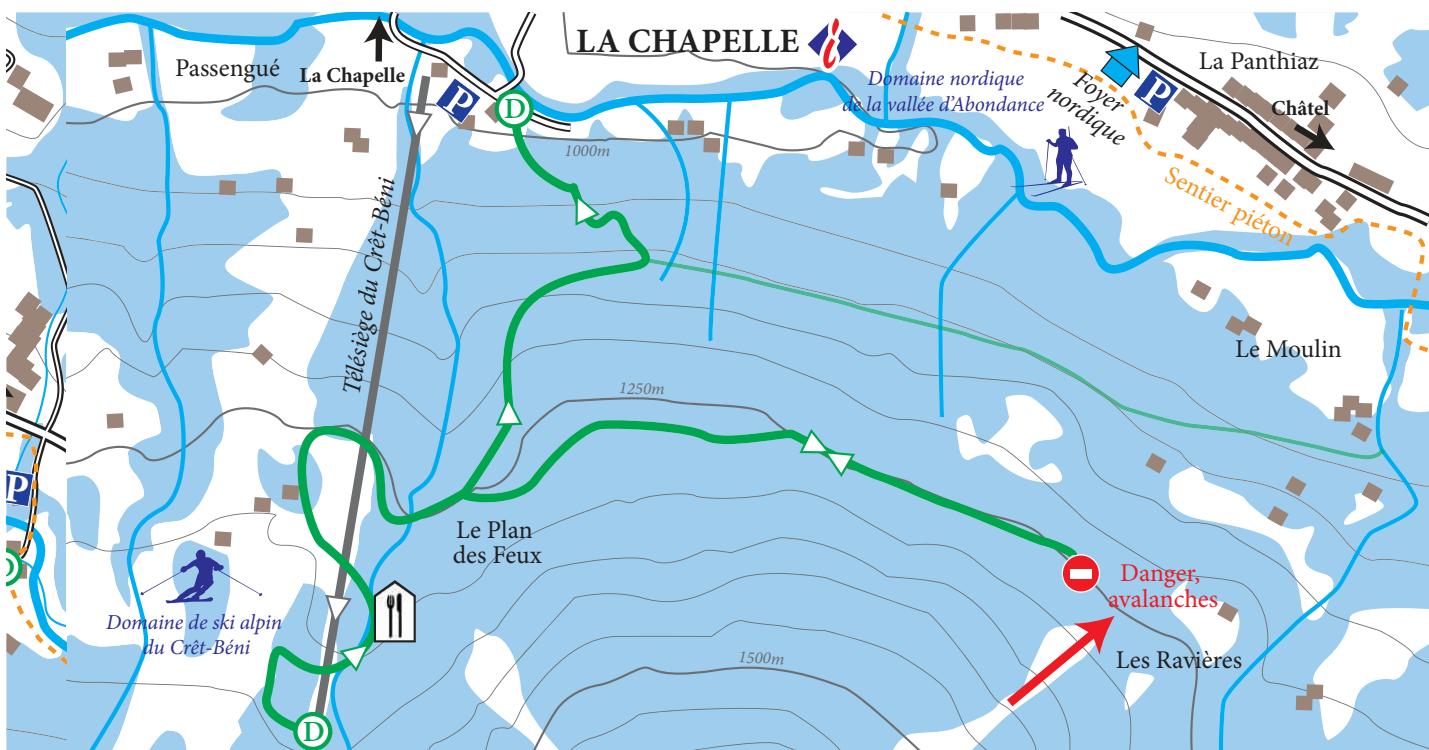
Itinerary

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.

2 La Chapelle d'Abondance

To Plan des Feux & La Chapelle village

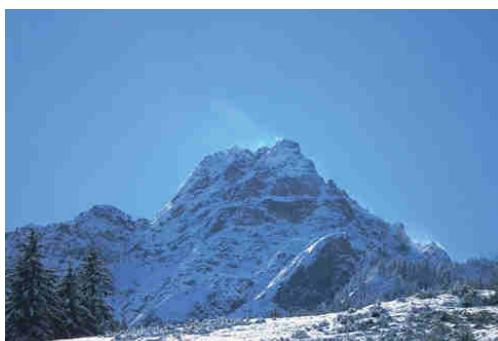


(D) Starting point Top of station of Crêt Béni chairlift

⌚ Time 1hr30

▲ Ascent 380 m

▲ Difficulty level Easy

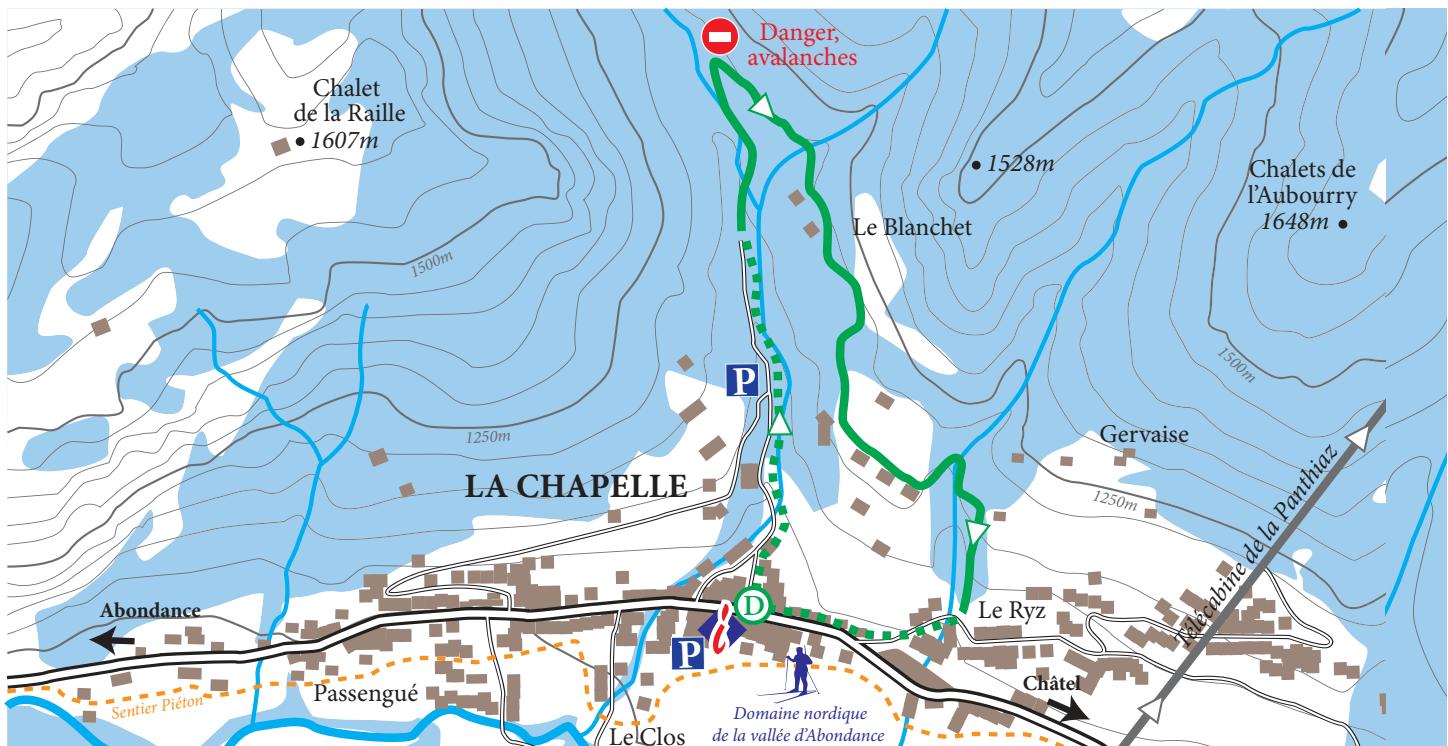


Itinerary Take Crêt Béni chairlift and from the top, follow the signposted route downhill to Crêt Béni restaurant. Take the track behind the restaurant and turn right at the first junction. Continue until you reach Plan des Feux (picnic facilities available) than take the forest path to your left signposted

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 Rivières 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



(D) Starting point La Chapelle d'Abondance Tourist office

⌚ 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.

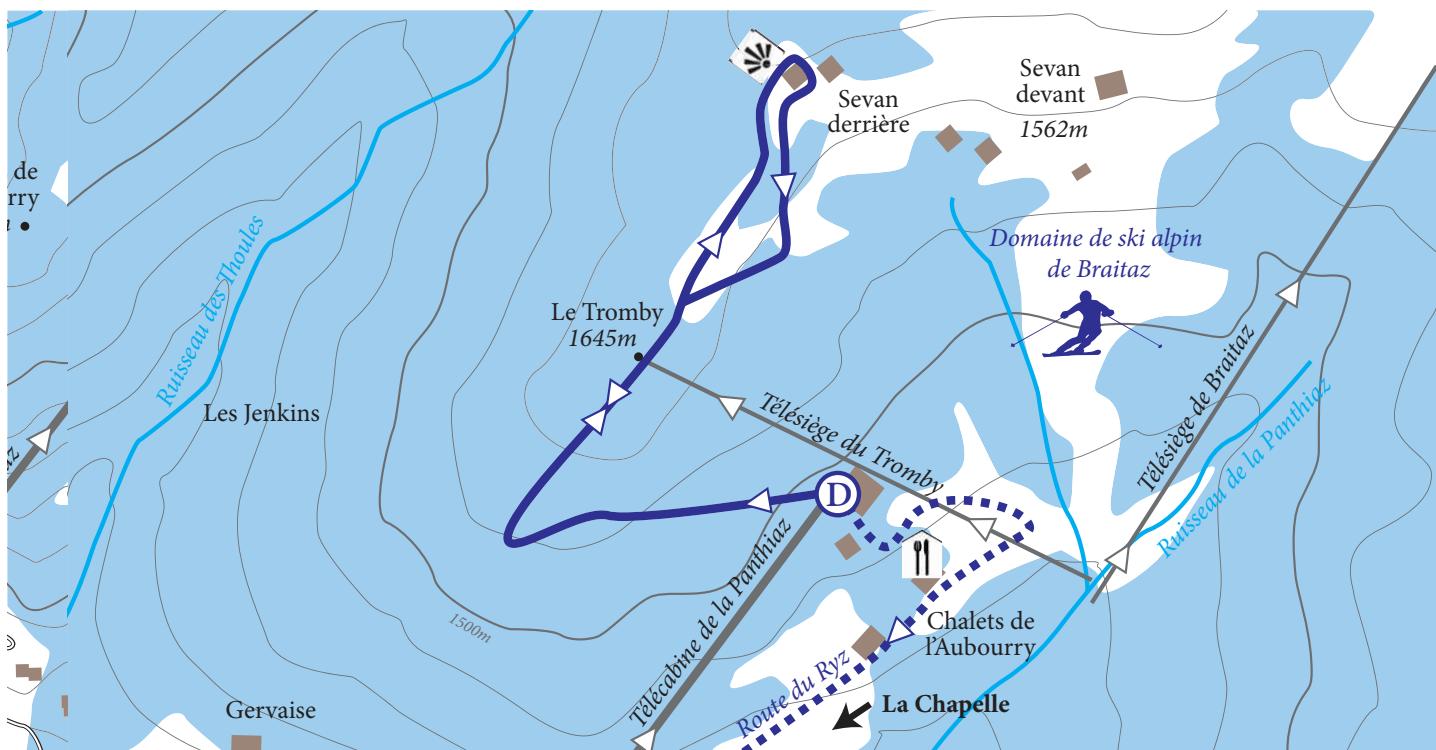
Note: one stretch of this route is along the road and you will have to remove your snowshoes.



4

La Chapelle d'Abondance

The Tromby Circuit



(D) Starting point Top station of la Panthiaz cable car

⌚ 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



(D) Starting point Le Moulin

⌚ Time 1hr30

▲ Ascent 130 m

⛰ Difficulty level Moderate

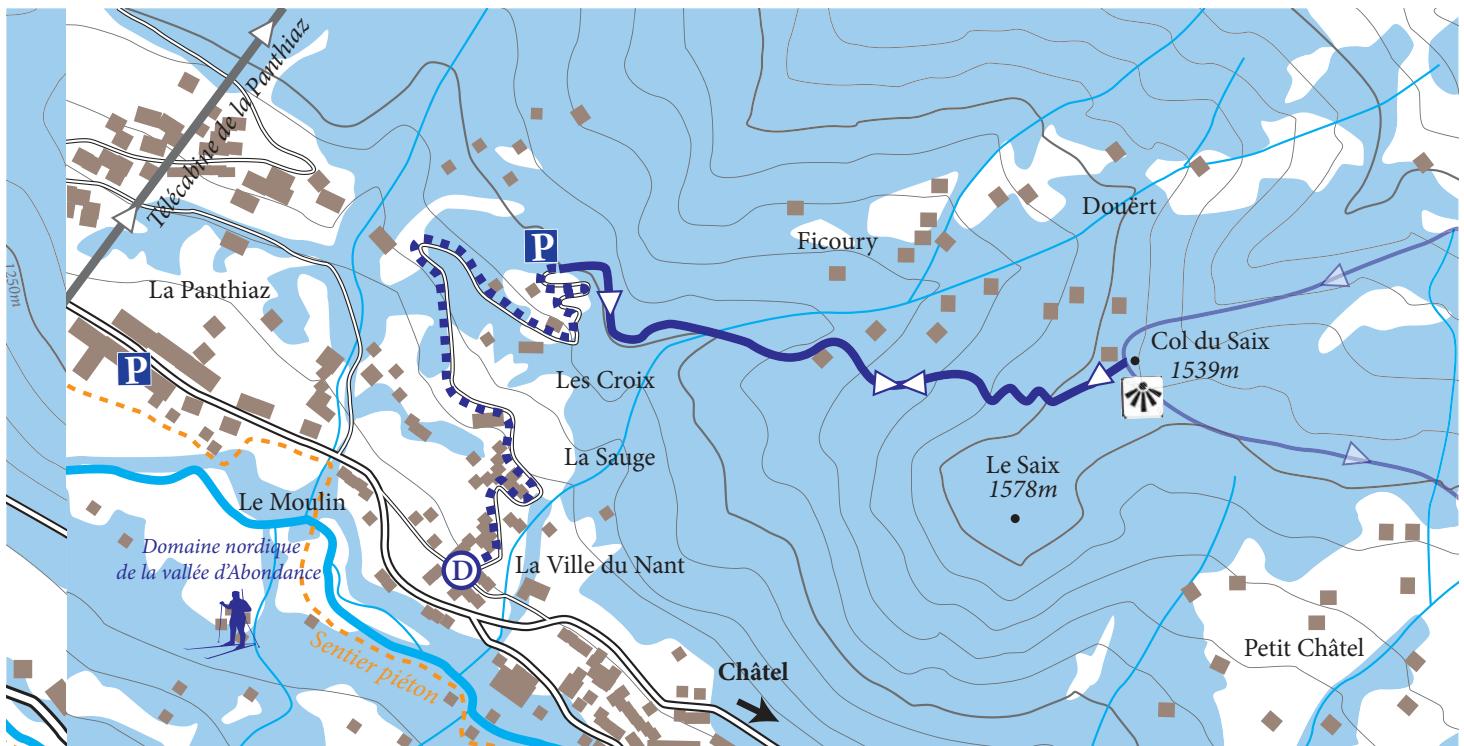
Itinerary Note: at one point, this route crosses the cross-country ski trail.

For the sake of the skiers, please do not damage the tracks.

The starting point is Le Moulin car park. 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.

6 La Chapelle d'Abondance

To the Col du Saix



(D) Starting point Hamlet of La Ville du Nant

⌚ Time 3hr30 there and back

▲ Ascent 510 m

▲ Difficulty level Moderate



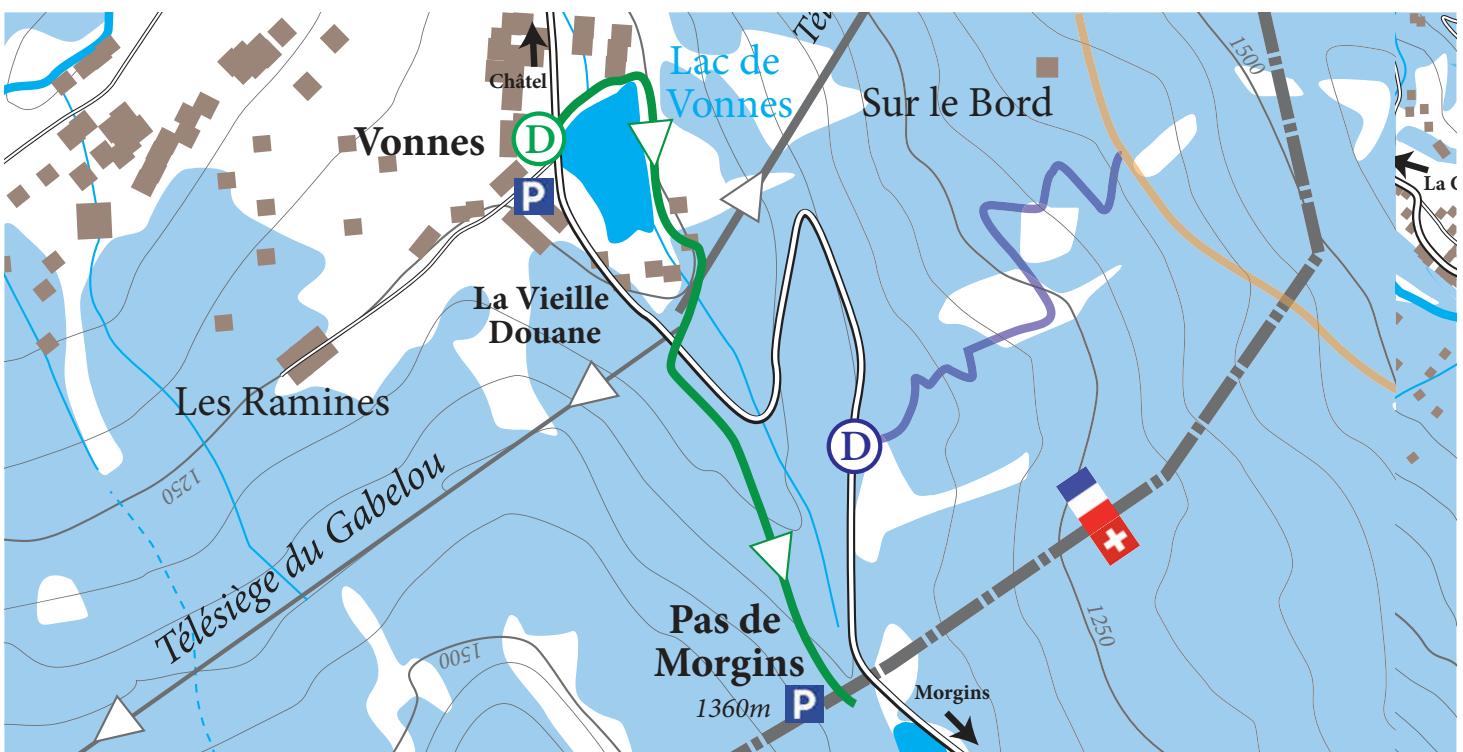
Itinerary Follow the road to the top of La Ville du Nant, where you'll see some beautiful chalets, traditional farmhouses and old chapels.

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°5.) Return to La Chapelle on the shuttle.

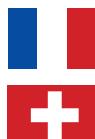
1 Châtel

Morgins Pass

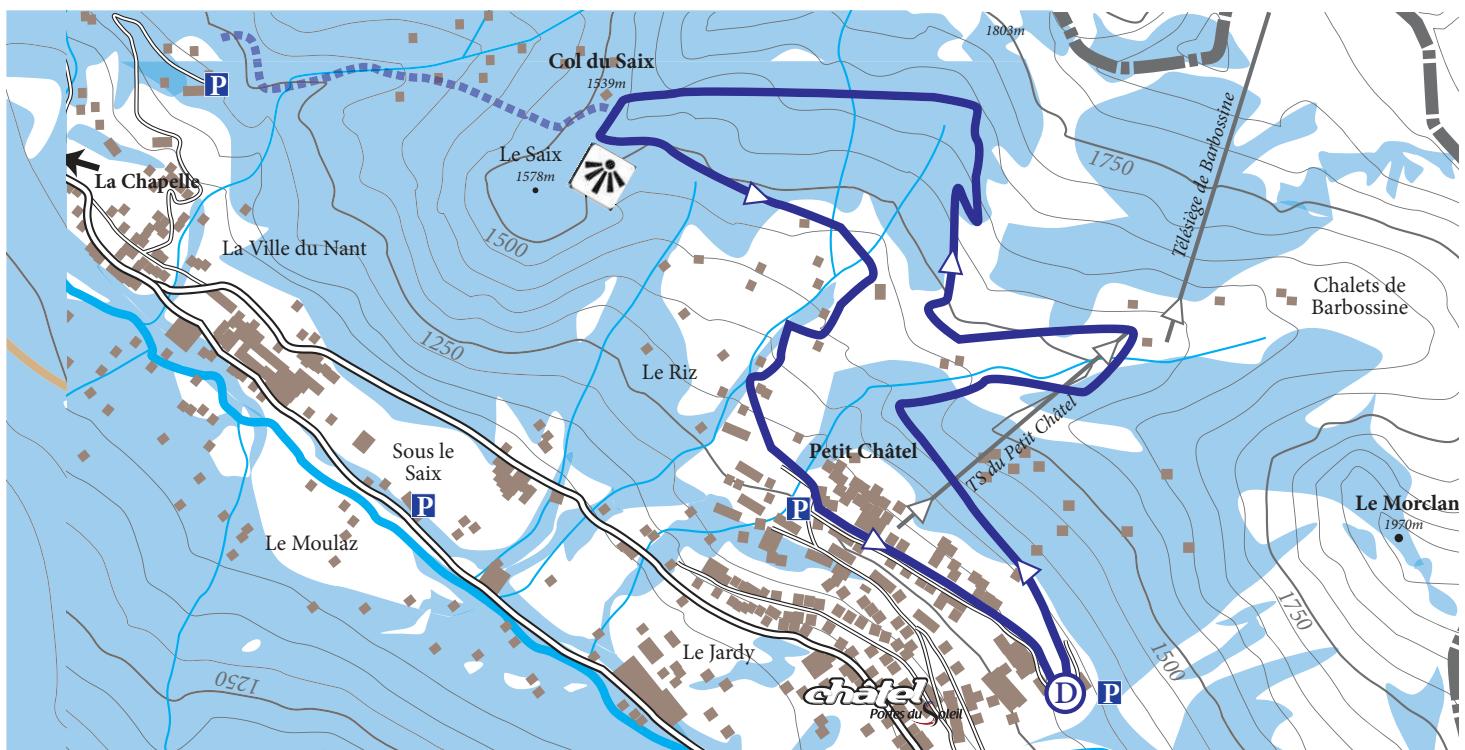
Liaison with Morgins - Switzerland



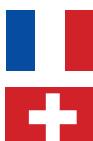
- ⌚ Starting point Vongnes Lake
- ⌚ Time 1hr to 1hr30 there and back
- ⬆ Ascent 131 m
- ⛰ Difficulty level Easy



Itinerary Head for Switzerland and Vongnes 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 Vongnes Lake. Take the path bordering Vongnes Lake. At the skating rink, turn left onto a small road 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 can take the shuttle bus between Vongnes Lake and Châtel.



(D) Starting point Petit Châtel chairlift



⌚ Time 3hr

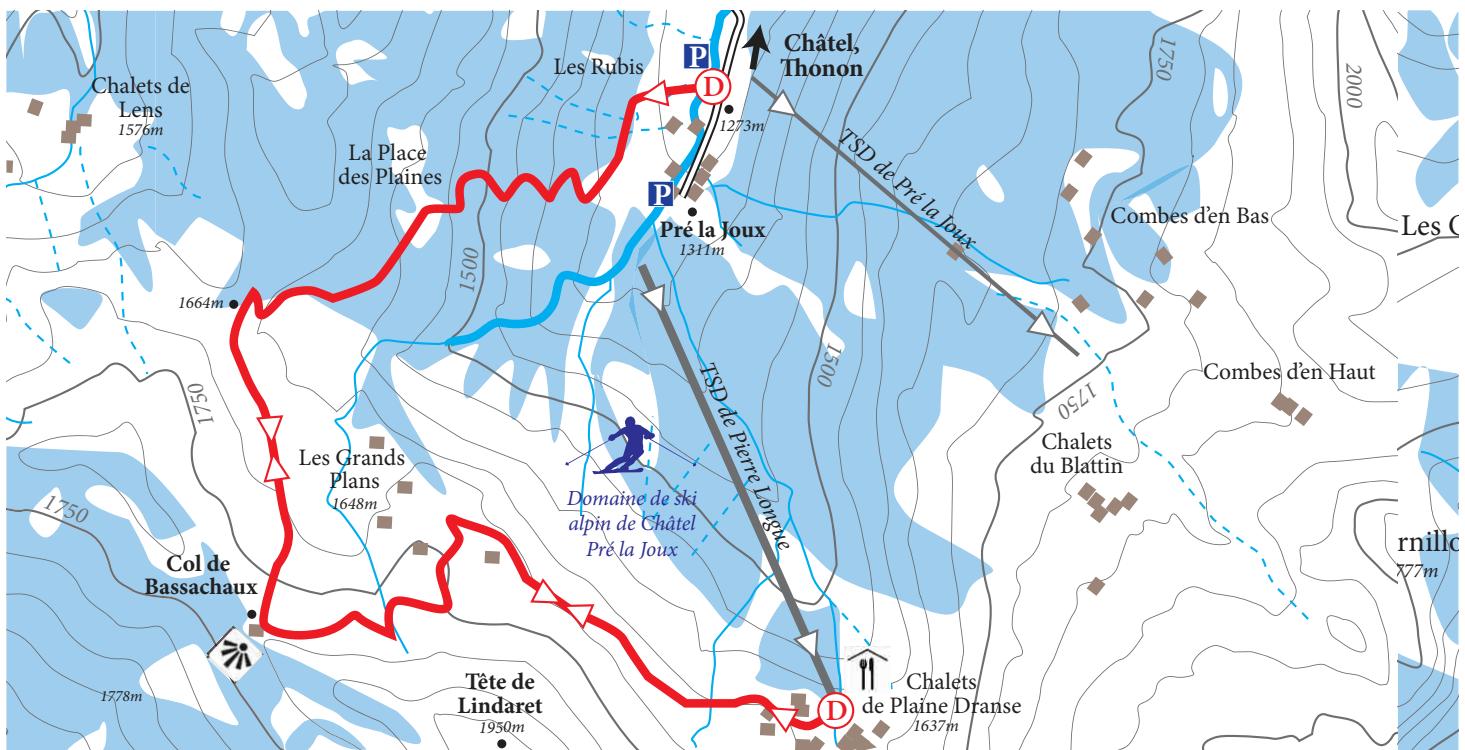
▲ Ascent 302 m

▲ Difficulty level Moderate

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° 5 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



(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)

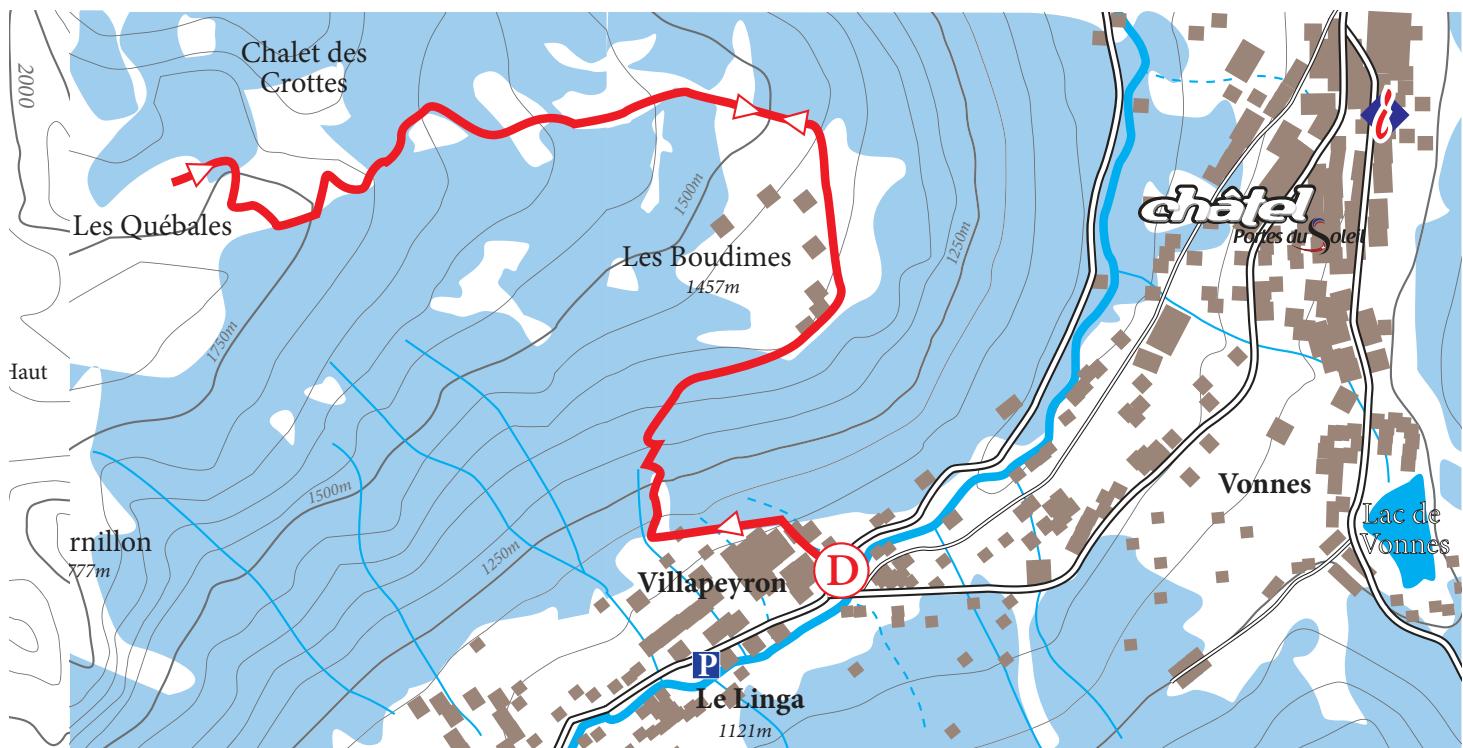
Difficulty level Difficult (2 or 3 streams to cross which may be frozen)



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.

4 Châtel

Les Québales



(D) Starting point Villapeyron (car park in front of le "Stella")

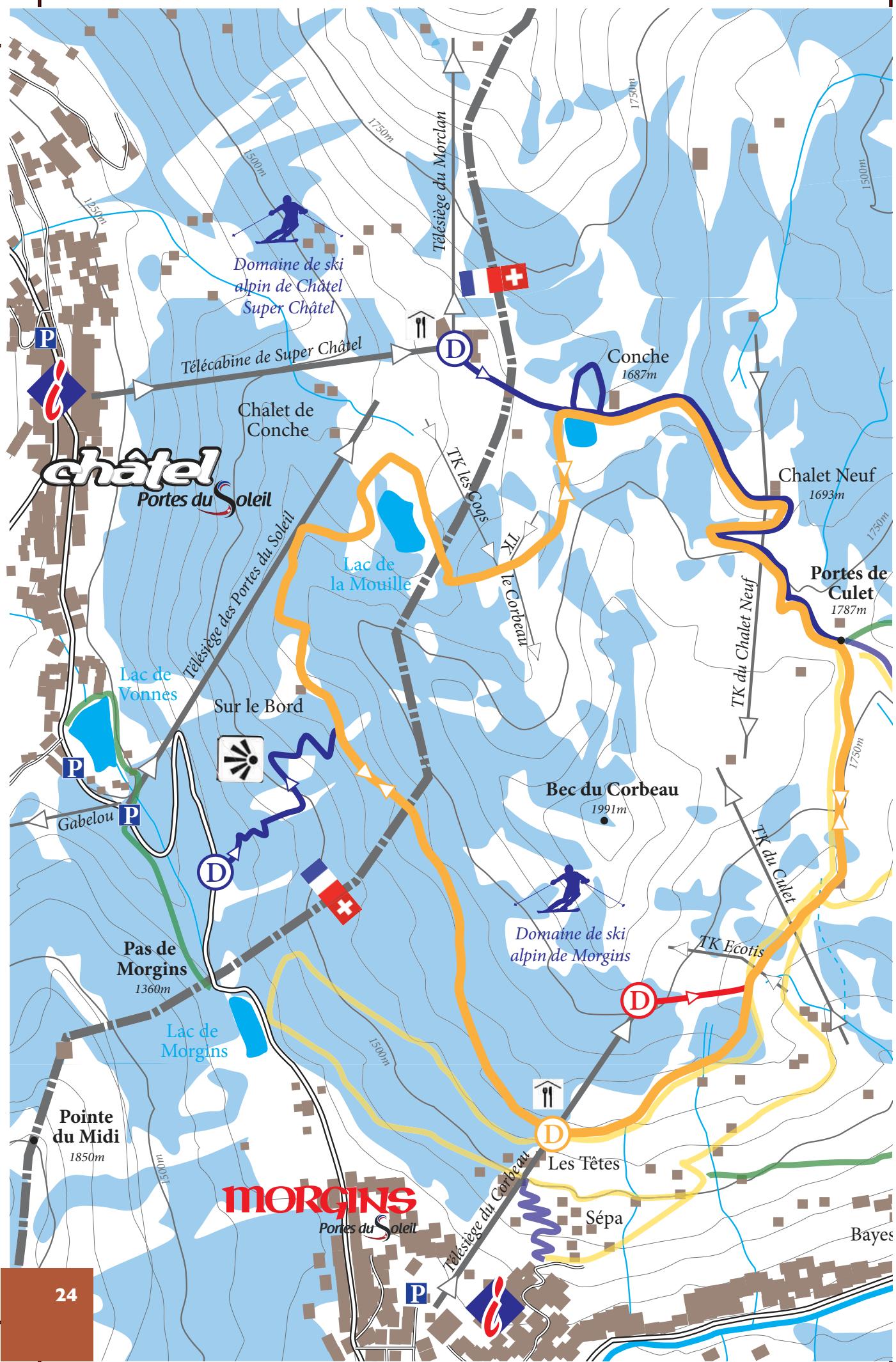
⌚ Time 5hr there and back

▲ Ascent 665m

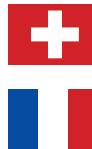
▲ Difficulty level Difficult (2 or 3 streams to cross which may be frozen)



Itinerary Follow signs for Villapeyron for around 2 km. At the junction at Villapeyron Bridge, make for the car park straight ahead of Le Stella. The starting point for the trail is at the end of the small road 50 meters above the car park. 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.



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



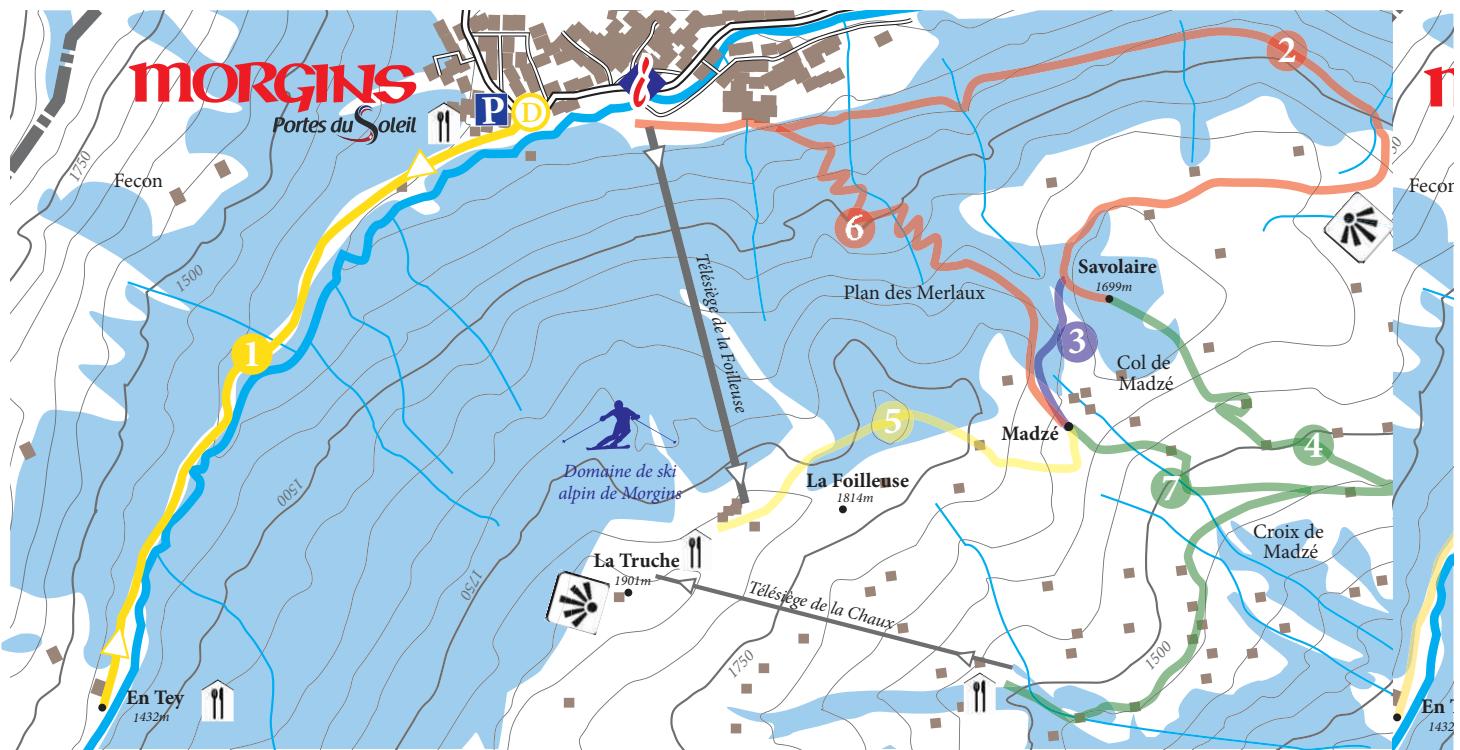
Itinerary The Loop of the Fox is a French-Swiss route of 6,5 kilometers. Accessible from the restaurant "du Corbeau" at Morgins under the chairlift, the route of "sur le Bord" at Châtel and the gondola of Super Châtel, the loop of the fox surrounds the massif "du bec du Corbeau". The route alternates passages in dense and shaded forest and sectors of mountain pastures. Mountain restaurants are accessible on the route. Near Super-Châtel, the Lac de la Mouille is easily accessible from the gondola offering a considerable panorama of the Abondance Valley. On the Swiss side, the plan will take you on the heights of Morgins until the border before leading you to Portes de Culet offering a panorama on les Dents du Midi, Vaudoises and Valaisannes Alps, as well as the Mont-Blanc. In the descent, you cross a protected area and completely natural in winter, before to join the Corbeau sector and his restaurant. The loop can be made in both directions and integrated various ascents and descents. It's reserved for warned users of the snowshoes.

Variant of Super-Châtel circuit: The trail starts to the right of the top car station. Follow the direction of the cross-country ski trail, taking care while crossing the ski run. The circular part of the trail starts off with a short climb up to Lac de Conche and the same named chalets. The path then leads into a superb forest of spruce trees and brings you back to the starting point. Turn right to head back down to the Super-Châtel cable car station or continue in following the Tour du Corbeau.

Variant of Sur le Bord: Go through French customs and continue in the direction of Morgins Pass. The starting point for this trail is 100 meters after the rock climbing cliff, on the left. The path starts on the flat and enters the forest, then the path starts to climb rather sleepily. The path plunges back into the forest and emerges at Sur le Bord alpine chalet. Return by the same route or follow the Tour du Corbeau.

1 Morgins

Ponts/They trails



 **Starting point** Morgins

 **Time** 2hr15 there and back

 **Ascent** 100 m

 **Difficulty level** Easy

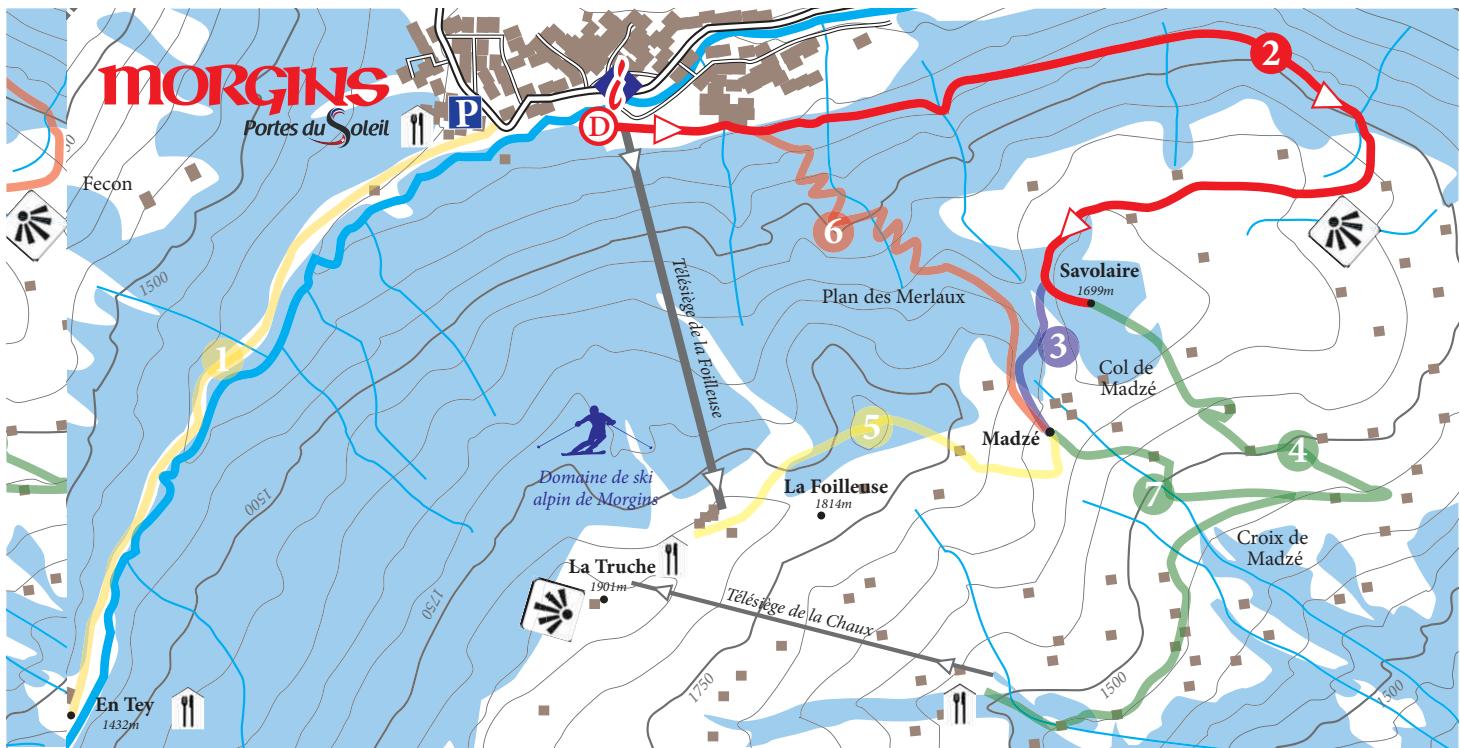


Itinerary Start from the entrance to Vallon de They (They Valley) - Portes du Soleil Pass. Go past the horse-riding stables in the direction of the Sun on the Planetary Trail. Turn left at the next crossroads onto the Eau Rouge path. You'll cross around a dozen bridges and gangways over the River Vièze. 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 further 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.

2 Morgins

Morgins Savolaire



(D) Starting point La Foilleuse chairlift



⌚ Time 2hr 15

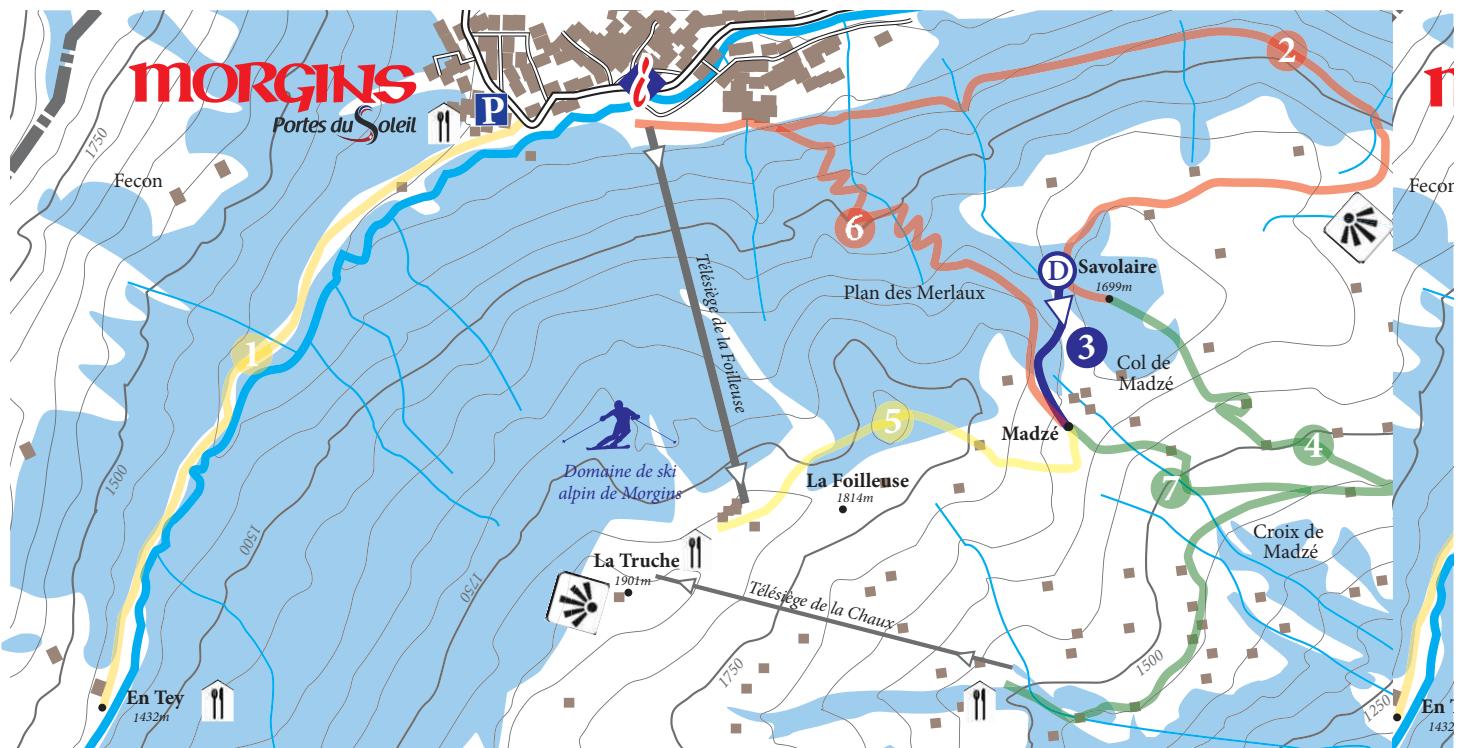
▲ Ascent 320 m

▲ 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).

3 Morgins

Savolaire / Madzé



Starting point Savolaire



Time 30 minutes

Ascent 20 m

Difficulty level Moderate

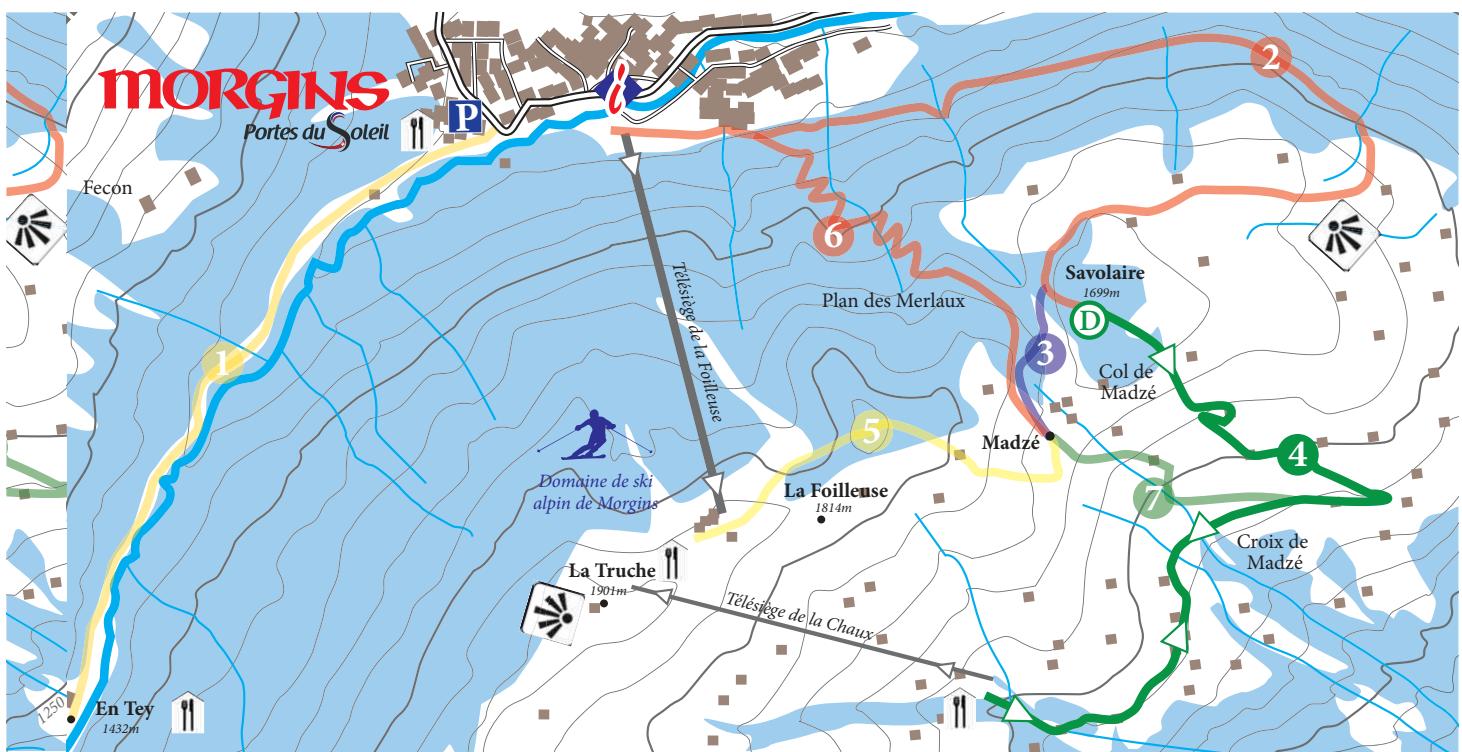


Itinerary From the Savolaire refreshment area (closed in winter time), go slightly on the left in direction of Morgins into a gently sloping comb, and then up again on your left before the next chalet. This short trail takes you

to Madzé pass (Col de Madzé), from where you can either go down to Morgins, or up to La Foilleuse.

4 Morgins

Savolaire to la Chaux chairlift



(D) Starting point Savolaire



⌚ Time 1hr30

▲ Ascent 100 m

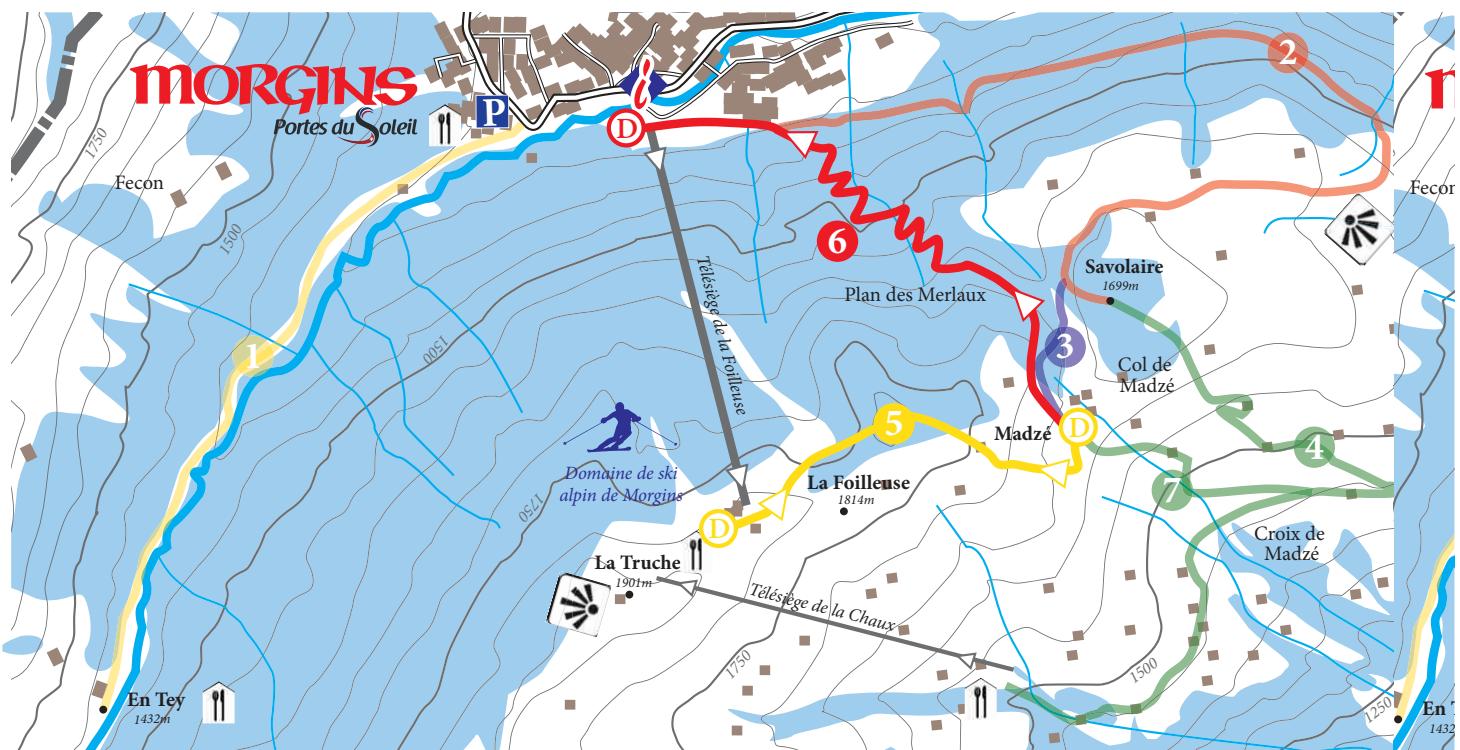
▲ Difficulty level Easy to moderate on some slopes

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.



5 Morgins

Madzé Pass To La Folleuse Chairlift



 **Starting point** Madzé Pass



 **Time** 1hr30

 **Ascent** 200 m

 **Difficulty level** Moderate

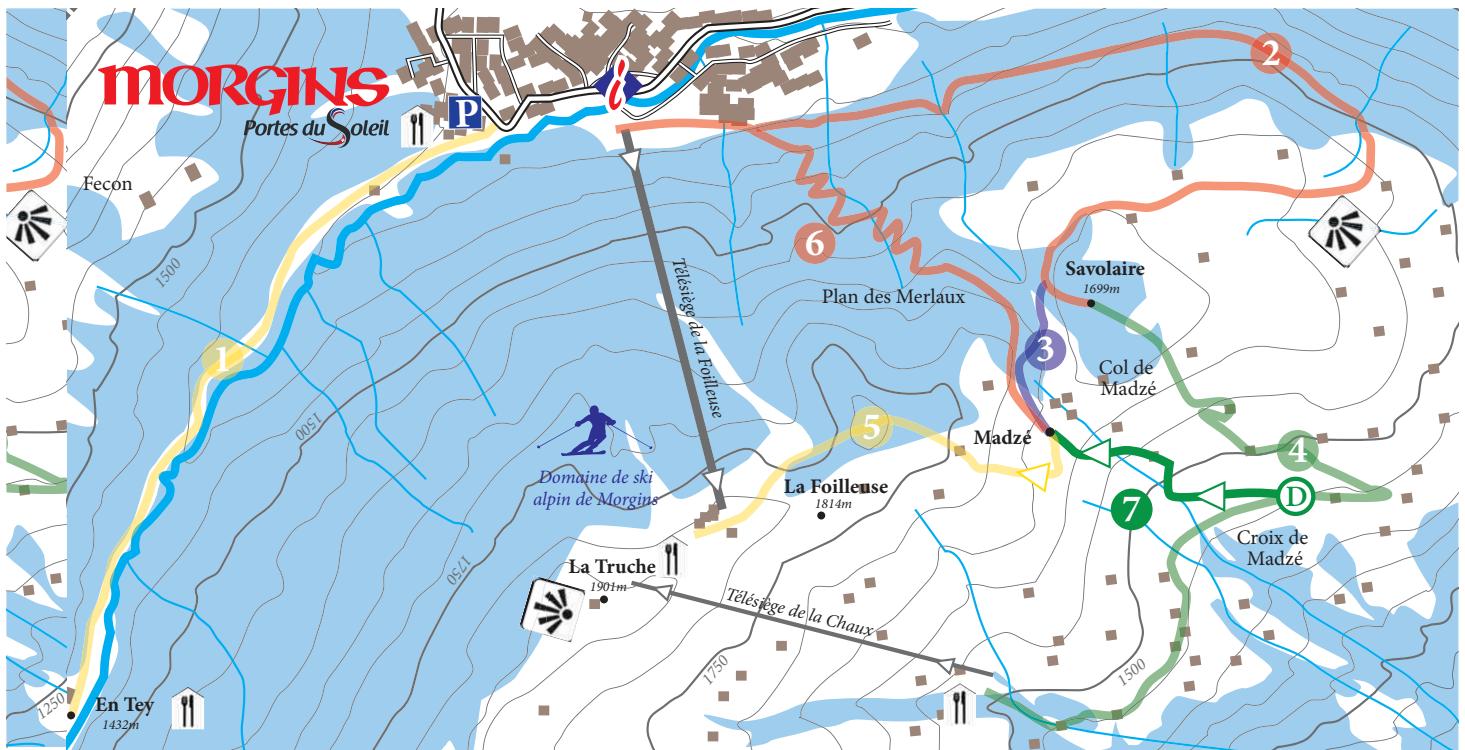


Itinerary At Madzé Pass (Col de Madzé), keep right along the forest path and continue uphill to your left after 700 meters. At the top of La Foilleuse chairlift, there's a restaurant with a wonderful panoramic

view from its terrace. You can return to Morgins by taking La Foilleuse chairlift.

6 Morgins

Madzé Pass Morgins



(D) Starting point Madzé Pass



⌚ Time 1hr15

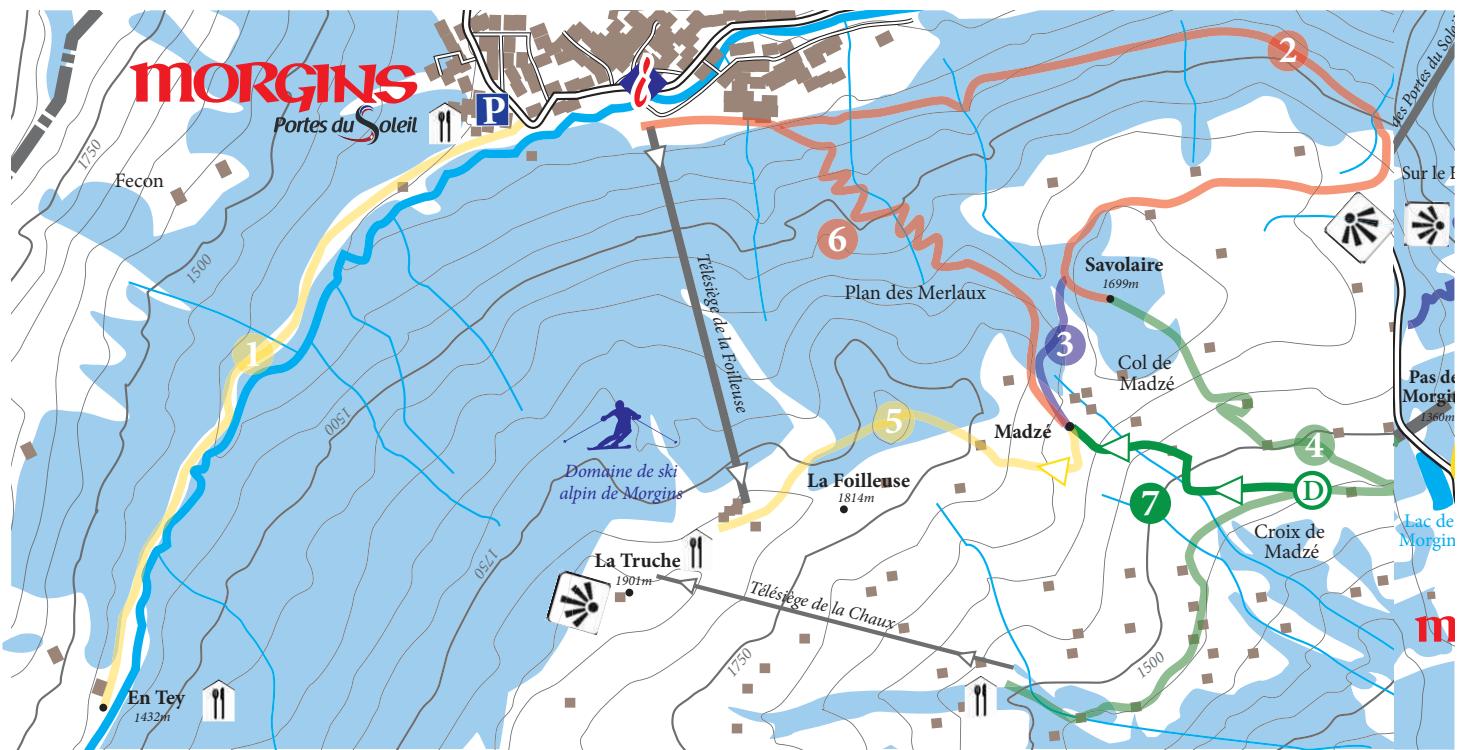
▲ Ascent 300 m

▲ Difficulty level Moderate

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

7 Morgins

Madzé Cross to Madzé Pass



 **Starting point** Madzé Cross



 **Time** 30 minutes

 **Ascent** 40 m

 **Difficulty level** Easy

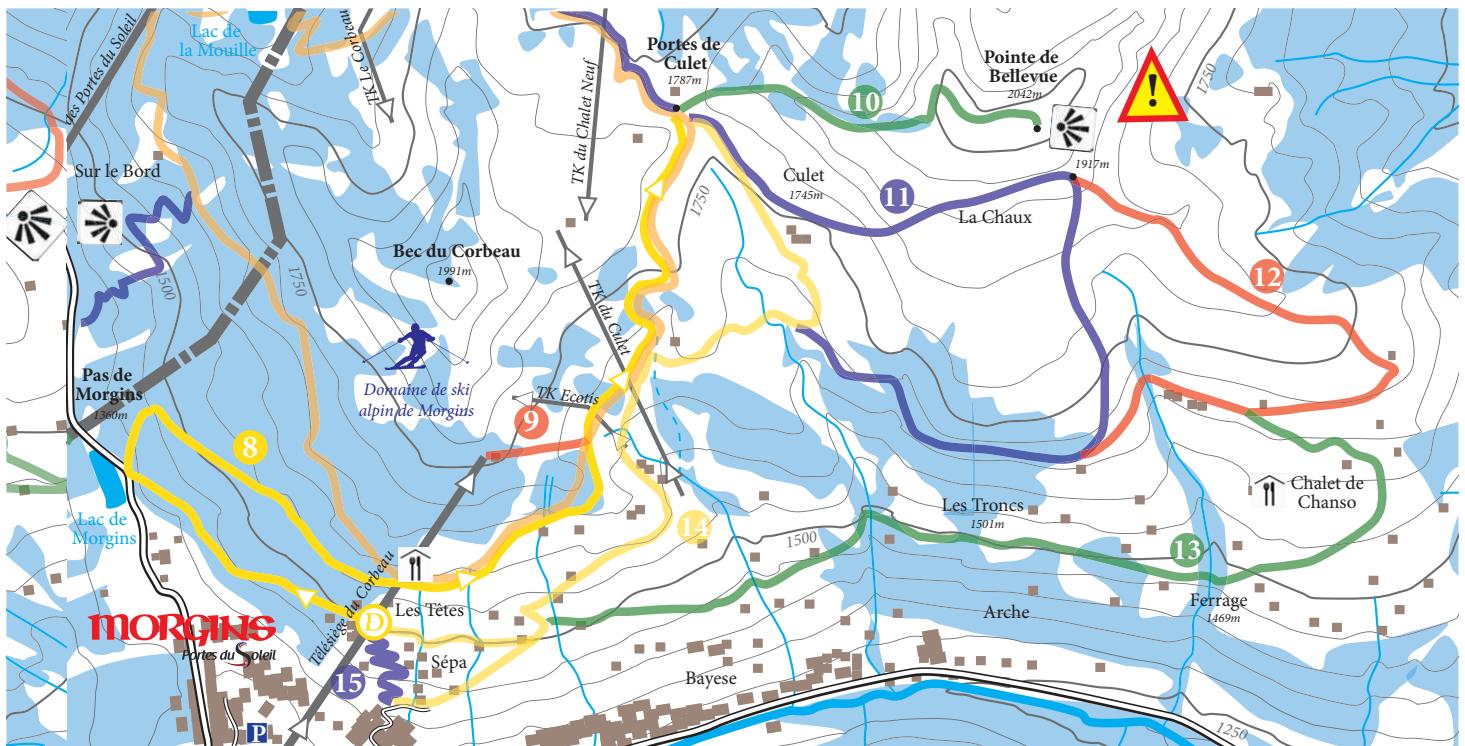
Itinerary This route is a shortcut back from route n°4 to return to Madzé pass. The green route markers are not numbered.



8 Morgins

Place des Têtes Portes de Culet

Liaison with Châtel - France



D Starting point Place des Têtes



⌚ Time 3hr30

▲ Ascent 420 m

▲ Difficulty level Easy (moderately difficult over the last kilometer)

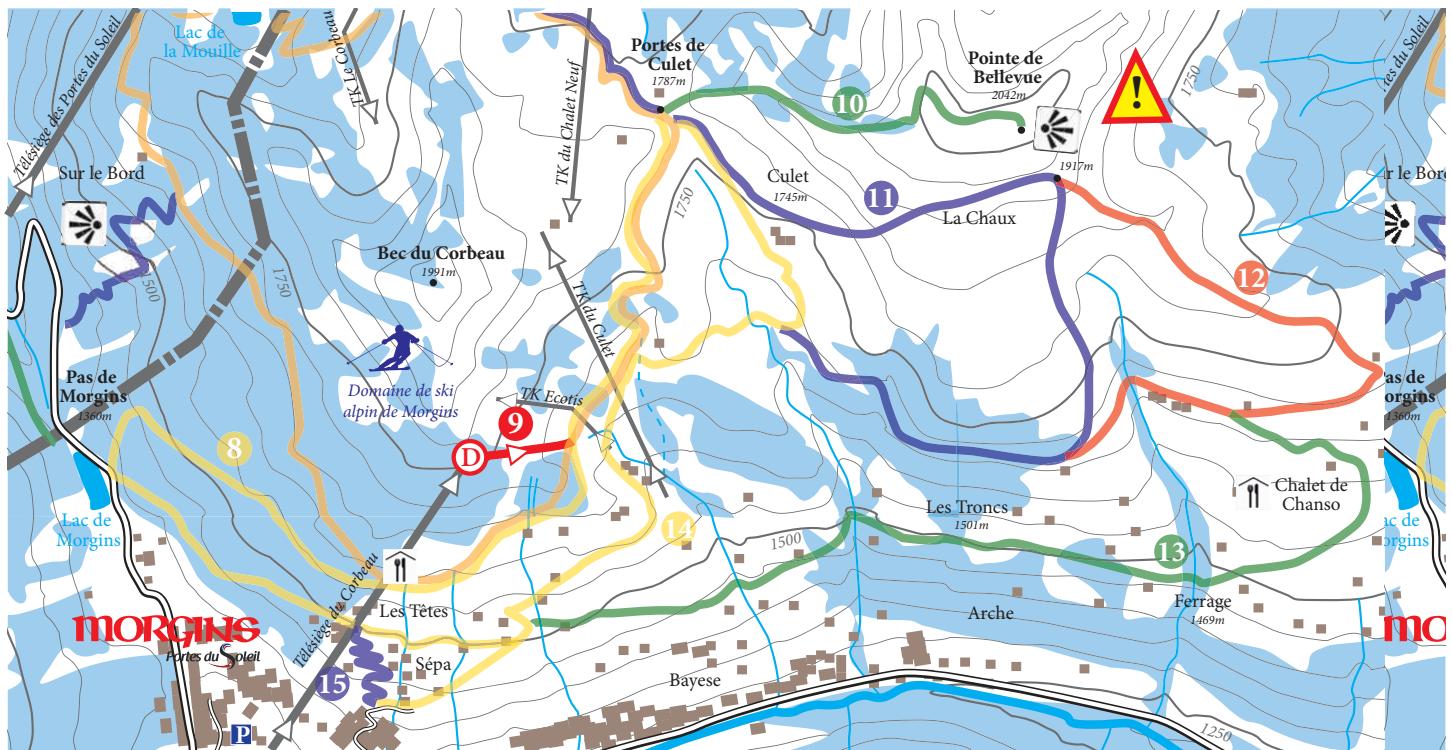
Itinerary From Têtes square (Place des Têtes), stroll through the woods to Corbeau restaurant. Go a little further and you will reach Portes de Culet where you can see Mont-Blanc on one side and Lake Geneva on the other... From this pass, you can join the Châtel snowshoe trails by following Chalet Neuf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



D Starting point Corbeau chairlift



⌚ Time 1hr30

▲ Ascent 40 m

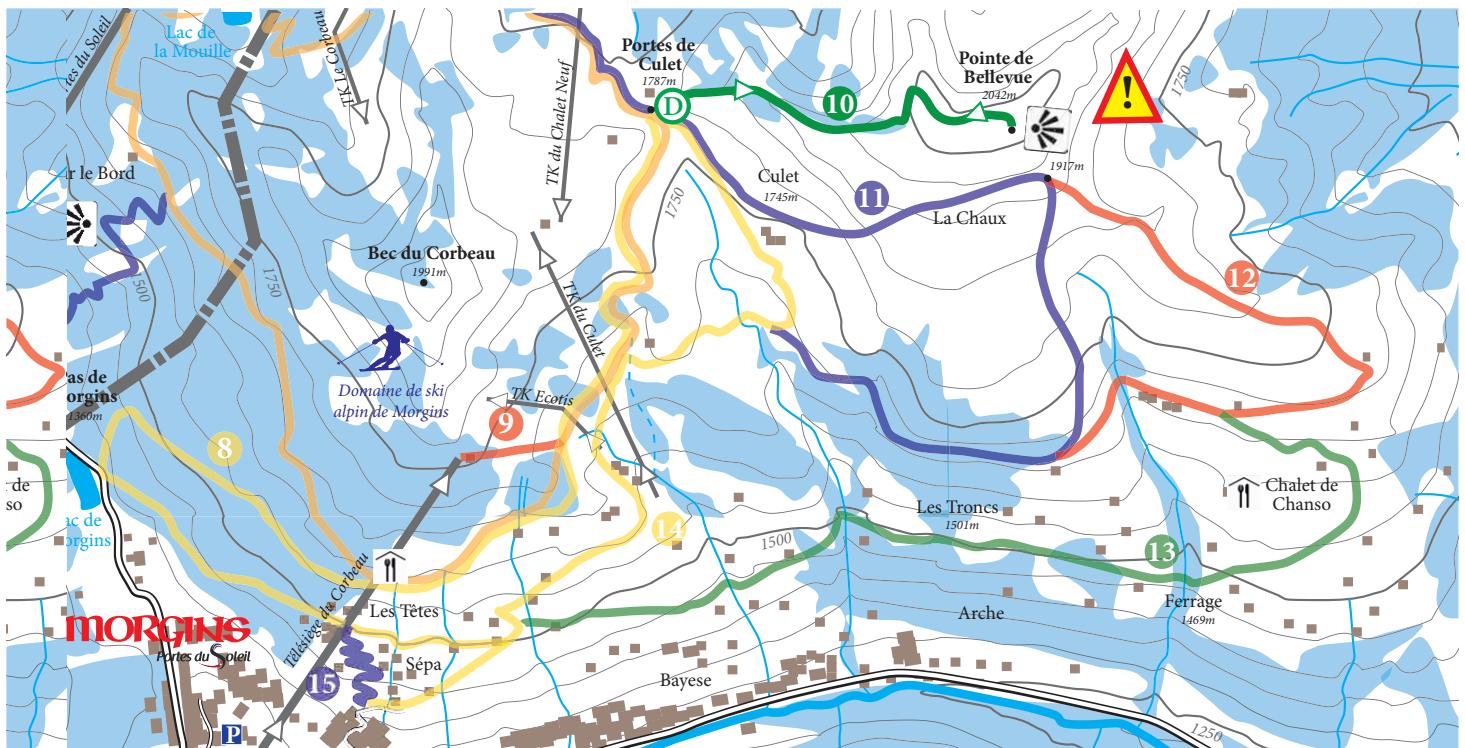
⛰ Difficulty level Easy (moderately difficult over the last

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.



10 Morgins

Portes de Culet Bellevue



(D) Starting point Portes de Culet



⌚ Time 2hr

▲ Ascent 250 m

▲ Difficulty level Difficult

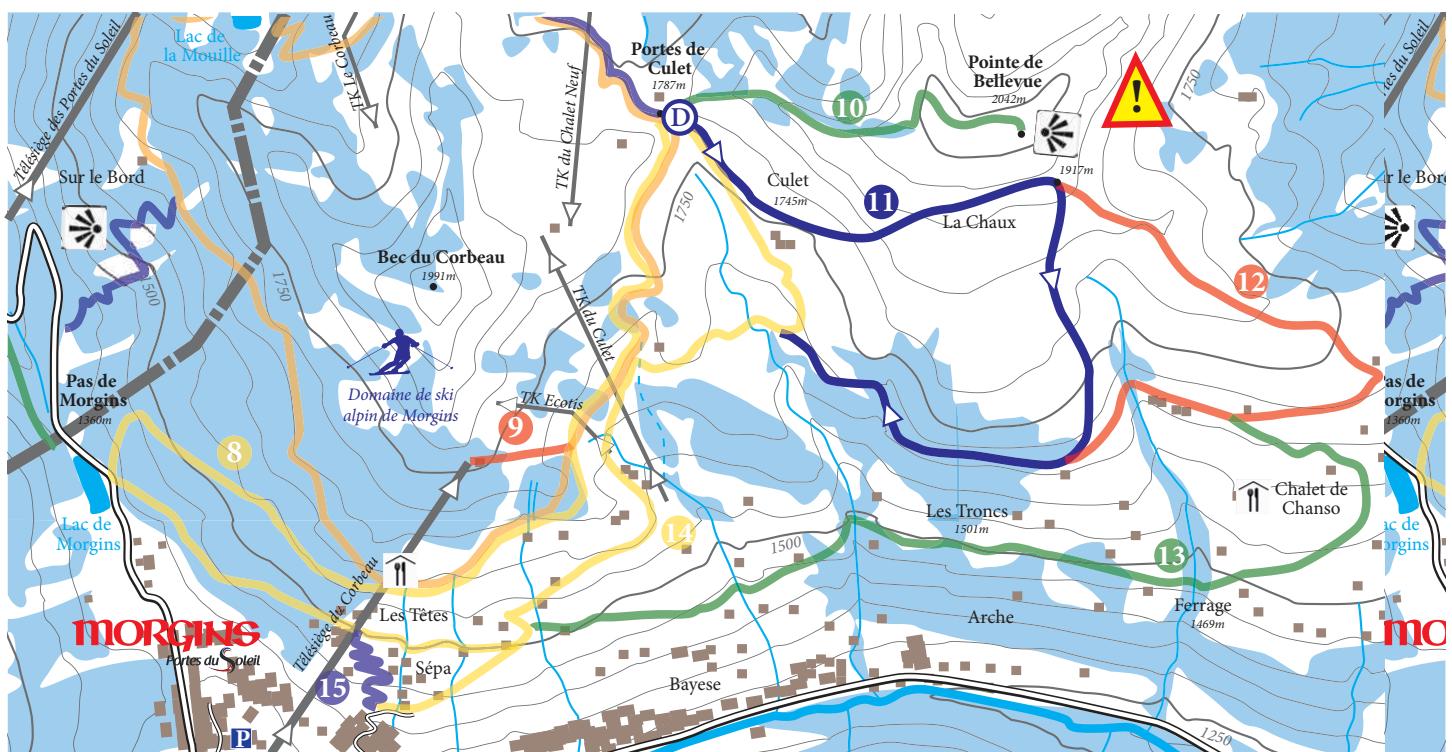
Itinerary From the col (pass), you can see the green route markers on the ridge. Remember to stay on the ridge and just above the route markers. There's a superb 360° view over the Jura Mountains, Lake Geneva, the Vaudois Alps, the Rhone plain, the Cervin, Grand Combin, Dents du Midi, Dents Blanches, Mont-Blanc and part of the Portes du Soleil ski area.

For safety reasons, return home by the same route.

Precautions: Before setting out, find out about snow conditions and whether 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.

11 Morgins

Portes de Culet La Chaux/Tovares



(D) Starting point Portes de Culet



⌚ Time 1hr30

▲ Ascent 60 m

⛰ Difficulty level Moderately hard as far as La Chaux, easy

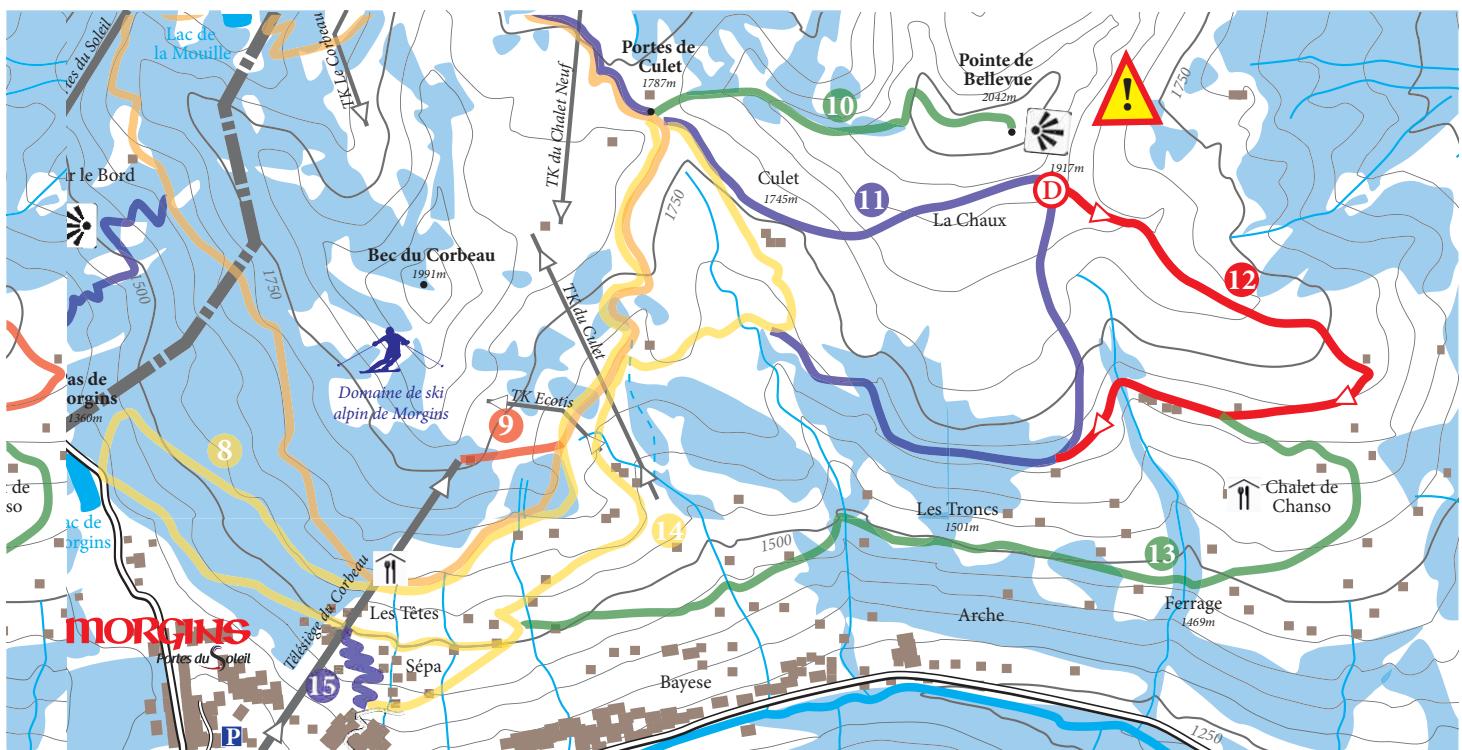


Itinerary Over approximately 250 meters, follow the directions detailed in route n°14 heading towards the Dents du Midi. Carry on to your left along the Culet meadow (alpage). Head up onto the flat area at La Chaux below the Pointe de Bellevue. At La Chaux

crossroads, the path (on the right) will lead you into a little comb and then into the Tovares woods.

12 Morgins

La Chaux Chanso



D Starting point la Chaux



⌚ Time 1hr15

▲ Ascent 10 m

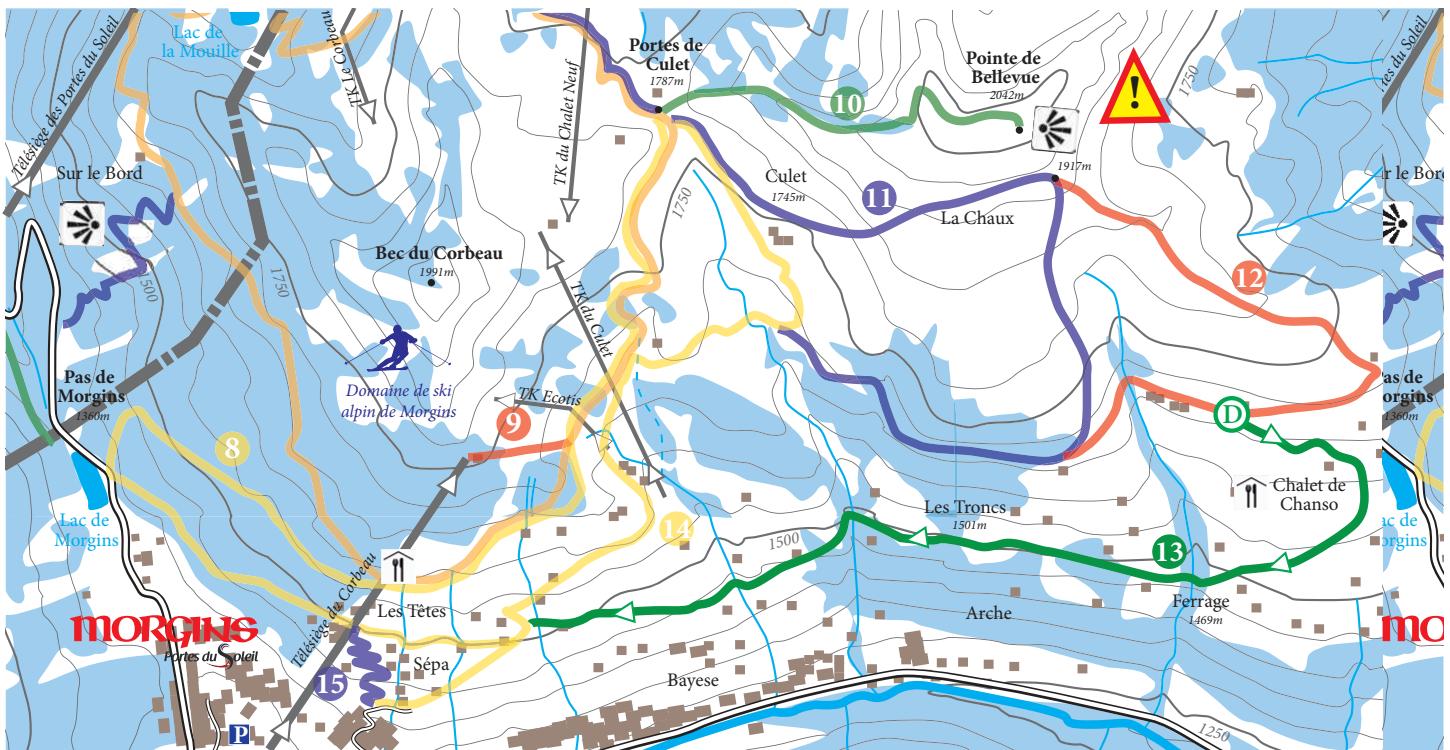
▲ Difficulty level Easy

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.

13 Morgins

Chanso / Ferrage Sépa



(D) Starting point Below Chanso meadows (alpage)



⌚ 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.

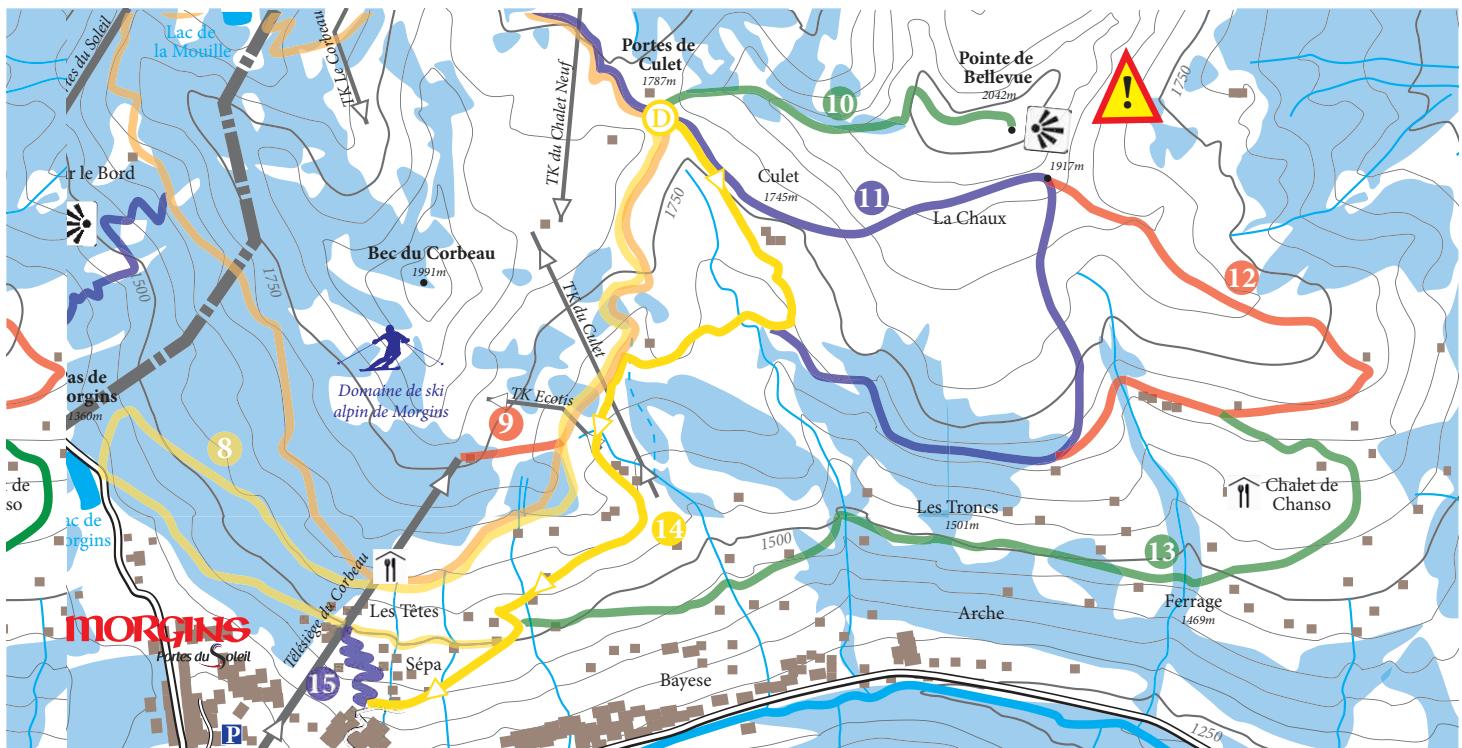
Note to walkers: 100 meters after the covered bridge, the path rises steeply for around 20m.



14

Morgins

Portes de Culet Morgins



(D) Starting point Portes de Culet



⌚ Time 2h

▲ Ascent 460 m

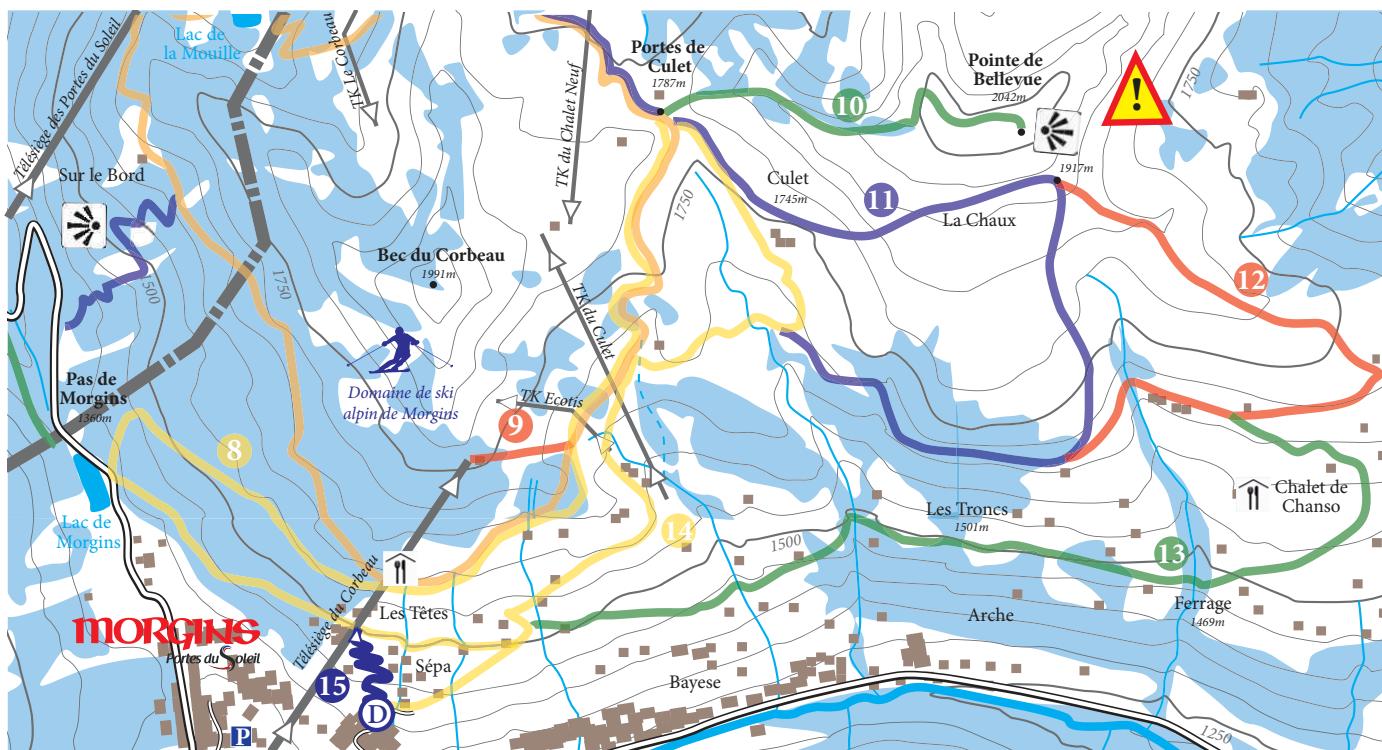
▲ Difficulty level Easy

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 Ecottis 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.

15 Morgins

Karmazin Parc des Têtes



 **Starting point** Karmazin

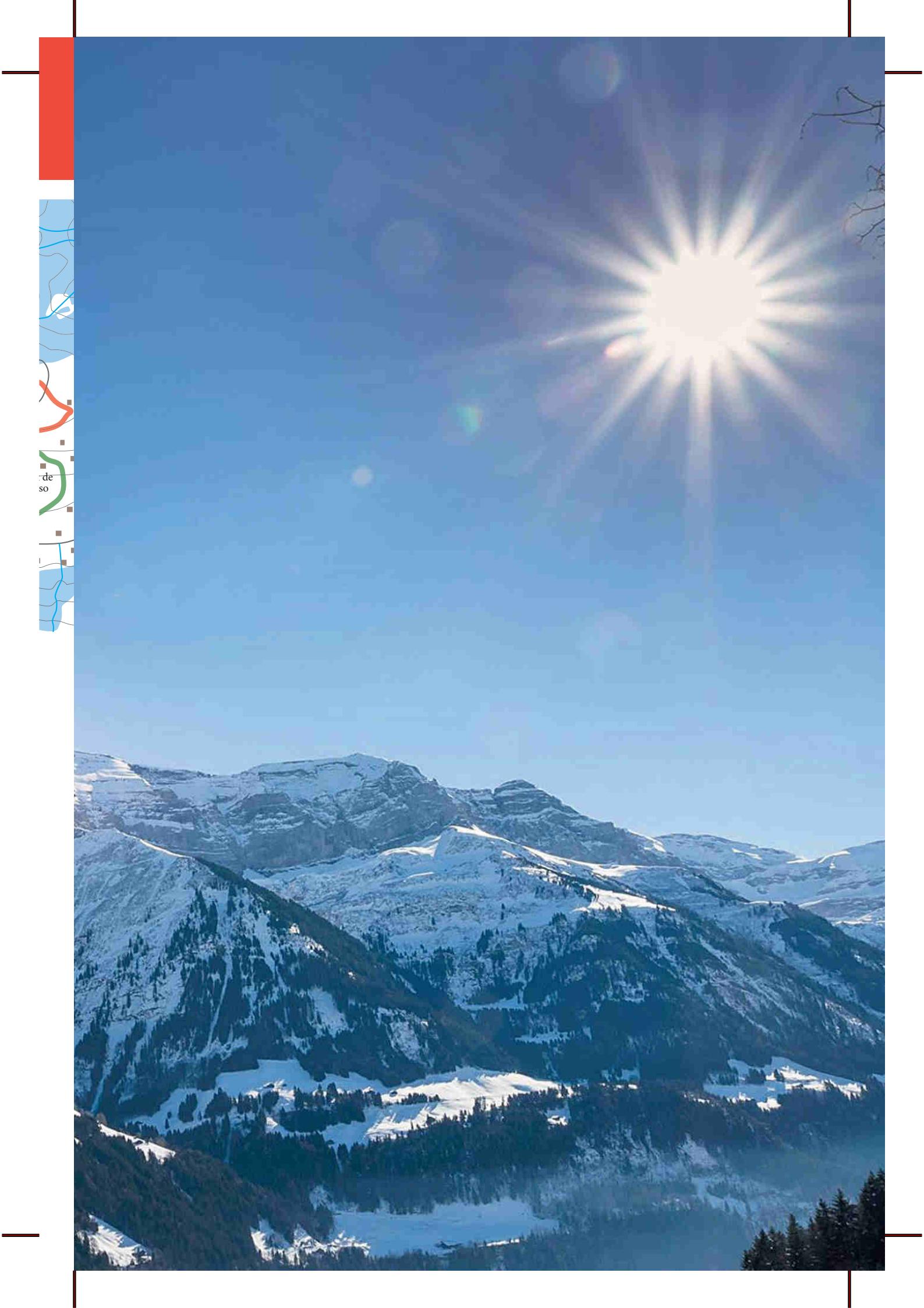


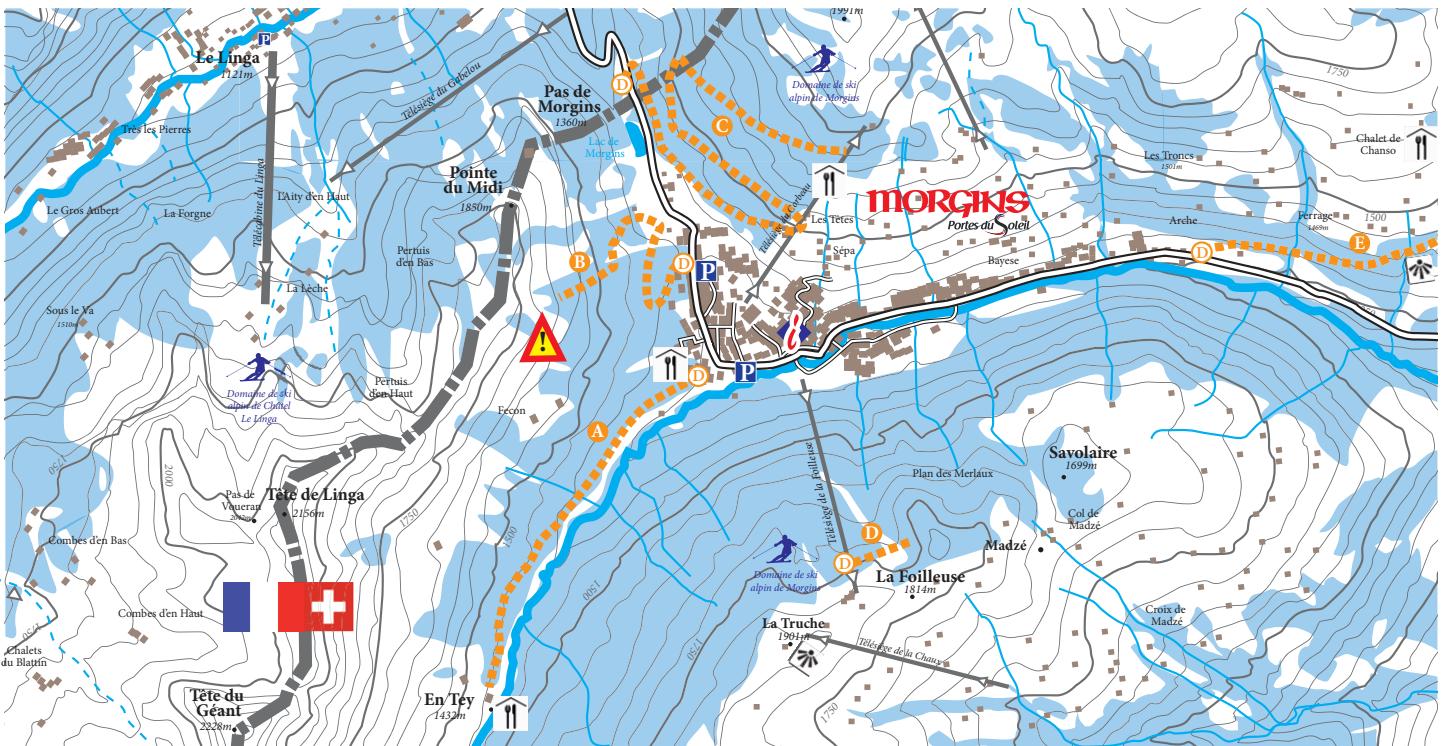
 **Time** 30 minutes

 **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.





A - Chemin de They



You reach They Valley by the path behind Résidence du 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 telephone: + 41 24 477 48 45.

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 telephone: + 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 your 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 rises 100m, the path affords views of the Dents du Midi and Dents Blanches peaks and the Vaudois Alps. To reach the starting point of this trail, take the ski bus from the village center.

Notes



L'ESPACE DE SKI NORDIQUE

Accès avec forfait :

- Piste verte - facile
- Piste bleue - moyen
- Piste rouge - difficile
- Piste noire - très difficile

Remontées mécaniques accessibles aux piétons : **Télésièges et télécabines**

Libre accès :

Itinéraire nordique
(ski de fond, piétons, raquettes)

Sentier Piétonnier

-  **Foyer nordique**
-  **Arrêt navette Columbus**
-  **Office de Tourisme**
-  **Parking**
-  **Toilettes publiques**
-  **Poste de secours**

-  **Biathlon**
-  **Espace luge**
-  **Chiens de traîneau**
-  **Calèches**
-  **Zone d'initiation**
-  **Zone ludique**

- 1** Lac des Plagnes
- 2** Richebourg
- 3** Boucle des
- 4** Boucle de
- 4b** Boucle d'ir
- 5** Boucle de
- 6** Boucle du

eNordique

Vallée d'Abondance



SECOURS - SERVICES DES PISTES

Abondance 04 50 73 10 62

La Chapelle 04 50 73 53 40

Châtel 04 50 73 35 99

SECOURS INTERNATIONAUX 112

PLANISPHERE - 26160 Rochefort-en-Valdaine - décembre 2007
Mise à jour 2CVA octobre 2014

Lac des Plagnes (Plan au dos)

| | |
|------------------------|--------|
| Richebourg | 5 km |
| Boucle des Plagnes | 3 km |
| Boucle de la Fruitière | 1,8 km |
| Boucle d'initiation | 1 km |
| Boucle de la Panthiaz | 2,3 km |
| Boucle du Moulin | 4,3 km |

- 7 Grand Circuit 9 km
- 8 Corne Noire 2,4 km
- 9 Le Moulaz 1,9 km
- 10 Les Rebattes 2 km
- 11 Bois de Lune 1,8 km
- 12 Boucle de Vonnex 1,2 km
- 13 Boucle de Super-Châtel* 2 km

* : accès par télécabine payante



**This guide is a joint project involving the inter-municipality (2CVA),
Abondance valley's tourist offices and Morgins.**



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