

TO SEE ON THE WAY...



✓ scenery:

Mont Ouzon, Pointe de Nyon, Lake Jotty and lots of villages: La Baume, La Forclaz, Seytroux...



✓ flora:

The route winds nicely through Alpine woodland.

✓ culture:

The Vallée d'Aulps Visitors' Centre has many fascinating features, including the majestic ruins of Aulps Abbey, a medicinal plants garden and medieval vegetable patch. The 3-hectare estate is open to visitors all year.



A little history...


The Chablais farm: such buildings comprised a lower floor made of local stone (housing people and animals separately), covered by a wooden barn which was used to store hay. Nearby, a "grenier" (grain store) was a very solid construction used to put valuable belongings.




USEFUL INFORMATION

This route follows a suggested itinerary which participants undertake at their own risk.

Before you go:


 Check the weather forecast because storms happen frequently in the mountains.
Tel. Chamonix weather station: +33 (0)8 92 68 02 74


 Let someone know where you are going.
Avoid walking alone. **EMERGENCY NUMBER: 112**

 Take water and food, warm and waterproof clothing, suitable shoes and a map showing footpaths.

During the ride:

To ensure you enjoy your walk or ride to the full, in complete safety and with total peace of mind, please observe the following guidelines:

 Please be mindful of the Alpine meadows and private property. Please remember to close gates behind you and try not to disturb cattle or wild animals!
Dogs should be kept on a lead.

 Out of respect for the beautiful surroundings, please stay on marked routes and take your litter home with you.





ABC Sports

Location de VTT
au pied de la télécabine
de Super Morzine
Tél. : 04 50 38 35 71

For more walks or to contact the Vallée d'Aulps Tourist Office, telephone: + 33 (0)4 50 79 65 09
info@valleedaulps.com - www.valleedaulps.com



Hamlets and villages tour



Difficulty level: easy (red signposts)



Duration: 2hrs30



Altitude change: 260 m



Weather guide: suitable any time



Starting point: Tassonière bridge, near Seytroux



Signposts: PDIPR approved



MTB signposts



Map: Portes du Soleil MTB handbook

MTB in Vallée d'Aulps



Hamlets and villages tour



Directions ...



Starting point: Tassonnère bridge

➡ From Saint Jean d'Aulps to Seytroux:

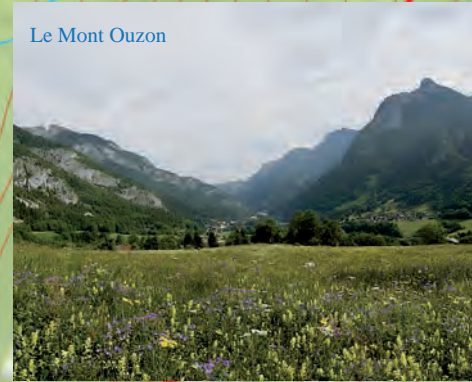
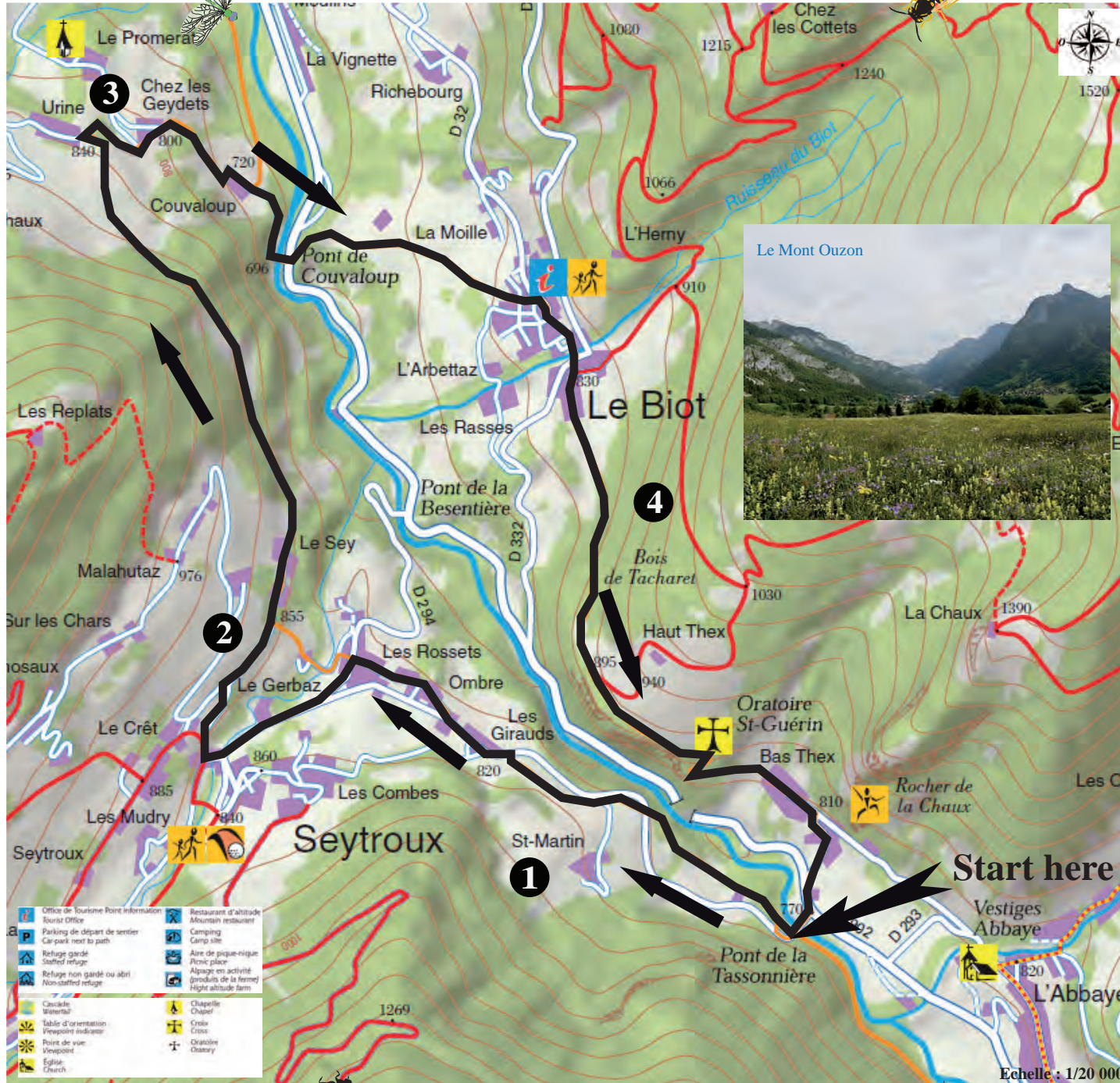
- ➊ From La Tassonnère bridge, head to Seytroux and turn right onto the road that runs along the river ("la Dranse") and through the hamlets of Les Girauds and Ombre. You will see many traditional mountain chalets there.
- ➋ Ride towards the minigolf centre in Seytroux and carry on to Le Sey.

➡ From Seytroux to Le Biot:

- ➌ On the outskirts of Le Sey, the lane becomes a forest track. Once through the forest, there's a lovely view for riders of La Baume church, Jotty lake and Mont Ouzon. The route continues downhill to La Baume via Les Geydets, through Couvaloup, before crossing the river at Couvaloup bridge. Keep going until you reach Le Biot.

➡ From Le Biot to Saint Jean d'Aulps:

- ➍ Ride through Le Biot village and out the other side past Les Cottets hamlet. The route to Jean d'Aulps continues past an oratory and uphill through woods. After a few sharp bends on the downhill section, you will come across Saint-Guérin's oratory on your left. Continue walking to Bas Thex hamlet and down to the bridge at La Tassonnère.



Office de Tourisme Point information Tourist Office	Restaurant d'altitude Mountain restaurant
Parking de départ de sentier Car park / start of path	Camping Camping site
Refuge gardé Staffed refuge	Aire de pique-nique Picnic place
Refuge non gardé ou abri Non-staffed refuge	Alpage en activité products de la ferme High altitude farm
Cascades Waterfalls	Chapelles Chapel
Table d'orientation Viewpoint indicator	Croix Cross
Point de vue Viewpoint	Oratoire Oratory
Eglise Church	

