

TO SEE ON THE WAY...



✓ scenery:

The summits of the Vallée d'Aulps: Nantaux, Le Roc d'Enfer... as majestic as they are commanding!



✓ flora:

The forest tracks wind nicely through lush green meadows. At Les Profanfas, walkers will find a pretty high-altitude clearing with an abundance of wild flowers...

✓ fauna:

With a bit of luck, you might chance upon wild chamois deer.



What's in a name?

Les Mouilles: a local expression indicating a damp or boggy area.



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 walk:

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.



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



Seytroux's summits: a grand tour



Difficulty level: hard



Duration: 4hrs30



Altitude change: 700 m



Weather guide: in very fine weather only



Starting point: Les Culées car park, in Seytroux



Signposts: PDIPR approved



Map: IGN TOP 25, 3528 ET, Morzine

Walks in Vallée d'Aulps



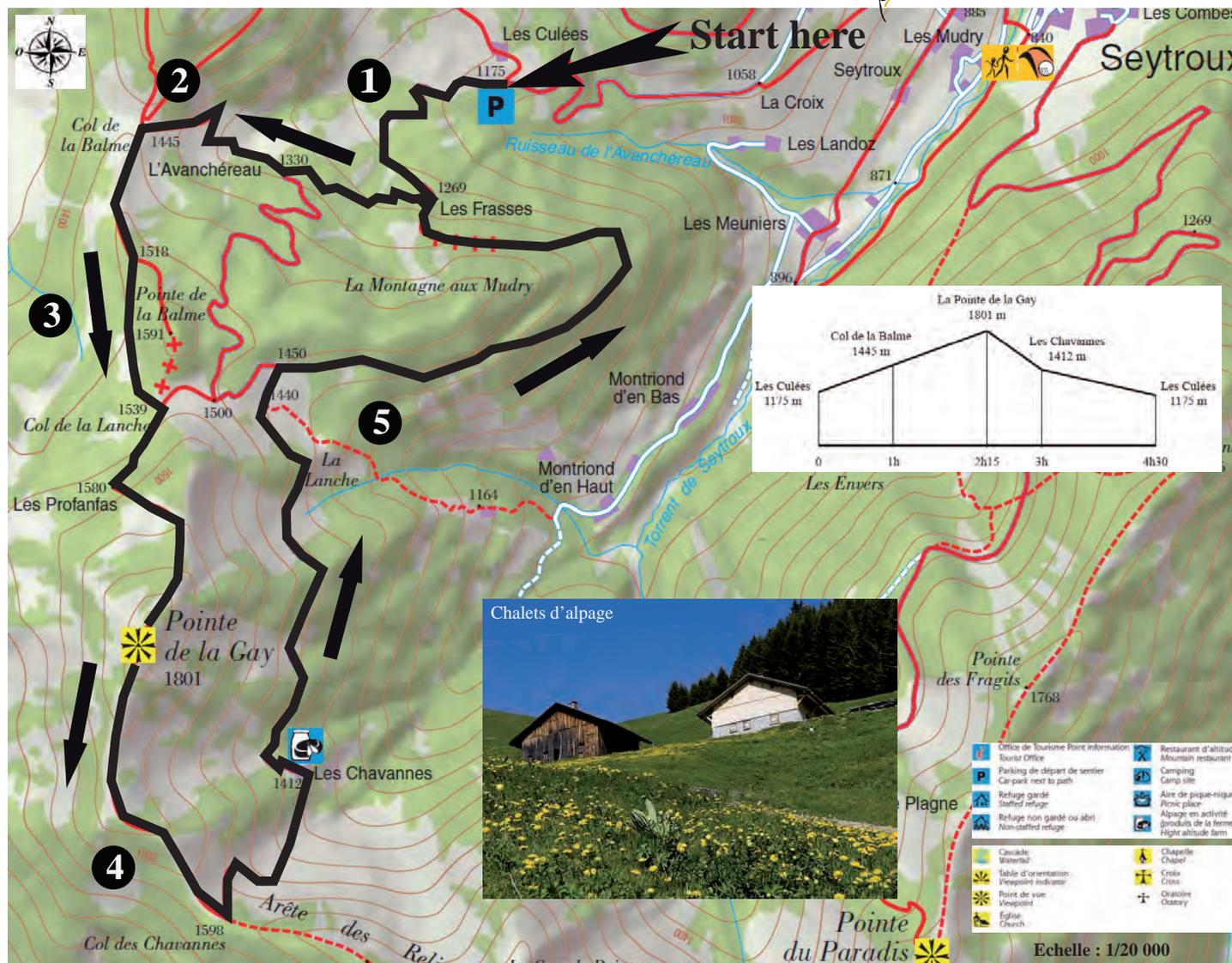


Seytroux's summits: a grand tour

Directions ...



Starting point: Les Culées car park



- Take the track signposted col de la Balme as far as L'Avanchéreau.
- Continue to the right towards col de la Balme (1445 m), taking the little wood pontoon which keeps your feet dry above the boggy "mouilles".
- At col de la Balme, take the forest track (towards La Pointe de la Gay), pass Les Profanfas and follow the ridge leading to the summit of la Pointe de la Gay (1801 m). Take a moment to admire the 360° view with Mont-Blanc in the distance behind le Roc d'Enfer.
- Go along the ridge to col des Chavannes (1598 m) before heading down to the chalets at Chavannes meadows.
- Take the forest track towards Les Culées, then once you reach the signpost marked "altitude 1450 m", turn right towards les Culées through the forest to return to your starting point.