

### Routes - Les Carroz

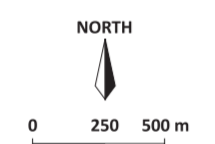


- 1 Route n°1 : Tour du Mont Favv**
  - 3 km / 121 m uphill
  - start: sports centre car park
  - short route suitable for beginners
  - goes through Cils forest
  - Mont Favv view point and geology information panel
- 2 Route n°2 : Pierre à Laya loop**
  - 5.4 km / 202 m uphill
  - Start: sports centre car park
  - very little height gain – suitable for children
  - Explore the old village of Arâches
  - The legend of the "Pierre à Laya"
  - interesting local flora (plant trail)
  - Aravis balcony overlooking the Arve valley
- 3 Route n°3 : La "Pestaz" loop**
  - 4 km / 242 m uphill
  - start: "Pestaz" car park (near the gondola lift)
  - forest setting
  - explore the hamlet of "Les Lanches d'en Bas"
  - fun sections (stream crossings)
- 4 Route n°4 : Airon Lake**
  - 10 km / 223 m uphill
  - start: "Kédeusaz" gondola lift car park
  - take "Kédeusaz" gondola lift (subject to opening times)
  - Airon farm and fishing lakes (cheese for sale)
  - ride across the village via the mountain ridges (360° panorama)
  - Can link to Flaine, Samoëns, Morillon and Agy
- 5 Route n°5 : Airon lake**
  - 15 km / 606 m uphill
  - start: "Kédeusaz" gondola lift car park
  - highly technical/demanding route for experienced mountain bikers
  - Airon farm and fishing lake (cheese for sale)
  - explore 2 lakes (l'Airon and Vernant)
  - takes you via resort's highest point (Tête du Prê des Saix – 2,100m.)
  - can link to Flaine, Samoëns, Morillon and Agy

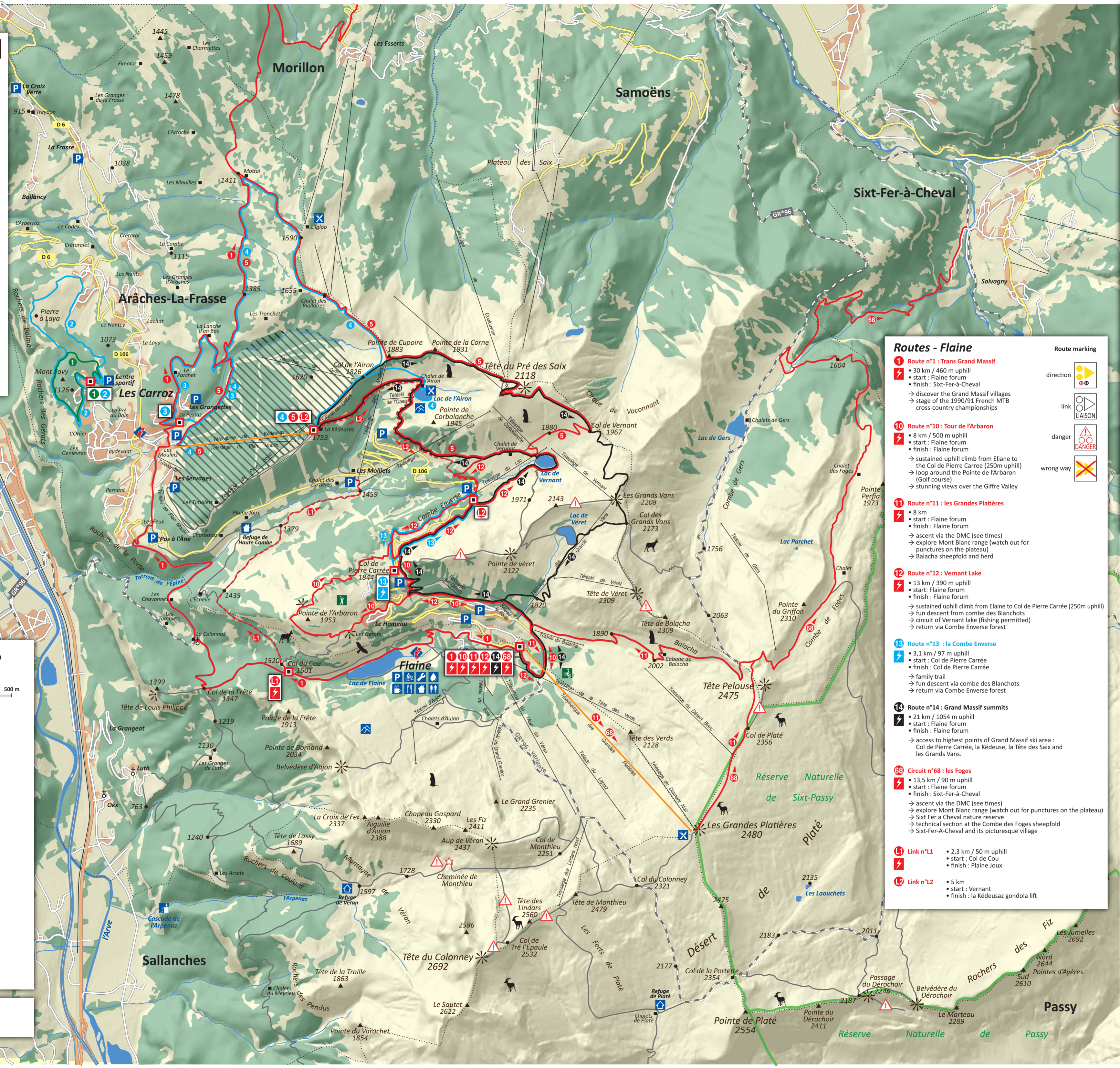
- ### Key
- Green route: easy
  - Blue route: intermediary
  - Red route: difficult
  - Black route: very difficult
  - Start
  - Bike park (Les Carroz)
  - VTTAE (electrical assistance)
  - Ski lift open in summer
  - Ski lift
  - Nature Reserve Boundary

- ### Facilities and stopover
- Tourist Office
  - Car park
  - High mountain restaurant
  - Mountain stopover gîte
  - Manned mountain hut (in summer only)
- ### Leisure activities
- Golf
  - Horse riding
  - Trial zone (Flaine)

- ### Natural feature
- Panoramic view
  - Waterfall
  - Mountain pasture
  - Marmots
  - Birds of prey
  - Ibex
  - Chamois
  - Church or chapel



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### Routes - Flaine

- 1 Route n°1 : Trans Grand Massif**
  - 30 km / 460 m uphill
  - start: Flaine forum
  - finish: Sixt-Fer-à-Cheval
  - discover the Grand Massif villages
  - stage of the 1990/91 French MTB cross-country championships
- 10 Route n°10 : Tour de l'Arbaron**
  - 8 km / 500 m uphill
  - start: Flaine forum
  - finish: Flaine forum
  - sustained uphill climb from Eliane to the Col de Pierre Carrée (250m uphill)
  - loop around the Pointe de l'Arbaron (Golf course)
  - stunning views over the Giffre Valley
- 11 Route n°11 : les Grandes Platières**
  - 8 km
  - start: Flaine forum
  - finish: Flaine forum
  - ascent via the DMC (see times)
  - explore Mont Blanc range (watch out for punctures on the plateau)
  - Balacha sheepfold and herd
- 12 Route n°12 : Vernant Lake**
  - 13 km / 390 m uphill
  - start: Flaine forum
  - finish: Flaine forum
  - sustained uphill climb from Elaine to Col de Pierre Carrée (250m uphill)
  - fun descent from combe des Blanchots
  - circuit of Vernant lake (fishing permitted)
  - return via Combe Enverse forest
- 13 Route n°13 : la Combe Enverse**
  - 3.1 km / 97 m uphill
  - start: Col de Pierre Carrée
  - finish: Col de Pierre Carrée
  - family trail
  - fun descent via combe des Blanchots
  - return via Combe Enverse forest
- 14 Route n°14 : Grand Massif summits**
  - 21 km / 1054 m uphill
  - start: Flaine forum
  - finish: Flaine forum
  - access to highest points of Grand Massif ski area : Col de Pierre Carrée, la Kédeuse, la Tête des Saix and les Grands Vans.
- 68 Circuit n°68 : les Foges**
  - 13.5 km / 90 m uphill
  - start: Flaine forum
  - finish: Sixt-Fer-à-Cheval
  - ascent via the DMC (see times)
  - explore Mont Blanc range (watch out for punctures on the plateau)
  - Sixt Fer à Cheval nature reserve
  - technical section at the Combe des Foges sheepfold
  - Sixt-Fer-à-Cheval and its picturesque village
- 11 Link n°11**
  - 2.3 km / 50 m uphill
  - start: Col de Cou
  - finish: Plaine Joux
- 12 Link n°12**
  - 5 km
  - start: Vernant
  - finish: la Kédeusaz gondola lift

- ### Route marking
- direction
  - link
  - danger
  - wrong way

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- ### Things to remember
- Be safe – wear a helmet
  - Walkers have priority – please follow the rules
  - Respect the environment – take litter home with you
  - Don't stray from the marked trails
  - The commune will not be liable for any improper use of the trails or acts of carelessness by users
  - Emergency numbers: 18 or 112 (from a mobile)
- The natural environment: respect = protect**
- Straying from the marked downhill trails damages fauna and the natural environment: destroys ground-nesting bird sites, creates gullies and exposes roots and trees. Anyone found breaking these rules will be fined by the O.N.F. (Office National des Forêts) or the Police Municipale.
- To protect the natural environment and resident wildlife:
- Do not stray from the marked trails and paths
  - Keep away from any sensitive zones indicated on the ground or the maps
  - Don't leave any litter!
  - Dogs are to be kept on a lead

www.siflaine.com/sentiersVTT

www.lescarrroz.com

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