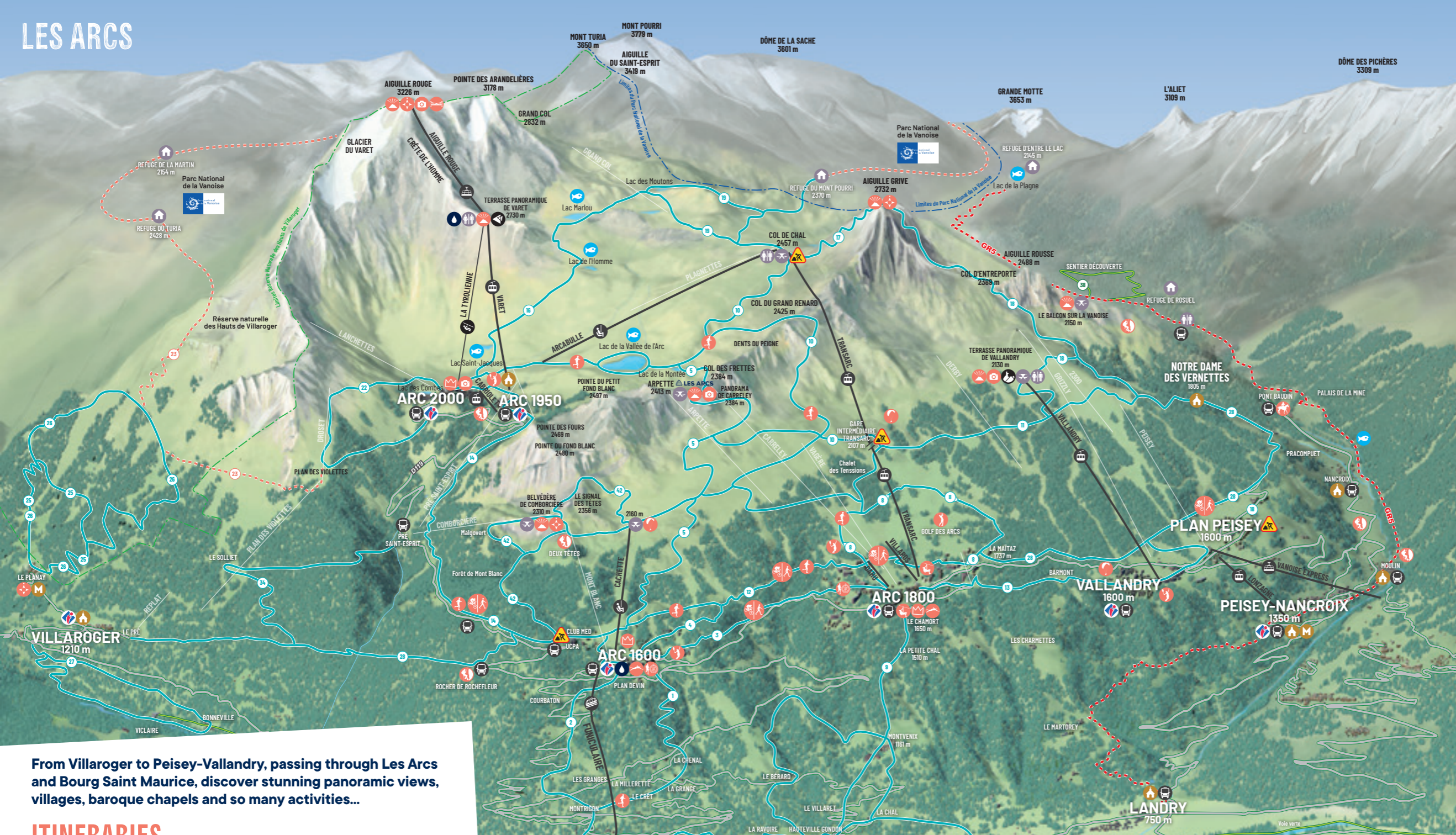


HIKES AND OUTDOOR ACTIVITIES

2023



From Villaroger to Peisey-Vallandry, passing through Les Arcs and Bourg Saint Maurice, discover stunning panoramic views, villages, baroque chapels and so many activities...

ITINERARIES

AROUND ARC 1600

- Arc 1600 > Bourg Saint Maurice
- 1 Via Plan Devin ⌚ 1h30 🏔️ 800 m / 1600 m
- Arc 1600 > Bourg Saint Maurice
- 2 Via Courbaton ⌚ 1h30 🏔️ 782 m / 1582 m
- Arc 1600 <-> Arc 1800
- 3 Via Chemin de Bellecôte ⌚ 45 min 🏔️ 1617 m / 1720 m
- Arc 1600 <-> Arc 1800
- 4 Via Chemin des Espagnols ⌚ 1h 🏔️ 1617 m / 1720 m
- Chemin du Canal
- 16 Arc 1950 / Arc 2000 ⌚ 2h 🏔️ 2150 m / 1617 m

AUTOUR D'ARC 1800

- Arc 1600 <-> Arc 1800
- 3 Via Chemin de Bellecôte ⌚ 45 min 🏔️ 1617 m / 1720 m
- Arc 1600 <-> Arc 1800
- 4 Via Chemin des Espagnols ⌚ 1h 🏔️ 1617 m / 1720 m
- Tour du Golf
- 8 ⌚ 1h40 🏔️ 1720 m / 2000 m
- Arc 1800 > Hauteville Gondon
- 9 Via Montvenix, Villaret and La Chal ⌚ 1h30 🏔️ 1650 m / 849 m
- 9 Via Le Béard ⌚ 2h 🏔️ 1650 m / 849 m
- Col du Grand Renard
- 10 🏔️ Transarc 1 ⌚ 1h 🏔️ 1720 m / 2425 m
- Arc 1800 <-> Notre Dame des Vernettes
- 18 Via Barmont ⌚ 2h 🏔️ 1740 m / 1805 m
- 20 Via Chemin des Espagnols ⌚ 2h 🏔️ 1610 m / 1805 m

AROUND 1950 AND 2000

- Col du Grand Renard
- 10 Arc 2000 ⌚ 1h50 🏔️ 2150 m / 2425 m
- Chemin du Canal
- 14 Arc 1950 / Arc 2000 ⌚ 2h 🏔️ 2150 m / 1617 m
- Tour du Droset
- 22 Arc 2000 ⌚ 1h30 🏔️ 2140 m / 2300 m
- 22 Arc 1600 Villaroger ⌚ 2h 🏔️ 1600 m / 1210 m

AROUND VILLAROGER

- Villaroger > Le Planay
- 25 ⌚ 1h45 🏔️ 1200 m / 1530 m
- Villaroger > Les sentiers des Hauts de Villaroger
- 26 ⌚ 3h45 🏔️ 1200 m / 1900 m
- Villaroger > Les rives de l'Isère
- 27 ⌚ 1h30 🏔️ 900 m / 1080 m
- Le Solliet > Villaroger
- 34 Pré-Saint-Esprit ⌚ 4h 🏔️ 1828 m / 1200 m



MORE INFO

MOUNTAIN LAKES & VIEWPOINTS

Make the most of the family-friendly areas equipped with picnic tables and deck chairs to discover breath-taking panoramic views over the valley and feel the refreshing alpine breeze...

- Col des Frettes
- 5 Arc 1600 ⌚ 2h10 🏔️ 1617 m / 2384 m
- 5 🏔️ Top of Cachette ⌚ 60 min 🏔️ 2160 m / 2384 m
- Sentier des Lacs
- 16 Arc 2000 ⌚ 2h 🏔️ 2150 m / 2500 m
- Aiguille Grive
- 17 🏔️ Top of Transarc and Arcabulle ⌚ 40 min 🏔️ 2457 m / 2732 m
- Sentier du lac de la vallée de l'Arc and Col des Frettes
- 17 ⌚ 1h30 🏔️ 2100 m / 2384 m
- Signal des Têtes
- 42 🏔️ Top of Cachette ⌚ 1h 🏔️ 2170 m / 2385 m
- 42 Arc 1600 ⌚ 2h10 🏔️ 1617 m / 2385 m

PANORAMIC VIEWS

- The Comborcière Terrace 🏔️ 2310 m
- The Carreley Panoramic Terrace 2384 m
- Varet and Aiguille Rouge Panoramic Terraces 🏔️ 2730 m
- The Vallandry Panoramic Terrace 🏔️ 2130 m

HIKES WITH OVERNIGHT STAY IN A REFUGE

Hiking routes to explore the many refuges, lakes and waterfalls in the Vanoise National Park. Enjoy the view over the Mont Blanc, the Grées and Beaufortain ranges and the Vanoise and Rutor glaciers.

- Refuge du Mont Pourri - Les Arcs
- 10 🏔️ Top of Transarc and Arcabulle
- 10 ⌚ 1h30 🏔️ 1800 m / 2374 m
- 10 🏔️ Arc 2000 ⌚ 3h15 🏔️ 2150 m / 2374 m

MONT POURRI CIRCUIT (3 JOURS)

- An IGN map is recommended
- Arc 2000 > Refuge du Mont Pourri > Refuge Entre Le Lac
- 10 ⌚ 4h50 🏔️ 2150 m / 2374 m / 2145 m
- Refuge Entre Le Lac > Col de la Sachette > Refuge de la Martin
- 10 ⌚ 5h 🏔️ 2145 m / 2713 m / 2154 m
- Refuge de la Martin > Refuge de Turia
- 22 Par la Gurrax ⌚ 3h10 🏔️ 2154 m / 2428 m
- Refuge de Turia > Arc 2000
- 22 Par la Réserve de Villaroger ⌚ 3h20 🏔️ 2428 m / 2150 m

AIGUILLE ROUGE AND ZIP LINE

The famous Aiguille Rouge for an unforgettable experience.

- Panoramic terrace.
- Eco-friendly altitude café.
- Illuminated Murals on the 4 seasons.
- A thrilling zip line to whizz through the air at over 130 km/h.

ACCESS

Summer season
Access to lifts from 08/07 to 02/09
Cachette⁽²⁾, Transarc 1⁽¹⁾, Transarc 2, Villards, Dahu, Cabriolet, Arcabulle, Varet, Aiguille Rouge, Vallandry⁽¹⁾, Lonznagne⁽¹⁾, Vanoise Express

⁽¹⁾ EARLY OPENING from 01/07 to 07/07.
⁽²⁾ Open from 17/06 to 09/09.



HERO
LES ARCS

lesarcs.com



ACCESS

Funiculaire offert*
Bourg Saint Maurice <-> Arc 1600

17-18/06 • 24-25/06 • 01/07 au 02/09
⌚ 8.30 am à 7.30 pm
* Piétons et parapentistes

Free resort shuttle busses
Inter-stations 08/07 to 02/09
Arc 1600 <-> Arcs 1950/2000 Arc 1600 <-> Arc 1800

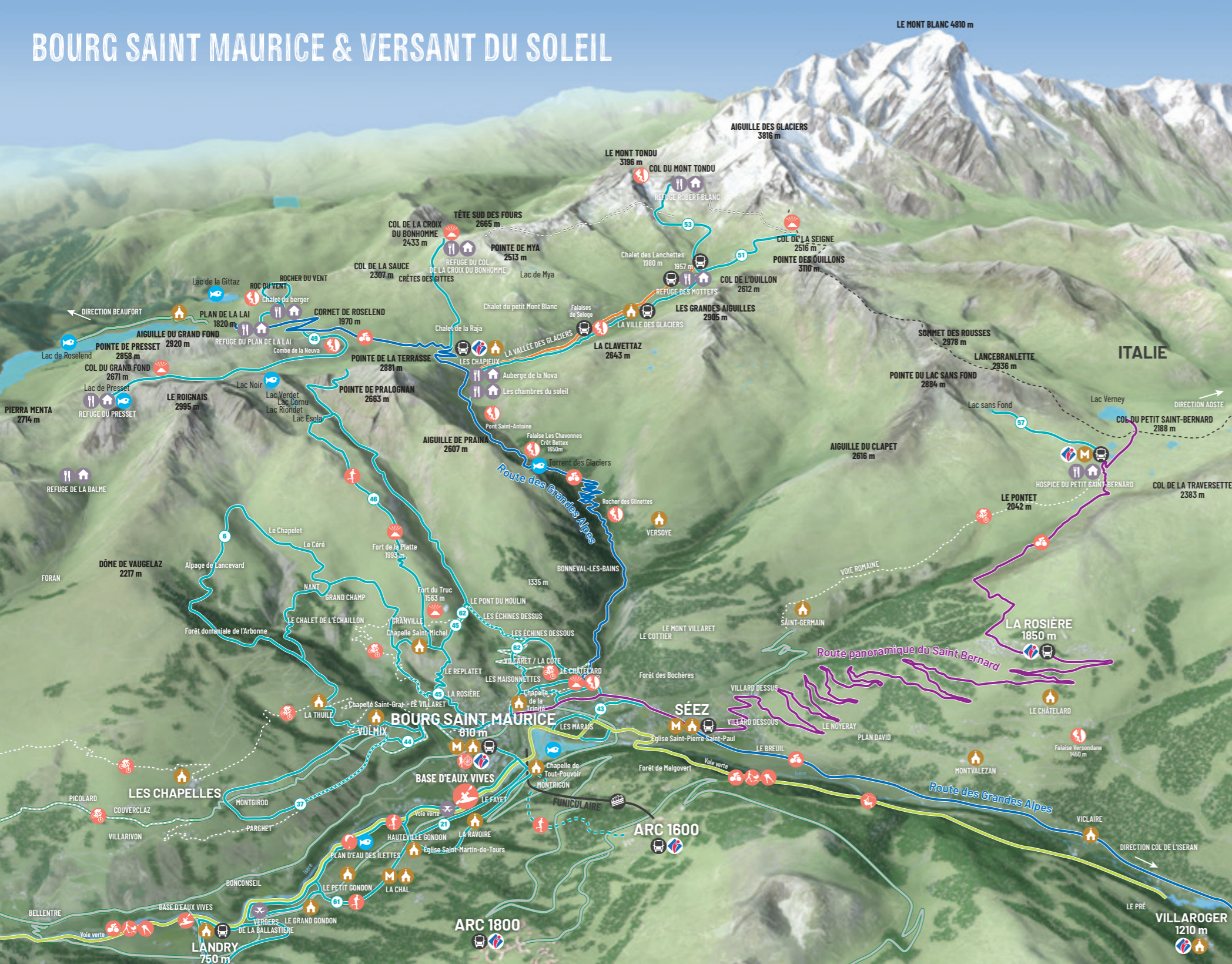


MORE INFO



MORE INFO

BOURG SAINT MAURICE & VERSANT DU SOLEIL



FISHING

The Haute-Tarentaise has a rich and well-preserved alpine woodland on the right bank of the Isère River and many mountain lakes. Fishing allowed until the 2nd weekend of October.



MORE INFO

Bourg Saint Maurice +33 (0)4 79 07 12 57
 Chapioux +33 (0)9 88 77 38 97 • Emergency number 112
 Don't forget to check the weather +33 8 92 68 02 73 or 3250.
 Some routes can be difficult to access due to weather conditions or snow, depending on the time of the year. Grazing livestock, sheepdog and guard dogs are present on most routes. Beware of snow patches at the beginning of the season.
 Les Arcs - Bourg Saint Maurice Tourisme - Crédits photos : AB Tourisme, Y. Allegre, R. Bundhoo, M. Reyboz, A. Parant - Fonds massifs : Kalibblue
 Impression : Fedelweiss, sur papier 100 % recyclé
 Création graphique : nanofactory.fr - Document non contractuel


ITINERARIES

Les Maisonnettes
 42 Start at Chapelle de la Trinité 1h 810 m / 1065 m
La Chapelle Saint-Michel
 45 Start at Village de la Rosière 1h30 933 m / 1343 m
Boucle Le Pont du Moulin par les Echines
 42 45 Start at Chapelle Trinité 810 m / 1357 m
Séez par les Marais
 43 1h 810 m / 865 m
La voie verte
 Start in Les Marais 20 km
La Chapelle Notre-Dame de Tout-Pouvoir
 21 Start at the train station towards Hauteville- Gondon via Le Fayet 2h 810 m / 701 m
Les Vergers de la Ballastière
 81 Start in Les marais 2h 810 m / 733 m
Bourg Saint Maurice > Le Sentier du Fort
 44 Via Vulmix 1h20 817 m / 1058 m
Vulmix > Parchet > Montgirod
 37 Via chemin des Abeilles 25 min 817 m / 1034 m

Cornet de Roselend > Col du Grand Fond
 49 3h 1968 m / 2671 m
 Possible access to the Refuge de Presset (+1h)
Les Sources de l'Arbonne
 5 4h 1304 m / 1994 m
La Ville des Glaciers > Col de la Seigne
 51 2h30 1790 m / 2516 m
Les Lanchettes > Refuge Robert Blanc
 53 3h 1957 m / 2750 m



MORE INFO



KEY
 Scan the QR code for the map key.


MOUNTAIN LAKES

Prenez de l'altitude et profitez de la fraîcheur dans des paysages grandioses!

Les 5 lacs
 46 5h 1995 m / 2530 m
Lac sans Fond
 57 3h 2153 m / 2456 m
Lac de Roselend
 From Bourg Saint Maurice 45 min 800 m / 1968 m
Lac Verney
 From Col Petit-Saint-Bernard 1h 2188 m / 2088 m
Hospice du Petit-Saint-Bernard - Lancebranlette
 3h 2153 m / 2936 m

PROGRAMME

Visit lesarcs.com to discover all the cultural and sports activities and events



HIKES WITH OVERNIGHT STAY IN A REFUGE

Mont Blanc range and Beaufortain: Discover these routes leading to refuges and spectacular panoramic views over the Mont Blanc.

Refuge Robert-Blanc (04 79 07 24 22)
 Start Lanchettes 3h 1957 m / 2750 m
Refuge Croix du Bonhomme (04 79 07 05 28)
 Start Chapioux 3h 1550 m / 2443 m
Refuge du Plan de la Lai (04 79 89 07 78)
 Start at Cornet Roselend 30 min 1970 m / 1828 m

MONT BLANC MOUNTAIN RANGE

Inaccessible during the winter, herds of goats and Tarine cows settle in the Vallée des Glaciers in spring. Between France and Italy, it is located on the famous Tour du Mont Blanc path.

Protected and regulated area, voluntary contribution for the night (5 to 15€).
 Paying transport from 19/06 to 08/09 (Bourg Saint Maurice <-> Les Chapioux and Les Chapioux <-> La Ville des Glaciers)



MORE INFO

HERITAGE

Culture, traditions, terroir and savoir-faire... Learn about the fascinating history of the valley.

Discover virtual visits on alpine Baroque art and an apartment designed by Charlotte Perriard.

VISITS
 Visit lesarcs.com to book guided visits and find the latest info



MORE INFO



CYCLE TOURING AND MTB- E-BIKE

Discover our mountains and alpine villages in Haute-Tarentaise

- The Fort du Truc garrison
- Dôme de Vaugelaz
- "Au Fil de l'Isère", cycling path
- "Voie romaine" Roman road from Saint-Germain to the Petit Saint Bernard Hospice



MORE INFO

ACTIVITIES

Bourg Saint Maurice is the meeting place of all outdoor sports lovers: whiter water rafting, MTB and E-Bike, fishing, paragliding, trail runs and hikes... Find the list of all the activities and contact details in the spring-summer guide 2023.



ORIENTEERING

A fun activity to challenge the whole family. Free maps available from Tourist Offices for both heritage and sport orienteering trails.



MORE INFO

TRAIL RUNNING ITINERARIES

Between the Tarentaise and Beaufortain valley, the challenging terrain of "Le Passeur de Pralognan" with a 1800 m positive ascent is just one of the four routes specially marked out for trail runners. Let the magnificent surroundings boost your run!




MORE INFO

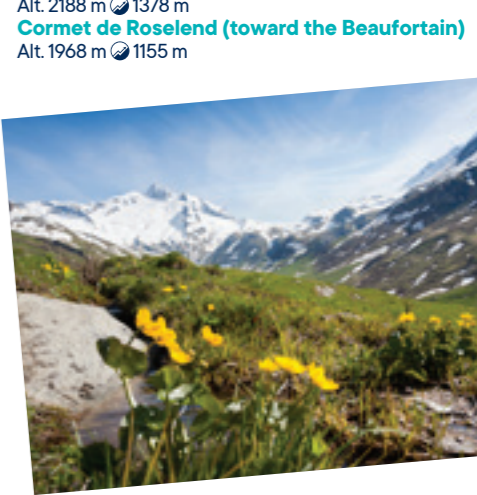
COLS & PANORAMIC VIEWS

Three famous cols to discover by bike, motorbike or car!

Col de l'Iseran (toward the Maurienne region)
 Alt. 2764 m 1955 m
Col du Petit-Saint-Bernard (toward Italy)
 Alt. 2188 m 1378 m
Cornet de Roselend (toward the Beaufortain)
 Alt. 1968 m 1155 m



MORE INFO



ACCESS

Paying shuttle buses
 Bourg Saint Maurice <-> Col du Petit-Saint-Bernard
 Période estivale 19/06 au 08/09
 Bourg Saint Maurice <-> Chapioux <-> Ville des Glaciers
 19/06 au 08/09
Free shuttle buses
 La Ronde - Bourg Saint Maurice City Centre
 7/7 in summer - 6,5/7 outside school holidays 7h à 19h
Funicular
 Bourg Saint Maurice <-> Arc 1600