

TO SEE ON THE WAY...



✓ scenery:

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



This route takes in authentic Chablais countryside, so there's no pylons or lift installations, nor is it a walkers' highway; in other words, you should be extra careful and not take any risks.

✓ fauna:

The route crosses Alpine meadows that are home to two main local cattle breeds: Tarine and Abondance.



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.

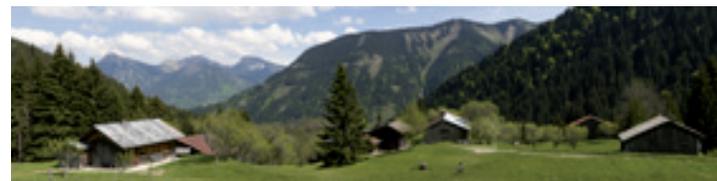
Out of respect for the beautiful surroundings, please stay on marked routes and take your litter home with you.



Rhône-Alpes Région



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 short tour



Difficulty level: easy (but watch for boggy areas when wet)



Duration: 2hrs20



Altitude change: 350 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



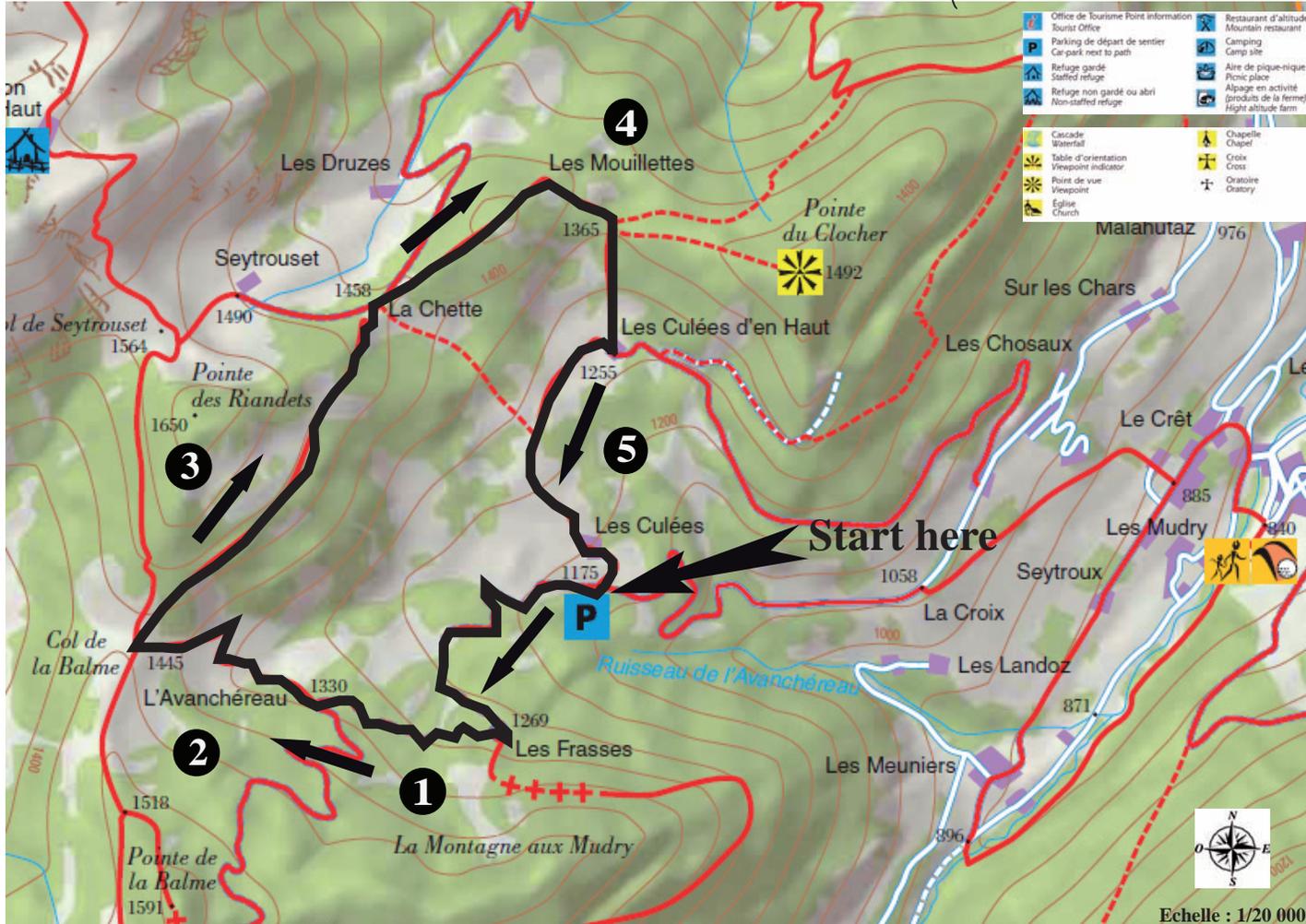


Seytroux's summits: a short tour

Directions ...



Starting point: Les Culées car park



- 1** From the signpost indicating the start of the walk, take the forest track towards “col de la Balme”. This track leads to Avanchéreau.
- 2** Continue along the track to the right towards “col de la Balme”, crossing the little wooden pontoon that passes over marshy ground below.
- 3** At “col de la Balme” (1445 m), go to “Les Culées”. The track continues on the flat and crosses the woods, arriving at “la Chette” (1458 m).
- 4** The downhill section is through forest, and passes by the chalets at “Les Culées d’en Haut”.
- 5** At “Les Culées d’en Haut”, take the track to the right which leads back to the starting point. If it is wet, take care on the wooden pontoons which you can use to ford damp ground.

