

SKI TOURING

in the Pays du Mont-Blanc

30 signposted itineraries

+14 000 metres elevation

+100 kms



©Eric THOUÈRE

BEFORE YOU SET OFF

- The use of these ski touring itineraries is the sole responsibility of the skier or snowboarder. These uphill trails are not ski runs; they are neither patrolled nor secured.
- Remember to check the weather and snow conditions, the French avalanche risk assessment bulletin (BERA) and the opening hours of the ski area for your return descent.
- Descents on marked ski slopes must take place during the opening hours of the ski area. When the ski area is closed, your presence on the slopes is strictly forbidden in accordance with municipal by-laws on slope safety.
- Calculate your itinerary time carefully. Uphill climbing times are given as an indication only and are based on an average 300 m elevation per hour. It is up to each skier to adapt these times according to his or her own level of performance and experience.
- Skiers must not set off if the itinerary is closed. Ski touring is prohibited outside the opening hours of the ski area due to winch grooming activities. Closures may also be necessary for preventive avalanche control (known as PIDA in French).



Warning: All ski touring routes are susceptible to variation.

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Warning!

Evening itineraries use ski slopes specifically reserved for ski touring activities. Accessible from the time the ski area closes until the time indicated, they remain unpatrolled, unsecured, unmarked and without dedicated rescue services.

Outside these specific time frames, access is strictly forbidden.

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LEVELS OF DIFFICULTY

This chart illustrates the criteria taken into consideration when defining the level of difficulty of an uphill ski touring itinerary, according to current classification by the Domaines Skiables de France. If a single criterion is met, an uphill ski-touring itinerary will be classified at a higher level of difficulty.

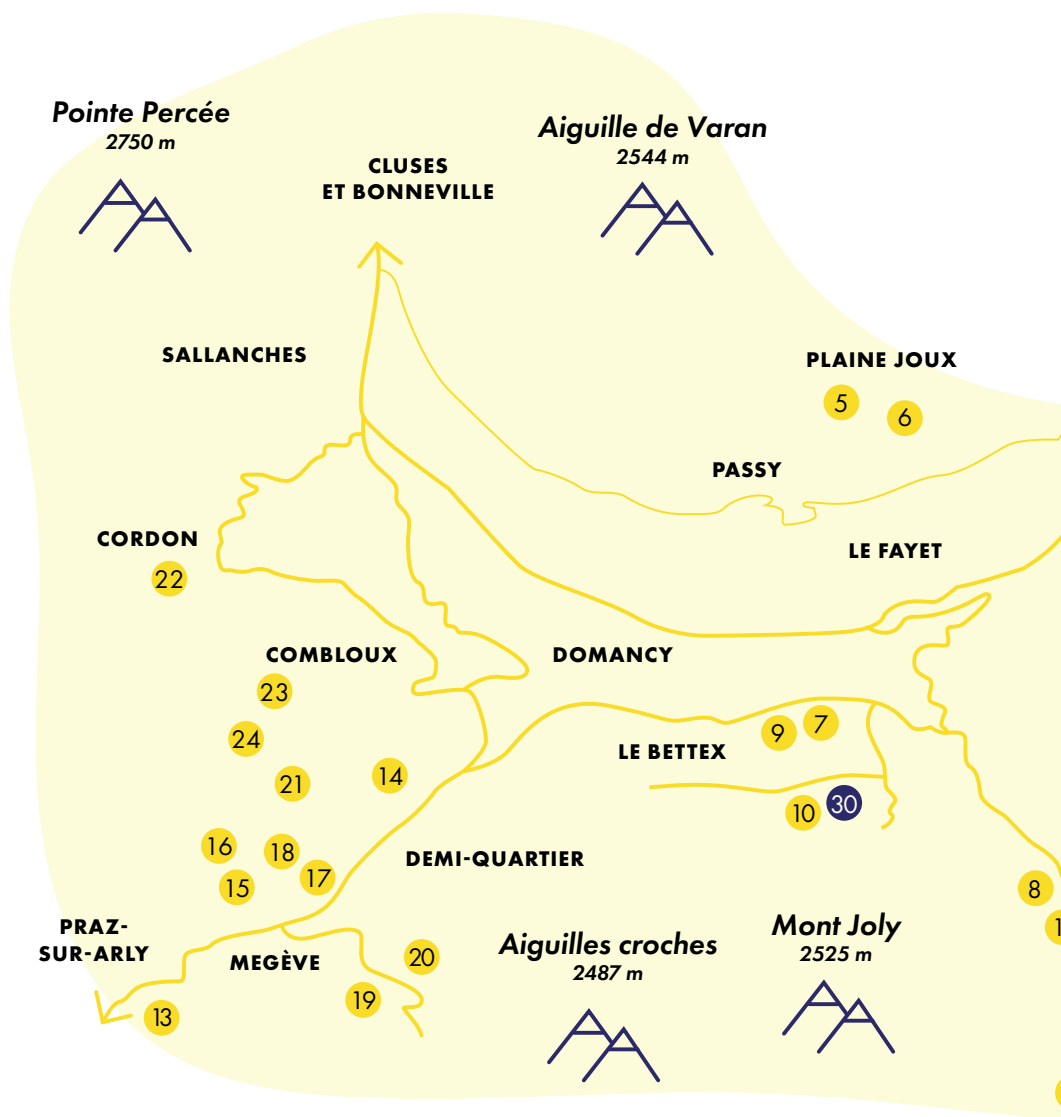
Levels of difficulty	Criteria		
	Elevation in metres	Distance in metres	Duration Indication only
TF Introduction to the sport	De 100 à 150	< 500	30 minutes
F Easy	≤ 300	< 1500	< 1h30
AD Quite difficult	≤ 500	< 2000	< 2 hours
D Difficult	≤ 800	< 2500	< 3 hours
TD Very Difficult	> 800	≥ 2500	> 3 hours



Criteria			
Maximum uphill gradient	Sloping passage	Conversion exercises necessary along the itinerary	Maximum difficulty of downhill slope
$\leq 10^\circ$	None	None	● Green
$\leq 20^\circ$	None	None	● Green
$\leq 25^\circ$	Over a distance of a few metres	Limited conversion	● Blue
$\leq 30^\circ$	Possible over medium distances	Conversion necessary on relatively steep slopes	● Red
$> 30^\circ$	Possible over relatively long distances	Conversion necessary on steep slopes	● Black



CARTOGRAPHY





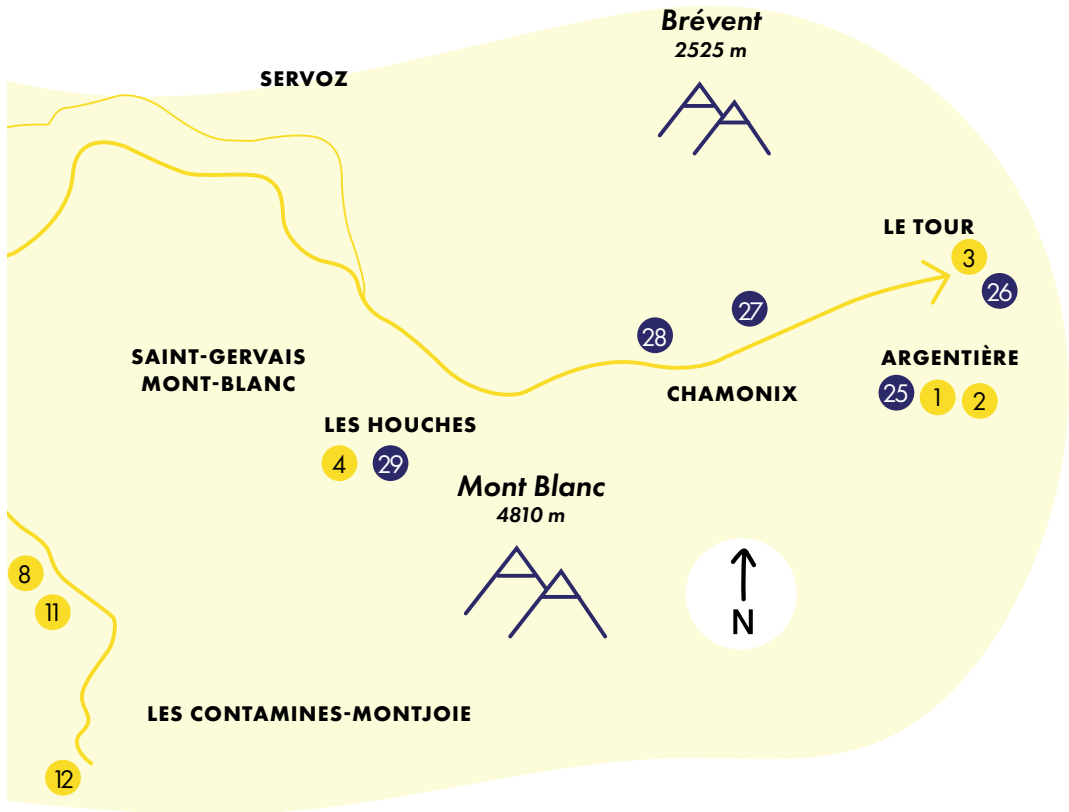
Warning: It is strictly forbidden to tour up the ski slopes during opening hours.



Signposting

● Daytime route

● Nighttime route



1 LA TRAPETTE

Start: Grands Montets car park / Plan Joran gondola lift (1,242 m)

Finish: Lognan (1,972 m)

 Level of difficulty: ● Very difficult

 Duration: 2h30

 Elevation: 730 m

 Distance: 4.5 km

Climb to the left for the first hundred metres or so, alongside the end section of the downhill ski run. Head through the tunnel and along the cross-country ski track to the edge of the forest. The true climb begins above the last house in the hamlet of La Rosière. After a series of tight and sometimes steep zigzags, the trail emerges above the tree line and runs diagonally towards the Lognan mid-station. This ski touring route, reserved for experienced skiers, requires a good command of conversion. Not recommended for novice skiers.

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2 CHALET DE LOGNAN

Start: Grands Montets car park / Plan Joran gondola lift (1,242 m)

Finish: Lognan chalet-refuge / Point de Vue ski slope (2,069 m)



Level of difficulty ● Difficult



Duration: 2h45



Elevation: 827 m



Distance: 4.4 km

Follow the straight and final section of the ski slope Pierre à Ric, as far as the first bend. From here, the marked ski-touring route leads up through the forest, winding its way between the ski slopes and the moraine of the Argentière glacier. The final, steeper section runs between the last few larch trees towards the Lognan Refuge where food and refreshments are available. For a spectacular view, the more adventurous may choose to continue (off-route) towards the seracs of the Argentière glacier. Ski down via the non-groomed black run Variante de l'Hôtel and the red run Pierre à Ric.

3 LES CAISETS

Start: Le Tour car park (1,492 m)

Finish: Charamillon (1,850 m)

 Level of difficulty: ● Easy

 Duration: 1 h 15

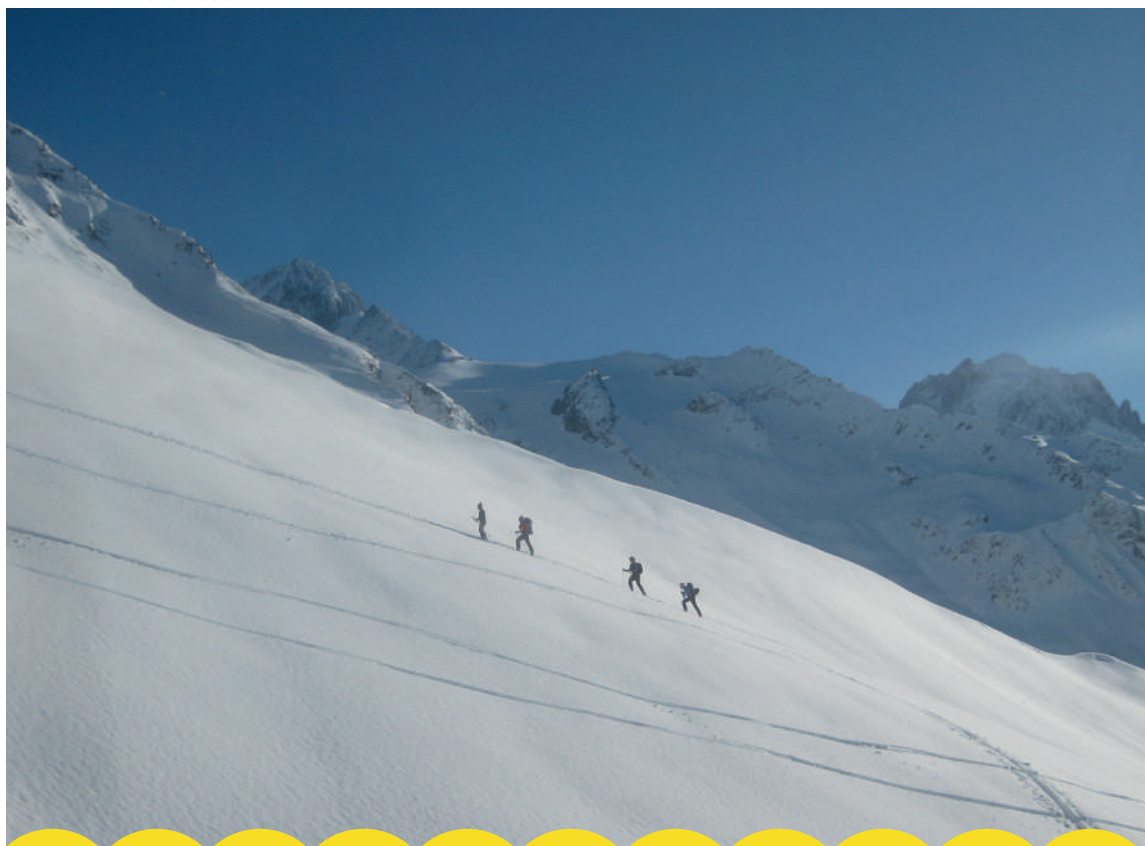
 Elevation: 358 m

 Distance: 2 km

Start the climb along the left bank of the Arve. The itinerary is signposted between the downhill ski run and the river. Once the first step completed, cross the ski slope at a right angle, continue past the gondola and up the hillside towards the Charamillon mid-station. Ski down via the red ski slope Les Caisets.

NB: Possibility to extend this pleasurable outing along the slopes and ridges above, before following a wide, slightly uphill loop that finishes at the summit of the Autannes chairlift.

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4 LE PRARION

Start: Maisonneuve (1,130 m)

Finish: Summit of the Prarion gondola (1,833 m)

 Level of difficulty: ● Difficult

 Duration: 2h45

 Elevation: 833 m

 Distance: 4 km

From the foot of the Prarion gondola lift, head up the left-hand side of the Blue run as far as the secluded house. From here, stay above the slope. Join it and cross over above the tunnel. The trail continues through a forest zone towards the Chalets de la Tuile and the Chalets de la Carbotte, before forking off sharply right into the forest (the tortoise route). A faster route (the hare route) can be pursued further up, to the left. The steeper final climb leads directly to the summit of the Prarion gondola. Descend via a choice of slopes, depending on your level of skiing.

5 LA GRIMPÉE DES LAPINS

Start: Car park at Plaine Joux (1,350 m)

Finish: Summit of the Tour draglift (1,750 m)

 Level of difficulty: ● Difficult

 Duration: 1h30

 Elevation: 360 m

 Distance: 2.3 km

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This pretty ski touring route through the forest is reserved for experienced skiers who have mastered the conversion technique and knives can be useful. At the summit, enjoy spectacular 360-degree views of the Fiz mountain range, the Mont-Blanc and the Aiguilles Rouges. Ski downhill on the red slope Le Blanchot before taking the blue slope La Marthe back towards the snow front and car park.

6 LA GRIMPÉE DU CHAMOIS BLANC

Start: Car park at Plaine Joux (1,350 m)

Finish: Summit of the Tour draglift (1,750 m)

 Level of difficulty: ● Quite difficult

 Duration: 2h30

 Elevation: 400 m

 Distance: 5 km

Starting from Plaine-Joux, this ski touring trail is suitable for beginners. At the halfway point, stop to admire Lac Vert before continuing to the summit of the resort at an altitude of 1,750m. The scenery along this itinerary is varied, ranging from forest sections to sweeping views of the entire Mont-Blanc range. Ski down via the red run Le Blanchot. Possibility to take the blue run La Marthe back towards the snow front and car park.

7 LE BETTEX TÉLÉSIÈGE DES MONTS ROSSET



Signposting

Start: Car park at Bettex (1,410 m)

Finish: Summit of the Monts Rosset chairlift (1,734 m)

 Level of difficulty: ● Easy

 Duration: 1 h 15

 Elevation 369 m

 Distance: 3.2 km

Take the cross-country ski trail to the right towards Prapacot. After a few paces along the flat (or almost flat) terrain, climb up through the Grands Prés alpine pastures and re-enter the forest. With a little more effort, through the fir and spruce trees, the trail emerges beneath the Monts Rosset chairlift. Take care when crossing the Finance ski slope. The last few metres, still in the forest, take you to the summit of the Monts Rosset chairlift and its 360° panoramic views. Ski back down the top section of the Finance blue run. When you reach the first intersection, continue down the blue or take the red run, La Crête.

©Boris Molinier



8 LES CHATTRIX PORCHEREY



Start: Chattrix car park (1195 m)

Finish: Porcherey (1683 m)

Level of difficulty: ● Quite difficult

Duration: 1h30

Elevation: 488 m

Distance: 2.9 km

Looking for a route that combines forest and wide open sunny spaces ? Starting from Les Chattrix, this beautiful climb takes you to Porcherey via the Croix plateau.

The route begins with a pleasant climb, partly through the forest, before reaching the Plateau de la Croix. The easy, open crossing of the plateau leads to Le Planellet, where a second climb takes you to Porcherey. Between peaceful undergrowth and open panoramas, enjoy a varied route with breathtaking views of the surrounding mountains.

Descent: Take the red run, Les Marmottes to the Plateau de la Croix, then take the blue run, Les Chattrix to the bottom of the Chattrix chairlift.

9 LE BETTEX

SOUS LES FREDDYS ALPINE PASTURES

Start: Car park at Bettex (1,410 m)

Finish: Sous les Freddys (1,754 m)

Level of difficulty: ● Easy

Duration: 1h15

Elevation: 384 m

Distance: 3.5 km

Take the cross-country ski track to the left, past the ESF snow garden, towards Communailles. The touring trail rapidly leaves the groomed track up to the right, into the Crêt Mortet forest. Carefully follow the left-hand side of the Chateluy ski run before re-entering the forest. You will reach the stunning alpine pasture known as the Alpage de Sous les Freddys and its traditional chalet quite quickly. Make sure you take the correct run down to prevent another uphill climb. From the chalet Sous les Freddys, look towards the summit of the gondola 100 metres above you and head right. Cross the Michel Dujon black run (don't go down it) to join the Chateluy green run a few metres further on.



Signposting

10 LES COMMUNAILLES TÉLÉSIÈGE DE LA CROIX

Start: Car park at Communailles (1,423 m)

Finish: Summit of the La Croix chairlift (1,865 m)

Level of difficulty: ● Easy

Duration: 1h30

Elevation: 462 m

Distance: 2.9 km

This trail starts alongside the Communailles drag lift and climbs up through the forest for a long stretch before emerging just below the Ferme de la Grand Montaz. From here, head up through the alpine pastures not far from the blue ski slope Les Orgères and the La Croix chairlift. Take a sharp right turn towards the summit of the lift where the view of Mont-Blanc and the Saint-Gervais ski area is a well-deserved reward. Ski back down to Les Communailles via the blue run, Les Orgères.



©Boris Molinier

11 LE PLANÉY

Start: Saint-Nicolas de Véroce (1,215 m)

Finish: La Croix de Porcherey (1,719 m)

Level of difficulty: ● Quite difficult

Duration: 1h20

Elevation: 523 m

Distance: 3.6 km

This trail follows the “route de la Corniche” for around 1.5 km before continuing uphill through the forest towards the Croix de Porcherey. Ski down via the red run Les Marmottes and the blue runs Chattrix and Retour.



©Eric Thollère

12 LE LAY - L'ETAPE

Start: Pont du Chon, hameau du Baptieu (1,195 m)

Finish: L'Étape (1,476 m)

 Level of difficulty: ● Easy

 Duration: 1 h 15

 Elevation: 281 m

 Distance: 1.5 km

From the car park at the foot of the Lay gondola, carefully climb the ski slope approximately a hundred metres before taking the zigzag trail to the right. Further on, the trail crosses the ski slope near a gondola pylon. From here continue to the left up a forest trail towards L'Étape and its small reservoir.

Route accessible only outside of ski lift operating hours.

©Les Contamines Tourisme





©David Malacrida

13 LA DRÈ YO

Start: Varins car park (1,010 m)

Finish: Combe Blanche (1,640 m)

 Level of difficulty: ● Difficult

 Duration: 2 hours

 Elevation: 630 m

 Distance: 4.5 km

From the ski lift ticket office, head towards the Nordic area and follow the specific signs. The first part of the climb leads through open meadows with plunging views of Mont Charvin before heading into the spruce forest for a long trail towards «Bettex» and its traditional alpine farm. Continue alongside the gently sloping meadow before returning to the woods to cross the stream via the snow bridge. The final climb through the forest culminates just below the restaurant «Le Serasson». Ski back down the Combe Blanche blue run. For experienced skiers only, there is no escape along this itinerary.

14 CHEZ FERNAND

Start: Fouettaz car park (1,250 m)

Finish: Chemin de la Ravine (1,450 m)

 Level of difficulty: ● Very Easy

 Duration: 40 minutes

 Elevation: 200 m

 Distance: 1.2 km

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Enjoy safe ski touring along signposted itineraries in peaceful, unspoilt surroundings, far from the downhill ski slopes. Ski touring is an invitation to experience the true freedom of the great outdoors. Whether you're a regular skier, a keen sportsman or a nature lover, these itineraries are for you. Some of the trails are shared with snowshoe and walking routes.

15 L'ELISE ALLAIS

Start: Frasses car park (1,420 m)

Finish: Summit of the Jaillet gondola (1,575 m)

 Level of difficulty: ● Very Easy

 Duration: 40 minutes

 Elevation: 155 m

 Distance: 2.5 km

16 CABANE DES FRASSES

Start: Bel Ava ski slope (1,510 m)

Finish: Chemin du Col de Jaillet (1,690 m)

 Level of difficulty: ● Very Easy

 Duration: 35 minutes  Elevation: 180 m

 Distance: 1.8 km

17 LA CHARLOTTE

Start: Car park at the foot of the Jaillet gondola (1,120 m)

Finish: Summit of the Jaillet gondola (1,575 m)

 Level of difficulty: ● Easy

 Duration: 1h30  Elevation: 455 m

 Distance: 2.8 km

18 PIERROT DU COL

Start: Summit of the Jaillet gondola (1,575 m)

Finish: Le Christomet (1,853 m)

 Level of difficulty: ● Easy

 Duration: 1 hour  Elevation: 278 m

 Distance: 4.8 km

19 RANDO ROCHE

Start: Rochebrune cable car (1,150 m)

Finish: Summit of l'Alpette (1,850 m)

 Level of difficulty: ● Difficult

 Duration: 2h15  Elevation: 700 m

 Distance: 3.8 km



Signposting

20 RAND'ARBOIS

Start: Foot of the Mont d'Arbois gondola (1,285 m)

Finish: Summit of Mont d'Arbois (1,825 m)

 Level of difficulty: ● Quite difficult

 Duration: 1h45  Elevation: 540 m

 Distance: 3.7 km



21 LA RAVINE À CLAUDIUS

Start: Ferme de Beauregard (1,430 m)

Finish: Summit of the Jaillet gondola (1,575 m)

 Level of difficulty: ● Easy

 Duration: 30 minutes

 Elevation: 145 m

 Distance: 2 km

©Eric Thiolière





©Xavier et Caroline

22 LE CHANTÉ

Start n°1 : Charbonnière car park (1,050 m) – From the foot of the Frébouge drag lift

Start n°2 : Dandry car park (1,210 m)

Finish: Le Chanté (1,550 m)

 **Level of difficulty from Charbonnière:**  Quite difficult

Level of difficulty from Dandry:  Easy

 Duration: 1h45

 Elevation: 490 m

 Distance: 2.1 km

There are two possible starting points to this ski touring route: the Charbonnière car park and the Dandry car park.

From the Charbonnière car park, walk down the slope towards the Frébouge drag lift. From here, tour up the left-hand side of the red slope and drag lift. Continue left around the Darbelin drag lift to follow the length of the green slope, Le Dandry.

From the Dandry car park (the second possible starting point), the itinerary ascends alongside the Darbelin drag lift. Beyond the lift, continue up the left-hand side of the Chars ski slope towards the finishing point.

Ski back down to the Dandry car park via the red run Les Converses, the blue run l'Herney or the red run La Croix. To return to the Charbonnière car park, continue downhill on the Frébouge blue run or the Pirolaine red run.

23 LA CRÈVE-CŒUR

Start: Bouchet car park (1,020 m)

Finish: Sommet des Salles (1,757 m)

 Level of difficulty:  Difficult

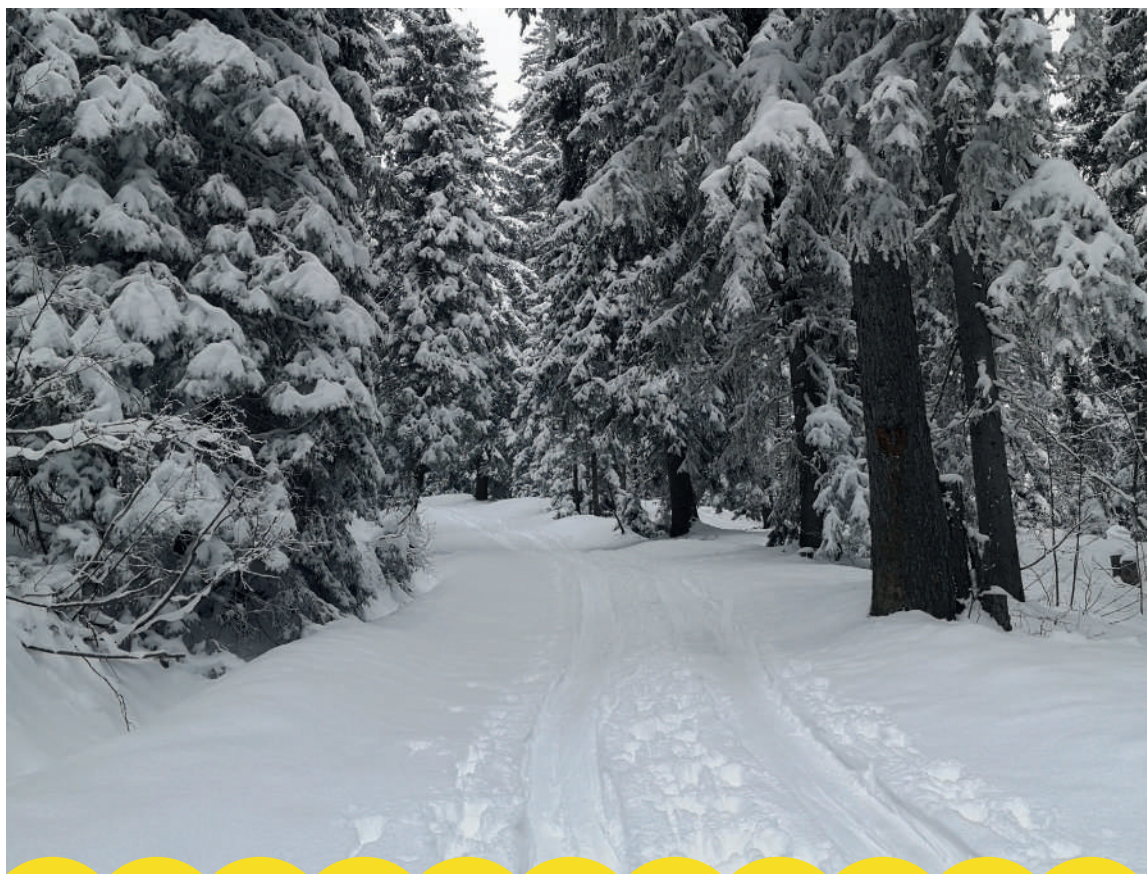
 Duration: 2h30

 Elevation 737 m

 Distance: 5.6 km

From the Bouchet car park, head upwards alongside the ski slope Le Pinson. Cross the road and continue up the slope Le Baghera to join the snowshoe trail located beneath the Beauregard chairlift. At the slope intersection, turn right into the forest and continue your climb until you emerge on the ski slope. Cross the slope twice and head back into the forest. You will emerge from the forest on a flat section, Plaine Joux, before climbing the final section alongside the ski slope to the viewpoint at La Croix. Ski back down the blue run La Croix, the green run Les Roitelets and finally, the red run Le Pinson.

©Sabine Deberles





©Eric Thiolière

24 LE PLAN DES DAMES

Start: Car park at La Cry (1,200 m) and car park at Cuchet (1,265 m)

Finish: Sommet des Salles (1,757 m) via le Plan des Dames

 Level of difficulty: ● Quite difficult

 Duration: 1h45

 Elevation: 557 m

 Distance: 5 km

From the ski bus stop at La Cry, take the path opposite the Alpen Valley hotel up towards Cuchet, then on to Maison Neuve. Pass the Chalet de la Vieille into the forest along a trail leading to the summit of the Beauregard chairlift. From here, a gentle climb through the forest and across a small clearing takes you to the summit of the Ravine chairlift. Cross the slope and head back into the forest up towards the summit of the Pertuis chairlift where the 360° panoramic views of the Aravis, Fiz and Mont-Blanc mountain ranges are simply breathtaking. Ski back down the blue run La Croix and the green run Les Roitelets.

SAFEGUARDING THE MOUNTAINS

For safety reasons, access to the ski touring trails is forbidden by law after the closure of the ski slopes.

Ski touring itineraries are accessible when the ski area is open to skiers.

Stay on the signposted trails.

In winter, wild animals such as chamois, ibex, black grouse and rock ptarmigan are vulnerable to the cold and lack of food.

To protect themselves, they take shelter in the forest or in igloos. When disturbed, their only reflex is to flee, expending their energy needlessly. Repeated disturbance weakens them considerably.



Scan me!



Dogs must
be kept
on a lead.



**Snow groomers work
on the slopes at night.**

Their invisible winch
cables can cause
fatal accidents.



**If you encounter a
wild animal, stop
immediately.** Let the
animal walk away calmly
to save vital energy.



Certain ski runs are authorised for evening ski touring activities, from the time the downhill ski area closes until the time indicated.

25 LA PIERRE À RIC

 **Closes at 20:00**

Start: Grands Montets car park / Plan Joran gondola (1,242 m)

Finish: Lognan (1,972 m)

 Level of difficulty:  Difficult

 Duration: 2h30

 Elevation: 730 m

 Distance: 3.2 km

This itinerary starts with a steady but sustained climb up the side of the ski slope Pierre à Ric. This section is open until 20:00. Ski back down the same way.

©Boris Molinier





©Eric Thiollère

26 LES CAISETS

 Closes at 20:00

Start: Car park at Le Tour (1,492 m)

Finish: Charamillon (1,850 m)

 Level of difficulty: ● Easy

 Duration: 1 h 15

 Elevation: 358 m

↔ Distance: 2 km

Keep to the left bank of the Arve to begin your climb alongside the downhill ski slope and continue to the left to avoid a particularly steep section. Climb parallel to the gondola until you reach the Charamillon mid-station. Ski down via the red run, Les Caisets.

27 LES LANCHERS

 Closes at 20:00

Start: Car park at La Flégère (1,062 m)

Finish: At the foot of the Evettes chairlift (1,699 m)

 Level of difficulty: ● Difficult

 Duration: 2 hours

 Elevation: 637 m

 Distance: 2 km

From the Flégère car park, cross the bridge over the river Arve. Continue across a flat area (a golf course in the summer months) and follow the wide black ski slope, Les Lanchers. The climb is steady, in sweeping contours through the forest, towards the foot of the Evettes chairlift. Return by the same route before closing time, at 20:00.

©Eric Thiolère





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28 LES NANTS

 Closes at 20:00

Start: Brévent car park (1,090 m)

Finish: Foot of the Parsa chairlift (1,814 m)

 Level of difficulty:  Difficult

 Duration: 2h30

 Elevation: 724 m

 Distance: 4.5 km

Close to Chamonix, this itinerary follows the Nants ski slope and ends on a flat area at the edge of the forest, at foot of the Parsa chairlift. A long traverse serves as a progressive warm-up before you reach the wide hairpin bends that climb the 700 metres of elevation. Ski back down the same slope, although it is classified as black and may be subject to closure. Itinerary open until 20:00, depending on conditions.

NB: It is also possible to start lower down and tour through the Savoy ski fields, until you reach the itinerary described above.



29 LES AILLOUDS

 Closes at 21:00

Start: Car park / Prarion gondola (1,000 m)

Finish: Summit of the Prarion gondola (1,833 m)

 Level of difficulty:  Difficult

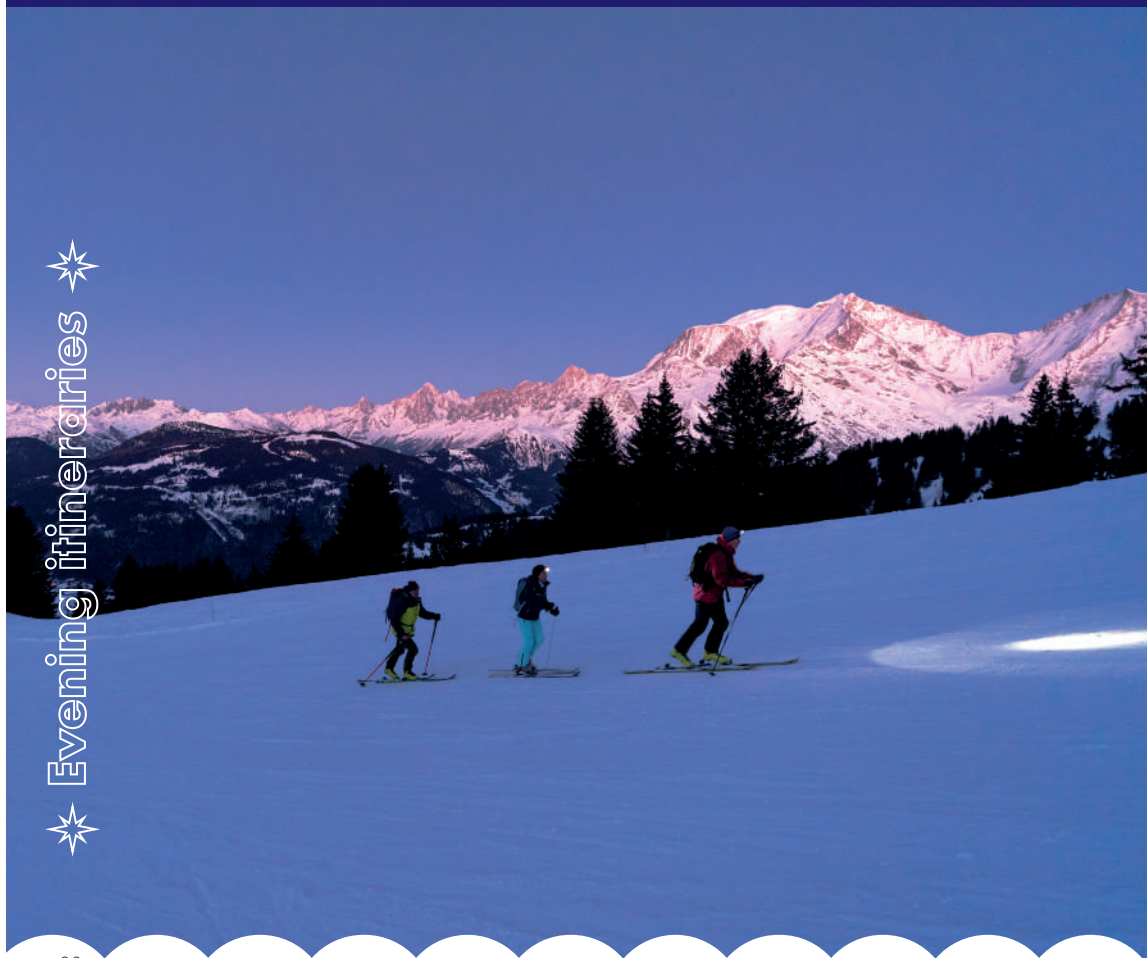
 Duration: 2h45

 Elevation: 833 m

 Distance: 3.8 km

This ski touring trail runs along the edge of the blue ski slope Les Aillouds, to the top of the ski area, at the summit of the Prarion gondola. Ski down via the blue run Les Aillouds. Itinerary open until 21:00.

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30 LES COMMUNAILLES SUMMIT OF MONT JOUX



Open Tuesdays and Fridays from 17:00 to 20:00.

Start: Communailles car park (1,423 m)

Finish: Summit of Mont Joux (1,958 m)



Level of difficulty: ● Quite difficult



Duration: 1 h 15



Elevation: 535 m



Distance: 3.3 km

Starting from the foot of the drag lift in Les Communailles, follow the blue signs for the ski slope Les Orgères. Continue up the slope, past the summit of the drag lift and turn left at the intersection, onto the blue slope La Grand Montaz. Climb this slope until you reach the mountain ridge. From here, head towards the foot of the Evasion drag lift and follow the slope alongside the lift to the summit of Mont Joux. Ski back down the way you came.



TOURIST INFORMATION OFFICES

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COMBLOUX
VAL D'AUD

CONTAMINES
RÉSERVE NATURELLE D'ÉMOIONS



MAIRIE DE LA COMMUNE DE
DEMI-QUARTIER

