

# Samoens



## ACCUEIL VÉLO





## A FEW INSTRUCTIONS

### **For your safety :**

Choose your itinerary according to your physical condition and your technical level. Never go alone, the consequences can be serious in case of an accident. If you go alone, leave your itinerary to those around you.

Wear a helmet, falls are not rare and there are many obstacles.

Check the condition of your bike and take with you: a repair kit, a first aid kit and supplies.

Remember to check the ability of the participants to practice mountain biking and to test their level before embarking on the chosen route.

### **Weather conditions :**

The diversity of altitude levels inevitably leads to climatic inequalities depending on the route.

Preferably leave early in the morning. There is a higher chance that the weather and temperature will be favorable to physical efforts.

Before going on a mountain biking trip, check the weather conditions by calling the departmental answering machine.

In the mountains, the weather deteriorates very quickly and the bad atmospheric conditions create orientation difficulties (fog, rain, hail) and specific risks (thunderstorms, lightning, slippery ground).

***Please note! On the trails, pedestrians have priority. Stop to let them pass and be aware that in case of collision you could held responsible. Note the international number for help: 112.***

### **Chamonix weather forecast :**

[www.chamonix-meteo.com](http://www.chamonix-meteo.com) or  
+33 (0)8 99 71 02 74  
(pay call).



### **Mountain bikers :**

Use the marked trails for your safety and respect the direction of the itineraries.

Do not overestimate your abilities and stay in control of your speed.

Be careful the right of way when encountering hikers because pedestrians have the right of way.

Respect private property and cultivated areas.

Watch out for agricultural and forestry equipment.

Close the gates.

Avoid picking flowers, fruits and mushrooms in the wild.

Do not disturb the peace of wild animals.

Keep your garbage, be discreet and respectful of the environment.

### **Sixt - Passy Nature Reserve :**

The nature reserve of Sixt-Passy created in 1977 is located in the limestone massif of Haut-Giffre. It is composed of two valleys, resulting from two glacial cirques dominated by high peaks : the Fer à Cheval and The Fonts.

The preservation of this protected area implies to respect its regulations. Specific markers are placed at the different entrances to the reserve.

Be discreet, do not make unnecessarily noise.

Keep the sites intact, do not throw away any waste.

Do not light fires.

Do not drive off the tracks, paths and trails as the vegetation is fragile.

Do not cut the laces of the trails when descending.

Do not brake too hard, as the rear wheel will quickly overgrow the paths and tracks.

***It is forbidden to ride a bicycle (on the path towards Fond de la Combe) in the afternoon from 12:30 pm to 6 pm (from July 1 to August 31).***

### **Specific recommendations :**

Hunting is an important activity from mid-September to mid-January. During this period: wear brightly colored clothes, signal your presence and respect the signs put up by the hunters.

***Useful information : Chamonix weather forecast: [www.chamonix-meteo.com](http://www.chamonix-meteo.com) or +33 (0)8 99 71 02 74 (call charge). For information on the opening of the passes or on the work in progress: Haute-Savoie road information: [www.inforoute74.fr](http://www.inforoute74.fr) or +33 (0)4 50 33 20 74. Hunt information: <http://chasseco.fr/site.html>***



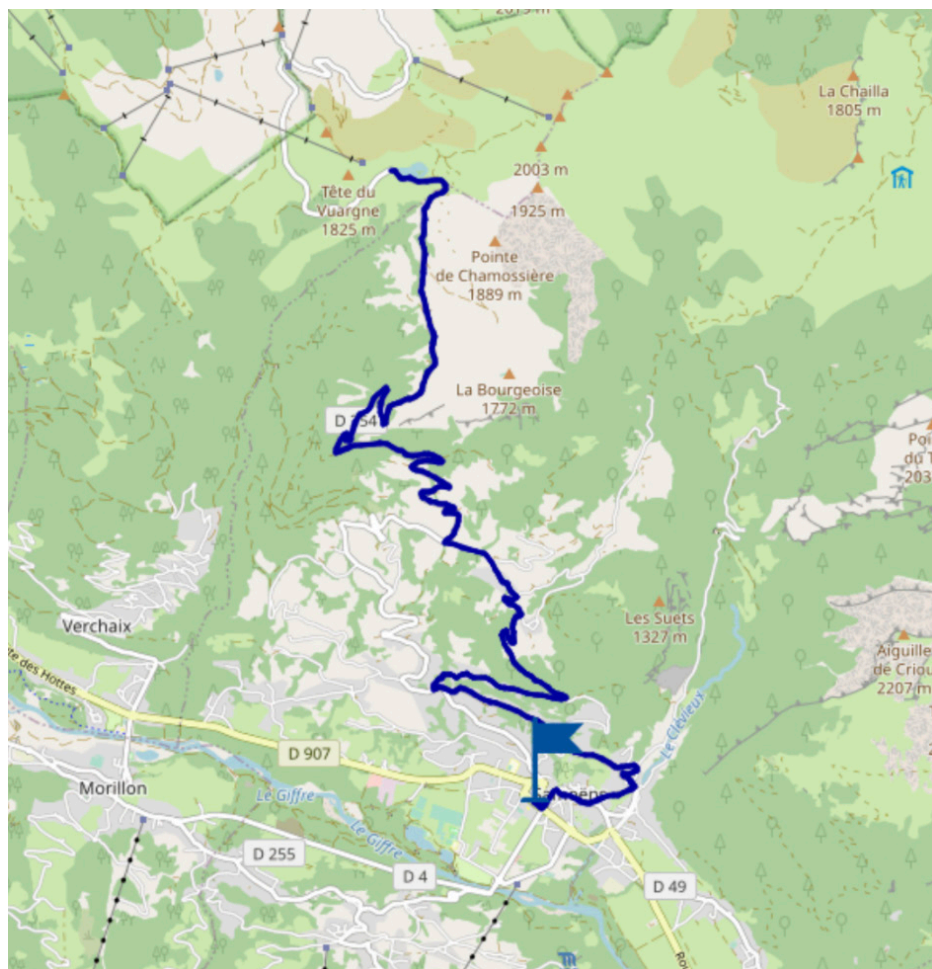
# LIAISON TOURIST OFFICE

*These itineraries are given as an indication and do not engage the responsibility of the editor and the authors.*



## N°36

### Itinerary n°36 - Joux Plane pass route (road bike)



Practicable period : from 01/05  
to 15/11 : out of snow period



Altitude of arrival at the pass : 1708 m



Time : 1h59



Departure : Samoëns tourist  
office - D 354. Distance :  
12.7 km



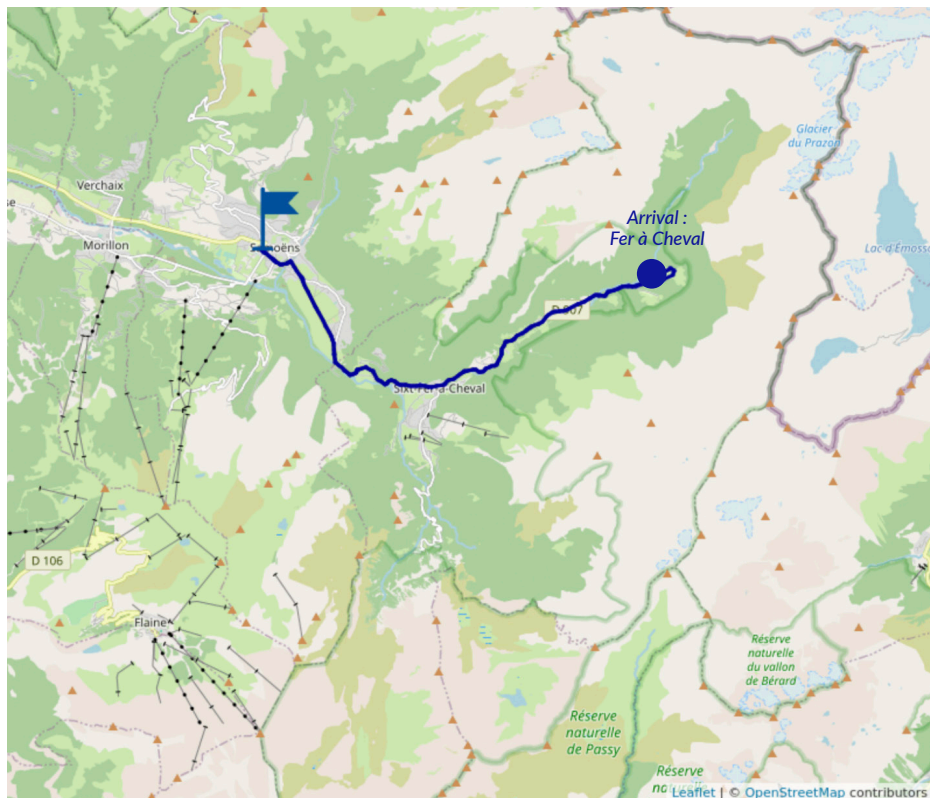
Positive difference in altitude :  
1053 m

Description: For cycling, the Joux-Plane pass is recognized as one of the six major passes of the French massifs with the Galibier, the Izoard, the climb to Alpe d'Huez, the Mont Ventoux and the Tourmalet. This pass has often been used by the riders of the Tour de France® and the Dauphiné Libéré®. Its ascent by bike from Samoëns, apart from the sporting performance which requires a good training, is the occasion to go through a marvellous balcony opened on the valley, then towards the Mont-Blanc massif under its most majestic profile... The road is forbidden to heavy vehicles and is not a major traffic axis to the great joy of cyclotourists.

**Nearby : the Ecomuseum and the Relais des vallées restaurant.**



## Itinerary Round trip of the Fer à Cheval (road bike)



 **Departure :** Samoens Tourist Office - D 907  
- Direction Sixt fer à Cheval. Proposal by the  
D49 - the valleys

 **Departure altitude :** Samoens 710 m  
**Altitude of arrival :** Fer à Cheval 958 m

 **Time :** 1h44

This itinerary allows to admire the Cirque du Fer-à-Cheval. From our charming village of Samoëns, come and discover our beautiful valley. On the way to the Cirque du Fer-à-Cheval, don't hesitate to stop the Gorges des Tines and visit the village of Sixt-Fer-à-Cheval. You will finally arrive at the largest mountainous cirque of the Alps: the Fer-à-Cheval.

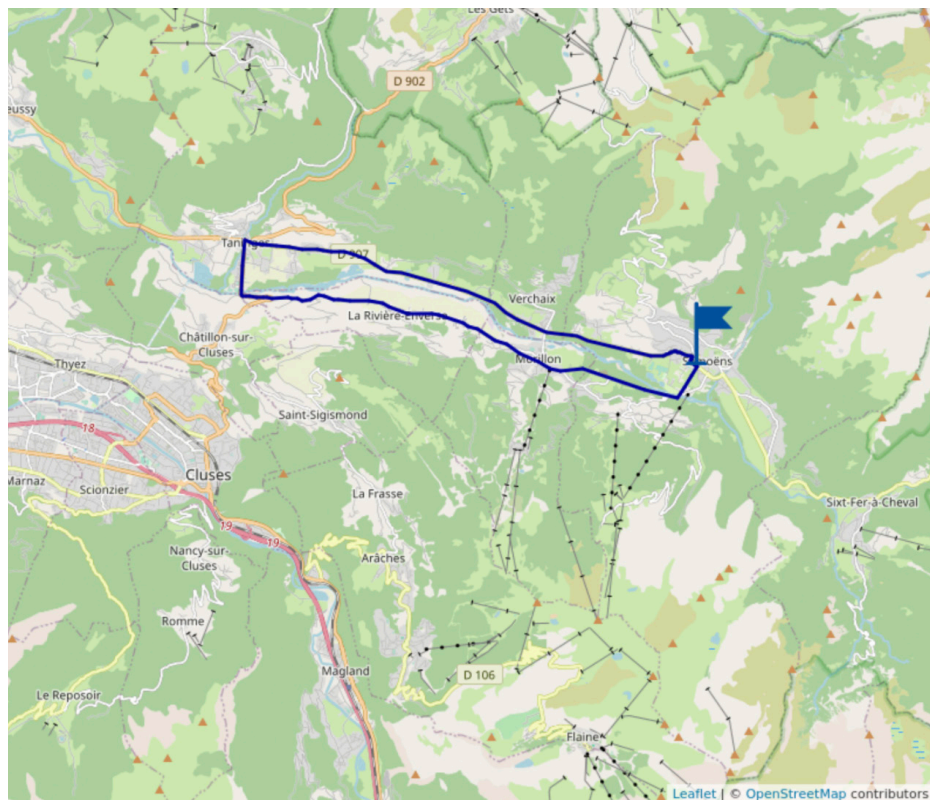
**Practical information :** The Cirque du Fer à Cheval is a nature reserve. It is forbidden to ride a bike (on the path towards Fond de la Combe) from 12:30 to 6:00 pm (from July 1st to August 31st).

**Nearby :** Restaurant du Fer-à-cheval and Waterfall of Rouget.

*Good plan :*

We advise you an option, in the village of Sixt-Fer-à-Cheval: continue your way to the Rouget waterfall, the queen of the Alps, it's worth the detour!

## Itinerary Loop of the Giffre (road bike)



Marked itinerary 39. Loop of the Giffre, discovery tour. Departure : Samoens Tourist Office - D 907 Taninges - D902 Rivière Enverse - D4 Morillon  
Altitude of departure - arrival : Samoens 710 m



Altitude of departure - arrival : Samoens 710 m. Distance : 24.3 km



Time : 1h25

This family itinerary is a way to discover the beautiful Giffre valley. From our charming village of Samoens, discover the Giffre valley and its villages by following the river.


**Nearby : Leisure center of the Lac aux Dames in Samoens, Blue Lake in Morillon and Chartreuse de Mélan and its park of contemporary works.**




## Green way

Campsite - Leisure center - Ladies' lake road - Avenue des Loisirs : secured itineraries - for non-motorized travel.



 Length : 1.5 km

 Difference in altitude: mainly flat

 Time : 5 mn

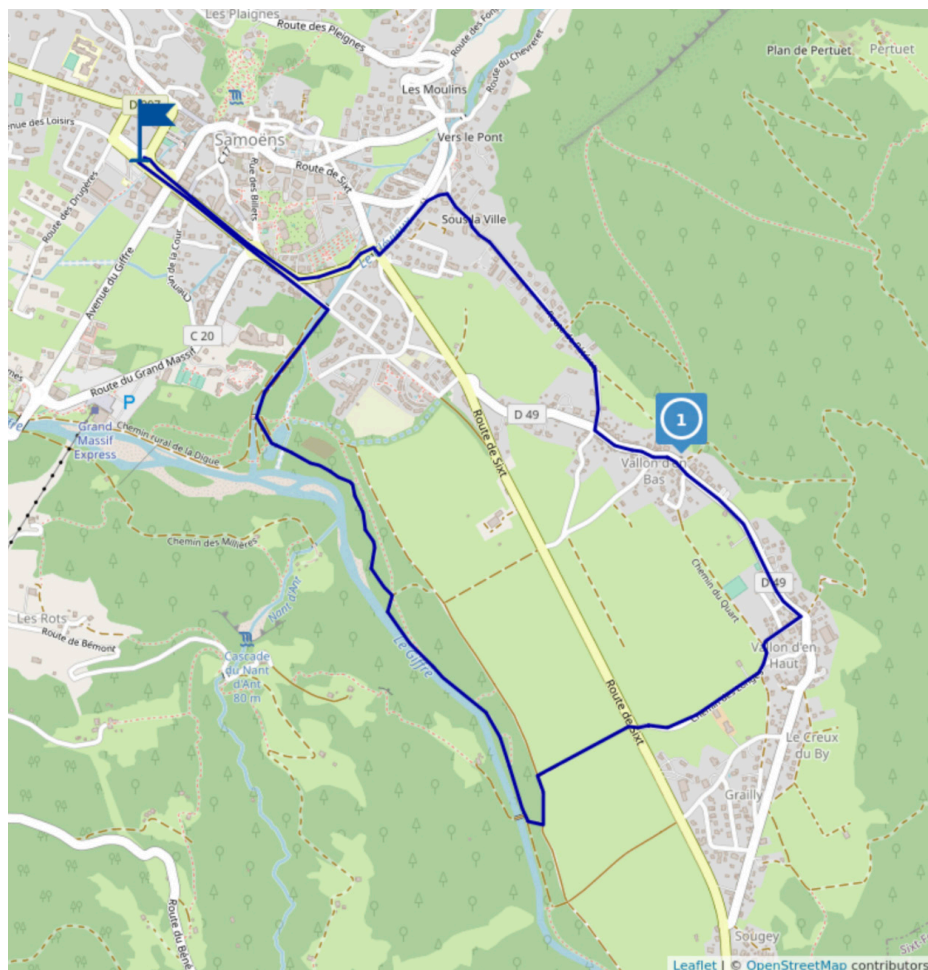
Enjoy this safe family walk.

**Nearby:** Camping le Giffre, Lacs aux Dames, Leisure center (Tennis, fishing, swimming pool, water golf practice, adventure course, paintball, outdoor laser game, disc golf), Espace du Bois aux Dames (sports and cultural center) and Paragliding landing area.



## Vallons tour (VTT)

Enjoy this family walk to discover the hamlet of Vallons in Samoens and the banks of the Giffre.



📍 Leght : 7 km.

🏔 Starting altitude: 700 m  
Arrival altitude: 717 m

↗ Dénivelé : 17m.

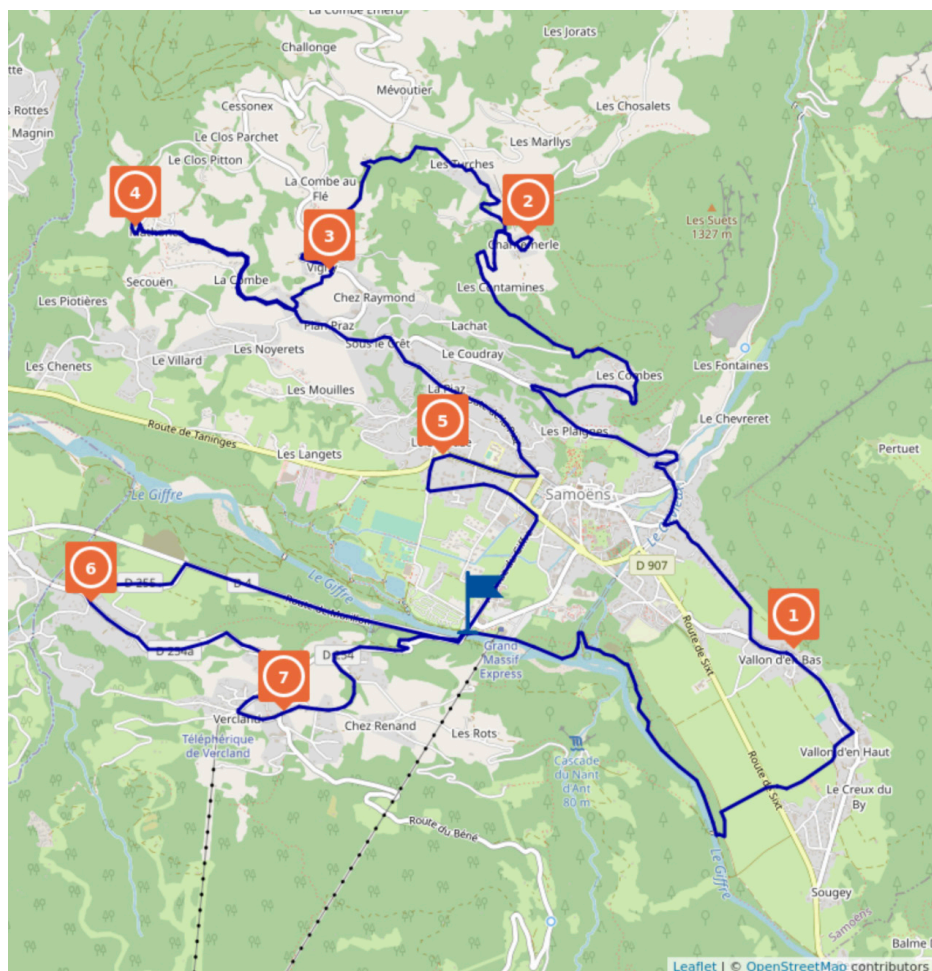
🕒 Temps : 30min.

From the Samoens tourist office, follow the direction of Sixt fer à cheval. A few meters after the second roudabout, take the small road on the right of the «Fruitière de Samoëns». Turn right to follow the wide path until you reach a footbridge over the torrent of Cléviex. Then, turn left and follow the path traced on the old dykes of the Giffre. You will enter the vast plain of the Vallons.

**Point of passage : the cheese factory of Samoens, departure from the Criu, chapel of the Vallons**

## Chapels of Samoëns (VTT/VAE)

Discover the septimontain heritage !



Distance : 28 km.



Minimum altitude : 668 m  
Maximum altitude : 1063 m



Difference in  
altitude : 745 m

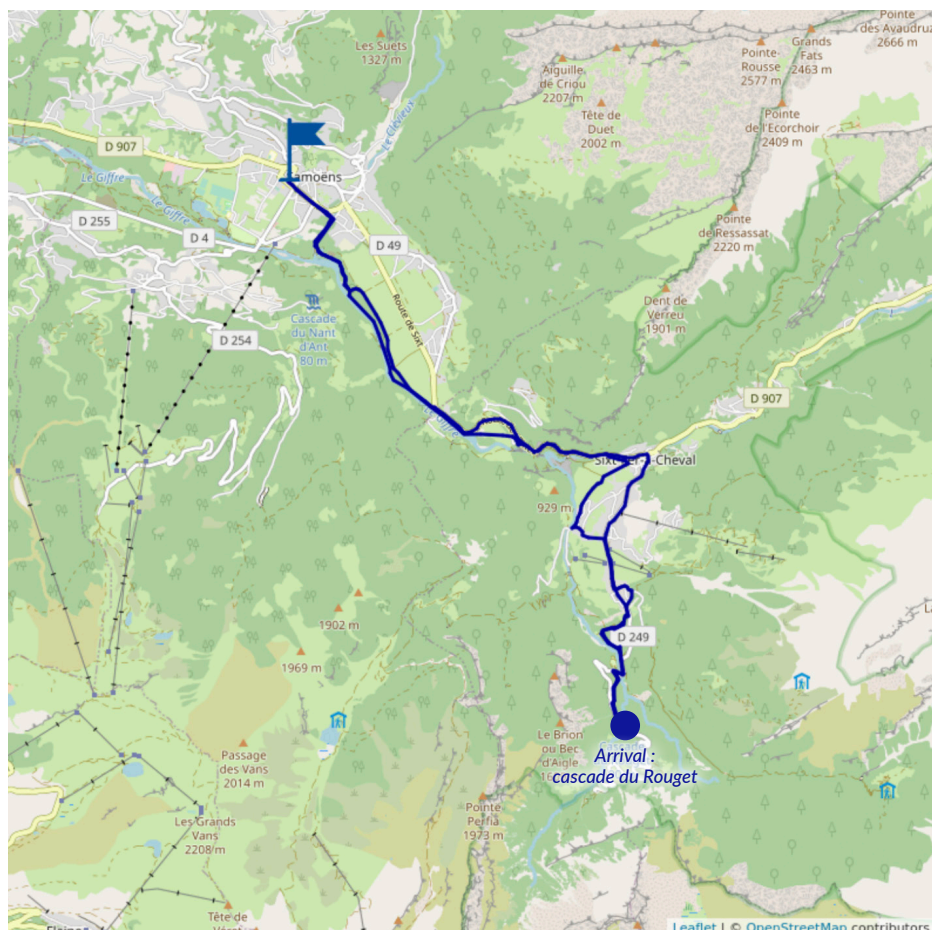


Time : 3h

Discover the chapels of Samoëns. The bulbous bell towers, of baroque influence, remind today's passers-by of the patient work of craftsmen.

## Towards the Rouget waterfall (VTT/VAE)

Pay a visit to one of the most beautiful waterfalls, 80m high.



Distance : 20 km.



Departure altitude : 700 m  
Altitude of arrival : 1 050 m



Difference in  
altitude : 410m



Time : 1h20

Walk along the Giffre river to the village of Sixt then follow the direction of the hamlet of Salvagny. At the parking at the Nant Sec (exit of Salvagny, on right handside after the bridge), go on the road then take the dirt track which goes down immediately on the right, below the parking. Find the GR5 route and follow the direction of the Cascade du Rouget. The path returns to the road to cross the torrent on the bridge. Continue on the road for about 10m. Take the path on the left, which allows you to leave the main road. The path goes up through the woods, crosses a small stream, and then goes back to the road. Continue on the road; and at the bend in the road, you will finally be able to admire the Cascade du Rouget.





*Good plan :* You can park your car at the Parking du Nant Sec in Salvagny.



## Towards the Fonts chalet (VTT/VAE)

The chalets of Fonts will make you appreciate the electric assistance of your bike.



 Distance : 28 km.  Departure altitude : 700 m  
Altitude of arrival : 1379 m  Difference in altitude : 718 m  Time : 2h30min.

From the tourist office, bike alongside of the Giffre river all the way to the village of Sixt. Then towards the direction of the cirque des Fonts. Follow the path, which, from the parking area, goes down to the Giffre des Fonts. The path crosses the «Creux du Ouâ» bridge and offers a remarkable view of the gorges. Then, the path leads up to the woods reaches the clearing of the Pelly de Serai, then the Celière, where it crosses the other path coming from Salvagny.




**Practical information : The Refuge des Fonts - 32 places - from June 15th to September 15th**  
Tel: +33 (0)4.50.34.12.41 and +33 (0)9.88.77.37.89 <http://www.lesfonts.com>

*Good plan :* You can park your car in Salvagny.



## Towards the lake of Gers (VTT/VAE)



 Distance : 23 km.
  Departure altitude : 700 m  
 Altitude of arrival : 1544 m
  Difference in altitude : 853 m
  Time : 2h30min.

Follow the trails that will lead you to the lake and the Gers refuge. The challenges resulting from the trails will allow you to estimate the strength of your bike.

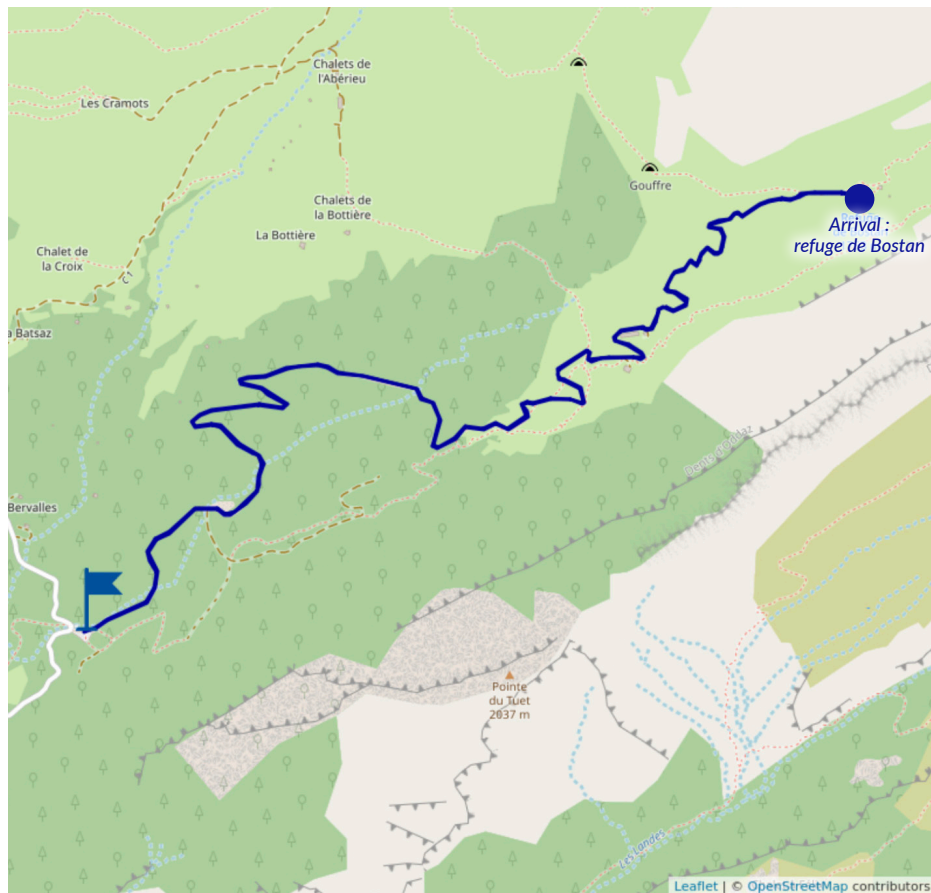
*The 1st km to the area called «Roux» climbs steeply. The path is very rolling but the slope imposes a sustained effort. However the rest of the route is very easy.*

*Good plan :* You can park your car at the Ledédian bridge parking lot. From Samoëns follow the road leading to the Plateau des Saix (Samoëns 1600) for 5km. At the sign «Gîte du Lac de Gers», leave the road to follow (on the left) a narrow road leading to the parking of Lédédian.

From this parking lot, count a 13km walk for a duration of 1h30. The gîte du lac de Gers : 18 places - open from the beginning of June to mid-September Tel: +33 (0)9 87 88 18 69. [www.gitedegers.com](http://www.gitedegers.com)

## Towards Bostan hut (VTT/VAE)

On your way up, you will find 4x4 paths which will allow you to reach the Bostan hut and its panorama.



Parking Le Plan aux Arches. From Samoëns, go to the place called «Les Moulins», then take the road on the right towards «Allamands». The parking is 800m after this village.



Departure altitude : 1096 m  
Altitude of arrival : 1769 m



Time : 2h



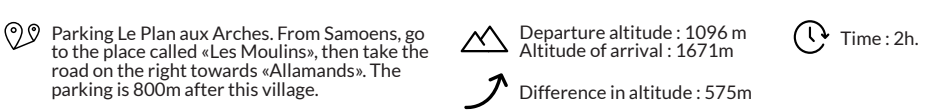
Difference in altitude : 673 m

Follow the wide path at the bottom of the parking area. It climbs steadily towards and through the pretty forest of Bostan. The view opens up onto the splendid Bostan valley, dotted with boulders and lapia and bordered on the right by the Dents D'Oddaz. The path continues through the alpine pasture and eventually reaches the refuge, a solid building on the edge of the pastures and lapiaz.

**Practical information : The Bostan refuge : 72 places - open from June 15 to September 30.**  
**Tel : +33 (0)4 50 90 10 94 / +33 (0)6 79 74 53 37. [www.refugedebostan.fr](http://www.refugedebostan.fr)**

*Good plan :* you can make a loop of 12km (approximately 3 hours) by continuing in the direction of the refuge of Golèse.

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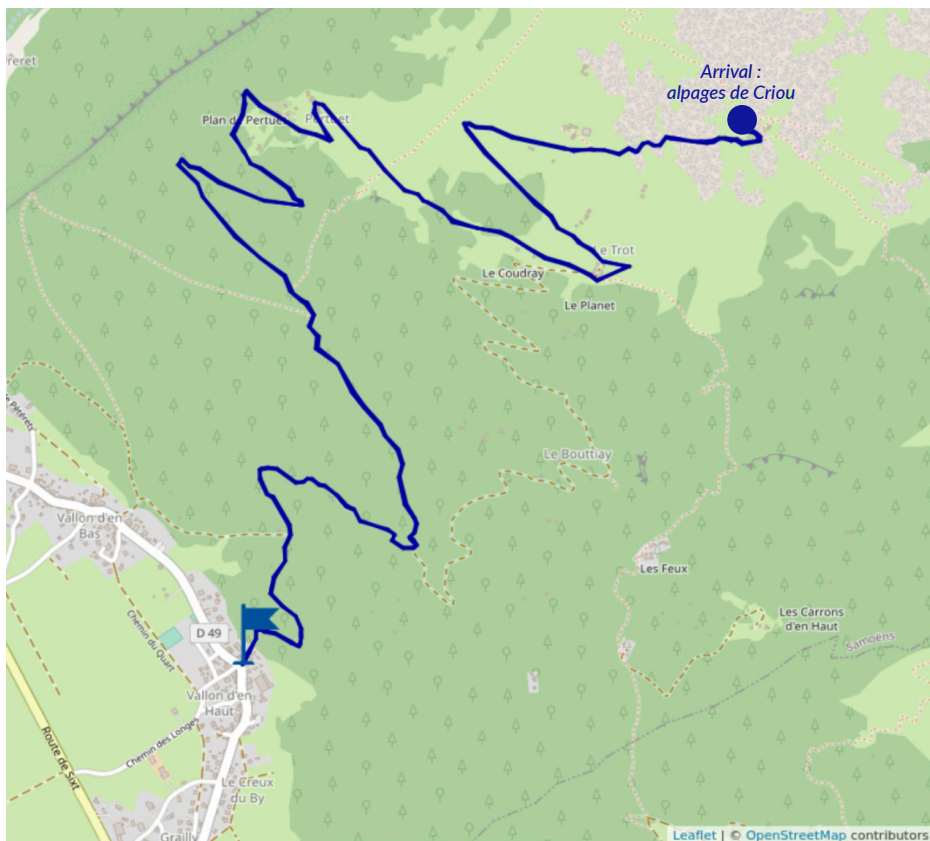



*Practical information : The Golèse refuge : 80 places - open from June 15th to September 30th*


**Practical information : The Golèse refuge : 80 places - open from June 15th to September 30th**  
**Tel : +33 (0)4 50 34 91 28 / +33 (0)6 09 38 10 11 <http://www.refuge-golese.com>**

## Under the Criou (VTT/VAE)


Under the majestic Criou, you will find the chalets of Trot or Feux.



 From Samoëns take the direction of Sixt. Shortly after leaving the village, turn left towards Vallon d'en Bas and continue to Vallon d'en Haut. Take a path on the left, in front of a beautiful pool, which leads to a parking lot.

 Altitude of arrival : 1664 m  
Difference in altitude : 947 m

 Time : 2h30min.

 Starting altitude : 717 m

From the parking lot, the itinerary follows the wide forest path which, in a pleasant undergrowth, leads to the Criou mountain pastures. Shortly after a wooden basin in which flows a spring called «The Fountain of White Wine», there is a crossroad : follow the direction of the Chalets de Pertuet. Through the forest, the Mt Blanc and the valley are gradually revealed. From the Chalets de Pertuet, take the path to the right which, crosses the mountain pastures in the direction of Le Trot (markers). The Mont Blanc and the Pointe de Sales are in front of you all along the way.

**Practical information : Be careful with the greasy ground after the rain.**

**Good plan :** At the Chalets du Trot, the alpagist who exploits the mountain of Criou proposes to you, on a pleasant terrace, fresh drinks, a small restaurant as well as his goat cheeses.





**Discovering downhill mountain biking :** Enjoy 120 km of enduro / downhill itineraries accessible by ski lifts.



## OPENING HOURS July and August

Grand Massif Express gondola lift from 9:00 am to 4:45 pm - from July 3rd to August 29th 2021  
Chariande Express chairlift from 9:30 am to 4:30 pm - from July 10th to August 29th 2021

**Prices :** Grand Massif Express gondola lift : 8,00€  
Chariande Express chairlift: €8,00.  
Grand Massif Express gondola + Chariande Express chairlift: €12,00.  
15 round trip Giffre pass valid during the summer : €80,00.

**Grand massif :** 1 day : €29,00.  
3 non-consecutive days valid during the week : €65,00  
6 days : €125,00 for the season  
Season : €150,00



## RENTERS AND REPAIRERS bicycle reception

### **Hôtel Neige et Roc \*\*\*\***

+33 (0)4 50 34 40 72  
255, route de Taninges,  
Samoëns (À 400 m de  
l'office de tourisme)  
[www.neigeetroc.com](http://www.neigeetroc.com)

### **AEC Vacances Les Becchi**

+33 (0)4 50 02 90 74  
239, route du Grand-Massif,  
Samoëns  
[www.aec-vacances.com](http://www.aec-vacances.com)

### **Les Fermes de Vercland**

+33 (0)4 50 34 42 32  
727, route de Chez-Renand,  
Samoëns (Vercland)  
[www.lesfermesdevercland.com](http://www.lesfermesdevercland.com)



## RENTERS AND REPAIRERS nearby

### **X'Trême Glisses**

+33(0)4 50 89 82 30  
730, route du Grand Massif,  
Samoëns

### **J'aime Sport**

+33(0)4 50 34 98 20  
217, avenue du Fer à cheval,  
Samoëns

### **SAS Mountain Spirit**

+33(0)4 56 12 78 39  
135, rue des Billets,  
Samoëns

### **Anthonioz Ski**

+33(0)4 50 34 93 67  
Avenue Cognacq-Jay,  
Samoëns

### **Roland Gay Ski Set Services**

+33(0)4 50 34 93 67  
4 Place du gros Tilleul,  
Samoëns

### **Sports expériences**

+33 (0)4 50 34 90 36  
718, route du Grand Massif,  
Samoëns (Rond-point Pas-  
aux-loups)



## **MCF MONITORS Accompanied and supervised group or family outings**

### **SAS Mountain Spirit**

+33(0)4 56 12 78 39

135, rue des Billets, Samoëns

### **X'Trême Glisses**

+33(0)4 50 89 82 30

730, route du Grand Massif, Samoëns



## **SAT BUS LINES**

[www.sat-autocars.com](http://www.sat-autocars.com)

**Annemasse > Samoëns > Sixt Fer à Cheval Line 102**

**Cluses > Samoëns > Sixt Fer à Cheval Line 94**

Some TAD lines require reservations 24/48 hours in advance: Bus station :  
+33 (0)4 50 38 42 08.

**Schedules :** ask the travel consultants for more information | Outdoor display



## **TRAINS**

**Schedules :** Ask the travel consultants for more information. Internet access in the reception hall of the tourist office during opening hours: [www.sncf.com](http://www.sncf.com) Internet access via WIFI (Choose free WIFI network here).



## **APP. VÉLO**

*Download the free bike app Savoie Mont-Blanc on Apple Store and Google Play.*



## **TAXI**

### **Taxi David**

+33(0)6 62 25 39 43

(Bikes accepted. Capacity: 6 for detachable racing bikes, 5 for mountain bikes - No extra charge for the fare)



## **PARK OR PARKING**

### **Bicycle / Bike rack**

Tourist Office

Foot of the city (150m)

Town Hall (500m)

Grand-Massif Express (800m)

Swimming pool and leisure center (800m)



## **PARKINGS**

*Free, no time limit*

Parking of the Tourist Office

Market parking 50m from the tourist office (near the bicycle path). No parking on Tuesday evening and Wednesday morning because of the market.

Parking de la Cour at 100m from the Tourist Office.

Parking des 7 Monts at 100m from the Tourist Office.

Parking Place des Dents Blanches at 200m from the Tourist Office.

Parking of the Leisure Center in front of the Sports and Cultural Center. 800m from the Tourist Office (near the bicycle path).

Parking of the campsite (near the bicycle path).

Parking of the GME cable car at 800m from the tourist office (100m from the bicycle path).

Parking of Vercland at 3.5km from the tourist office.

Joux Plane pass parking at 12km from the tourist office.

Parking des Saix at 12km from the tourist office.



Blue zone (free parking disc on request at the tourist office)

Parking at the Place du Gros Tilleul, 200m from the Tourist Office - limited spaces

Parking at Place du Criou, 200m from the Tourist Office



**CAMPING CAR**

Free, no time limit

### ***Camping-caravaneige le Giffre***

+33 (0)4 50 34 41 92

1064, route du Lac aux Dames - La Glière

*No bike room or storage space*

### ***Service Flot Bleu***

+33(0)4 50 34 41 92

1064 route du Lac aux Dames

*Rates : €6 - payment in coins of €0.50, €1 and €2.*

Parking tolerated for a maximum of 48 hours in the parking lots. Please note that it is forbidden to park in the market parking lot (near the tourist office) on Tuesday evening and Wednesday morning.

### ***Grand-Massif-Express parking***

No parking at night



**WATER POINTS**

### ***Sanitary***

Pl. de l'Office de Tourisme

Pl. des dents Blanches (300m)

Grand Massif Express parking (800m)

### ***Point d'eau potable***

Public fountain Pl. de l'Office de tourisme

Public fountain Pl. du Gros Tilleul (200m)

### ***Point de lavage***

A proximité de la télécabine du Grand Massif Express



**LUGGAGE LOCKER**

Ask your accommodation provider for information.

Samoens