



# WELCOME *Bike*

Samoëns





## A FEW INSTRUCTIONS

### **For your safety:**

Choose your route according to your physical condition and technical level. Never set off alone, as accidents can have serious consequences. If you go alone, leave your itinerary to those around you.

Wear a helmet, as falls are not uncommon and there are many obstacles to overcome. Check the condition of your bike and take with you: repair kit, first-aid kit and supplies.

Remember to check that all participants are suitable for mountain biking and to test their level before embarking on the chosen route.

**Please note! Pedestrians have priority on footpaths. Stop to pass them and be aware that you could be held responsible in the event of a collision. Note the international emergency number: 112.**

### **Weather conditions:**

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

It's best to set off early in the morning, as there's a better chance of good weather and the temperature is more conducive to effort. Before any mountain bike outing, check the weather conditions by calling the departmental answering machine.

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



### **Chamonix weather:**

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

FIRST WEEKEND IN JUNE  
**VELOVERT  
FESTIVAL**  
Samoëns

*The big mountain bike festival*

TEST SHOW / TRIALS / EVENTS

A benchmark outdoor trade show and recognised as the world's largest mountain bike test centre, the Vélo Vert Festival also offers a rich programme of sporting events for all levels of rider (pros, amateurs and families).

### **Mountain biker:**

For your own safety, follow the signposted routes.

Don't overestimate your abilities and keep your speed under control. Be careful and courteous when overtaking or crossing pedestrians, as pedestrians have priority.

Respect private property and cultivated areas.

Watch out for farm and forestry machinery.

Close the gates.

Avoid picking flowers, fruit and mushrooms in the wild.

Do not disturb the peace and quiet of wild animals.

Keep your rubbish to yourself, be discreet and respectful of the environment.

### **Sixt - Passy nature reserve:**

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

Preserving this protected area means respecting its regulations. Specific signposting is provided at the various entrances to the reserve.

Be discreet, don't shout unnecessarily.

Keep the sites intact and do not litter.

Do not light any fires.

Don't drive off the tracks, paths and footpaths, as the plant cover is fragile.

Don't cut the laces on downhill paths.

Don't brake too hard, as locking the rear wheel will cause paths and tracks to overgrow rapidly.

**It is forbidden to cycle (on the path towards Fond de la Combe) in the afternoon from 12.30pm to 6pm from 1st July to 31st August.**

### **Specific recommendations:**

Hunting is a major activity from mid-September to mid-January. During this period: wear brightly coloured clothing, identify yourself and respect the signs put up by hunters.

**Find out about the opening of the passes or the work in progress:**

**Haute-Savoie road info: [www.inforoute74.fr](http://www.inforoute74.fr) or +33 (0)4 50 33 20 74.**

**Information on hunting: <http://chasseco.fr/site.html>**

## LINK TOURIST OFFICE

These itineraries are given for information only and do not engage the responsibility of the publisher or the authors.

### NIVEAUX



# ADOPTE 1 COL !



It's a tall order against an iconic pass.

If you're a keen climber, this is the challenge for you!

The Col de Joux-Plane is yours for the taking on an extraordinary morning, dedicated to soft mobility and closed to motorised vehicles. Adopte 1 Col! gives fans and enthusiasts of this legendary mountain pass the chance to test themselves against an emblematic monument to the sport, crossed 11 times by the Tour de France and 3 times by the Critérium du Dauphiné.

**++ more info: at the Tourist Office.**

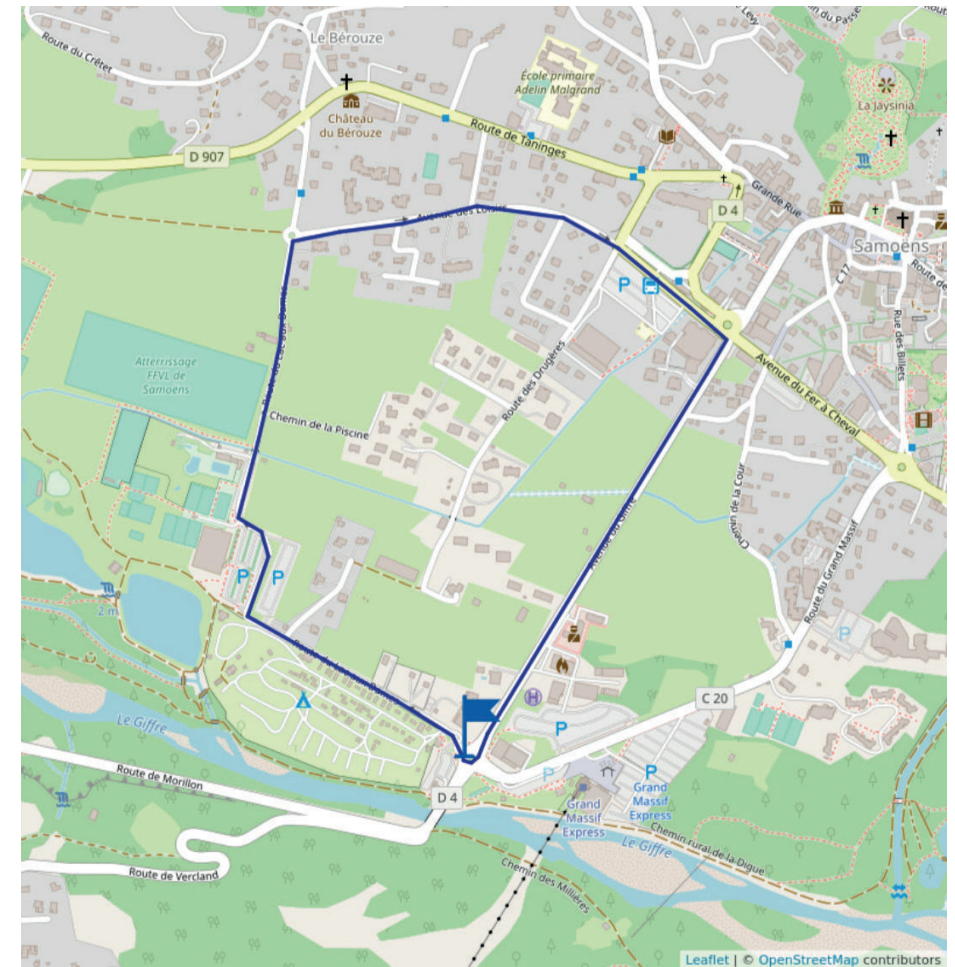
Itinerary on page 16

*Good plan :*

For beginners, there is a road halfway down the slope that takes you back down to Samoëns by another route (via les Turches and les Combes).

## GREEN WAY

Campsite - Leisure centre - Route du lac aux dames - Avenue des Loisirs: safe routes for non-motorised traffic.



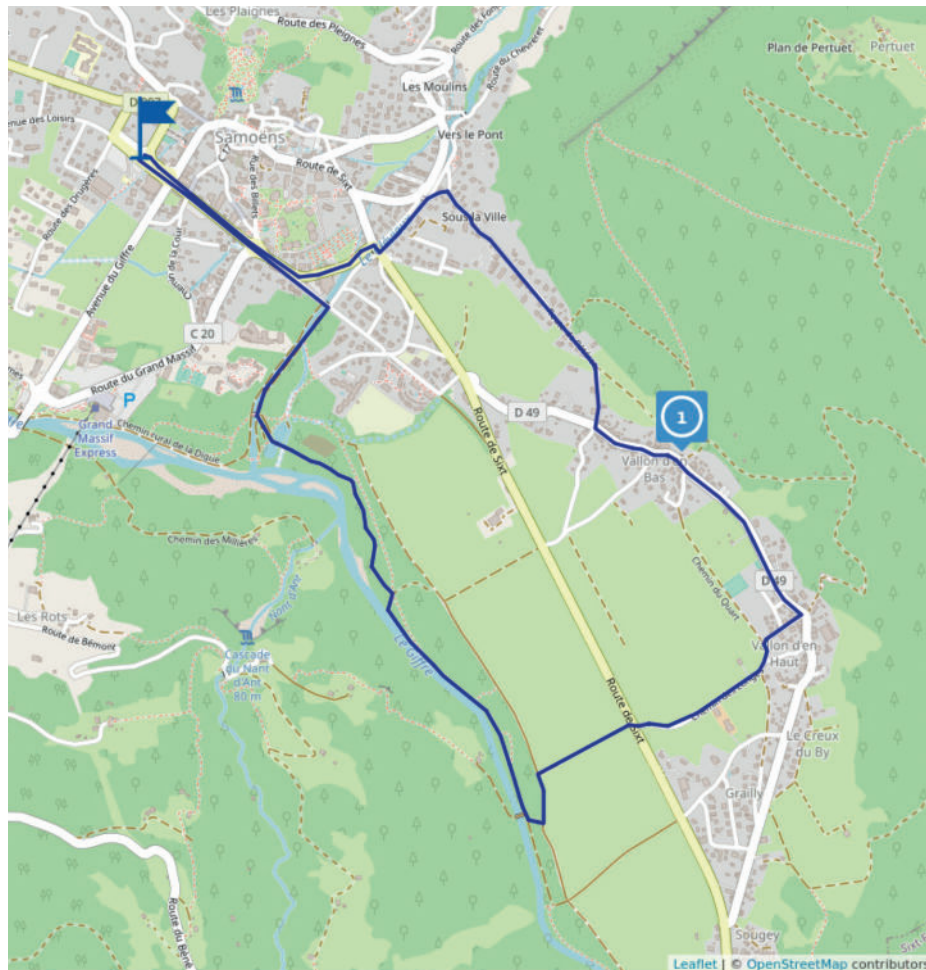
Distance : 1,5 km. Vertical drop: mainly flat. Time : 5min.

Enjoy a safe family outing.

**Nearby: le Giffre campsite, les Lacs aux Dames, the leisure centre (tennis, fishing, swimming pool, water-based golf practice), l'Espace du Bois aux Dames (sports and cultural centre) and the paragliding landing area.**

## TOUR DES VALLONS (MTB)

Enjoy a family outing to discover the hamlet of Les Vallons in Samoëns and the banks of the Giffre.



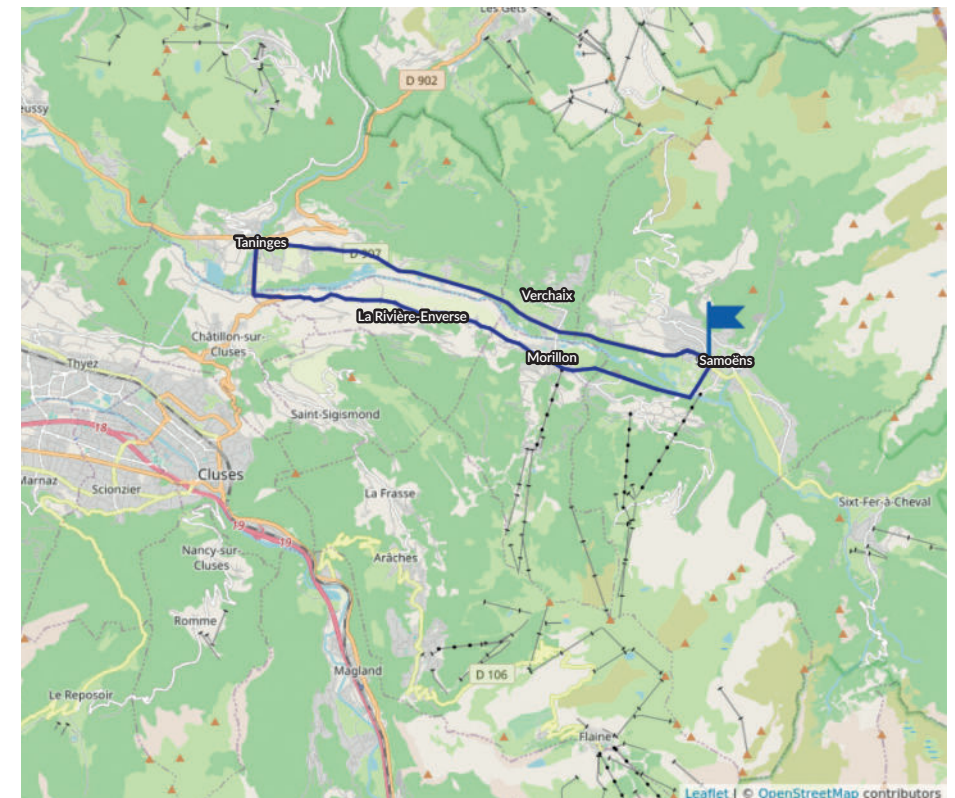
Distance : 7 km. Departure altitude : 700 m. Arrival altitude : 717 m. Vertical drop: 17m. Time : 30min.

From the Samoëns Tourist Office, follow the signs for Sixt Fer à Cheval. A few metres after the second roundabout, turn right onto the small road that runs alongside the fruit factory, then right onto the wide track until you reach a footbridge over the Cléviex torrent. Turn left and follow the path marked out on the old dykes of the Giffre. You then enter the vast plain of Les Vallons.

**Waypoint: La fruitière de Samoëns. Departure from Le Criou. The Vallons chapel.**

## N°39

### BOUCLE DU GIFFRE itinerary (road bike)



Signposted 39 «Boucle du Giffre» discovery trail - Samoëns tourist office - D907 de Taninges - D902 Rivière-Enverse - D4 Morillon. Distance : 24.3 km.

Departure-arrival altitude : Samoëns 710 m.

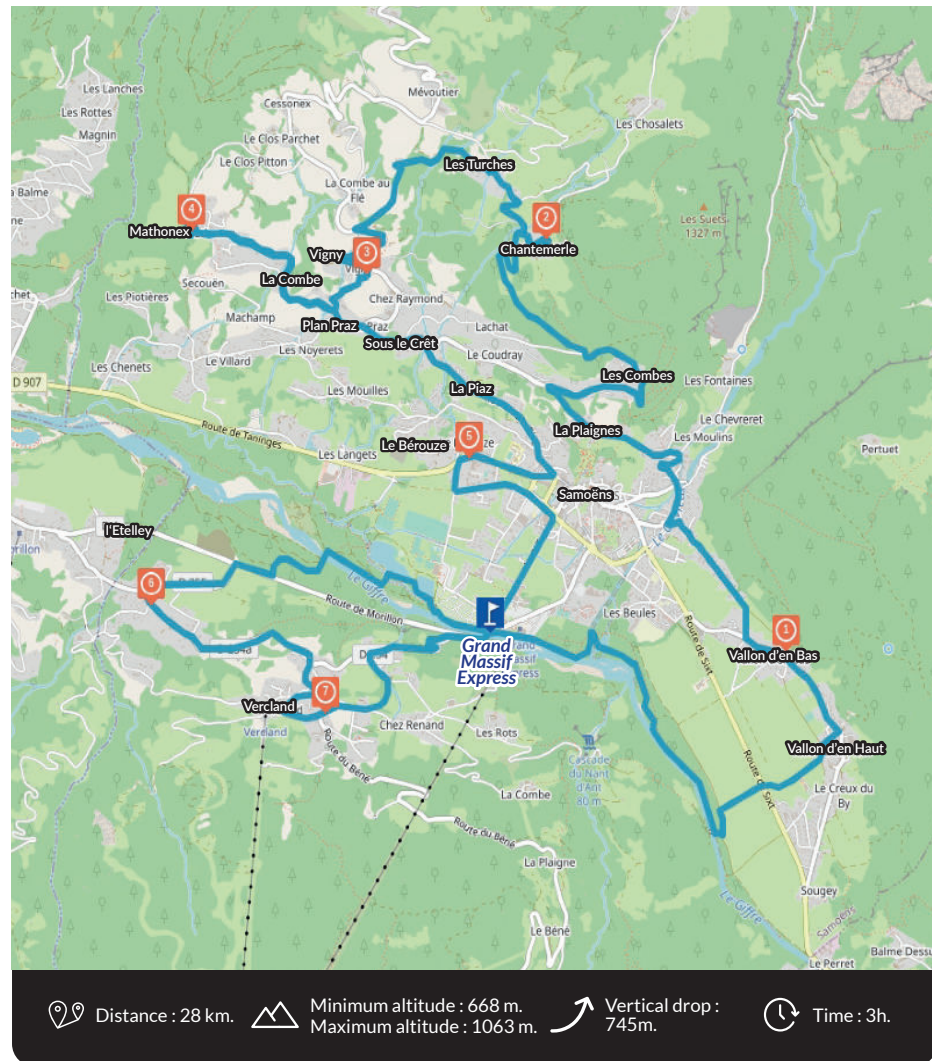
Time : 1h25min.

A family trail to discover the beautiful Giffre valley. From our charming village of Samoëns, set off along the river to discover the Giffre valley and its villages.

**Nearby: the Lac aux Dames leisure centre in Samoëns, Lac Bleu in Morillon, the Chartreuse de Mélan and its contemporary art park.**

## THE CHAPELS OF SAMOËNS (MTB/E-BIKE)

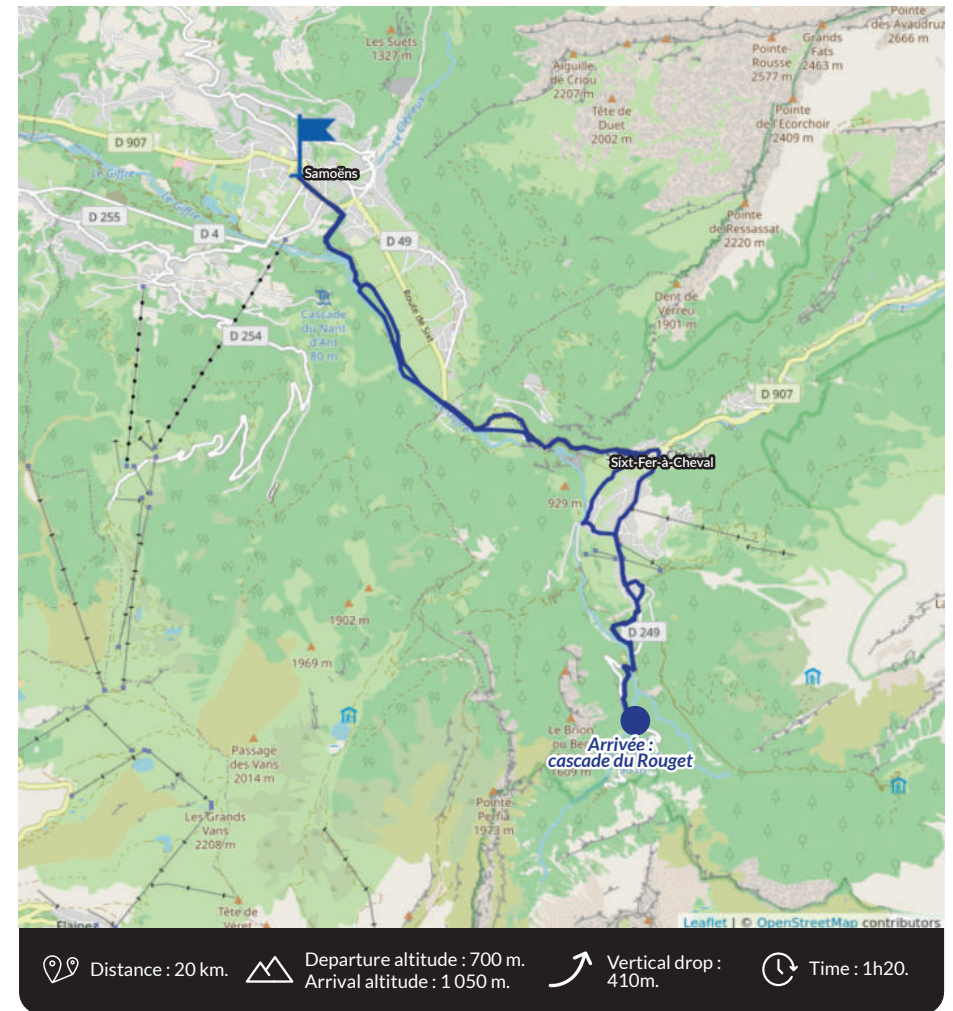
Discover the Septimontan heritage!



Discover the chapels of Samoëns. The baroque-influenced bulbous bell towers are a reminder to today's walkers of the patient work of the craftsmen of yesteryear. They are also a reminder of Savoy's human history.

## TO THE CASCADE DU ROUGET (MTB/E-BIKE)

Head for one of the most beautiful waterfalls, 80m high.



Follow the banks of the Giffre to the village of Sixt, then head towards the hamlet of Salvagny. At the Nant Sec car park (exit from Salvagny, on the right after the bridge), go onto the road then take the dirt track that drops immediately to the right, below the car park. Return to the GR5 route and follow the signs for the Cascade du Rouget. The path returns to the road to cross the torrent on the bridge. Continue along the road for a short distance, then after a few dozen metres, take a footpath on the left, which will take you off the road (sign). The path climbs up through the woods, crosses a small stream (bridge) and then climbs back up to the road. Continue along the road and, as you round the bend, admire the Cascade du Rouget suddenly revealed!

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

## N°40

### Round trip itinerary for the FER-À-CHEVAL (road bike)



📍 Continue on the Giffre Loop signposted route 39 - Tourist Office (Samoëns) - D 907. Direction Sixt Fer-à-cheval - Cirque du Fer-à-Cheval. Suggested route: D49 / les Vallons.

🏔️ Departure altitude : Samoëns 710 m.  
Arrival altitude : Fer-à-cheval 958 m.  
🕒 Time : 1h44min.

A magnificent route to admire the Cirque du Fer-à-Cheval. Come and discover our beautiful valley from our charming village of Samoëns. On the way to the Cirque du Fer-à-Cheval, stop off to admire the Gorges des Tines and then visit the village of Sixt-Fer-à-Cheval. You'll finally arrive at the largest mountain cirque in the Alps: the Fer-à-Cheval.

**Nearby: the Fer-à-Cheval restaurant and the Rouget waterfall.**

**Practical information:** The Cirque du Fer-à-Cheval is a nature reserve. It is forbidden to cycle (on the path towards Fond de la Combe) in the afternoon from 12.30pm to 6pm from 1 July to 31 August.

**Good plan :** We recommend the village of Sixt-Fer-à-Cheval as an option: continue on your way to the Rouget waterfall, the queen of the Alps - it's well worth the diversions!

## TO THE CHALET DES FONTS (MTB/E-BIKE)

The Font chalets are the perfect setting for this outing, which will give you the chance to enjoy the electric assistance of your bike, and use a number of trails.



📍 Distance : 28 km. 🏔️ Departure altitude : 700 m.  
Arrival altitude : 1 379m. 📈 Vertical drop : 718m. 🕒 Time : 2h30min.

From the tourist office, follow the banks of the River Giffre to the village of Sixt, then head towards the Cirque des Fonts. From the car park, follow the path down to the Giffre des Fonts. The path soon crosses the «Creux du Oua» bridge and offers a remarkable view of the gorges sculpted by the power of the waters. It then climbs back up through the woods to the Pelly de Serai clearing, then on to La Celière, where it crosses the path from Salvagny. The path overlooks the gorges as far as the bridge over the Giffre des Fonts, which gives access to the refuge and the mountain pasture.

**Practical information:** Le refuge des Fonts - 32 places - from mid-June to mid-September  
Tel: +33 (0)4 50 34 12 41 / [www.lesfonts.com](http://www.lesfonts.com)

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

## TO THE LAC DE GERS (MTB/E-BIKE)



Take the trails that will take you to the lake and the Gers refuge, with difficulties that will allow you to see the capabilities of your bike.

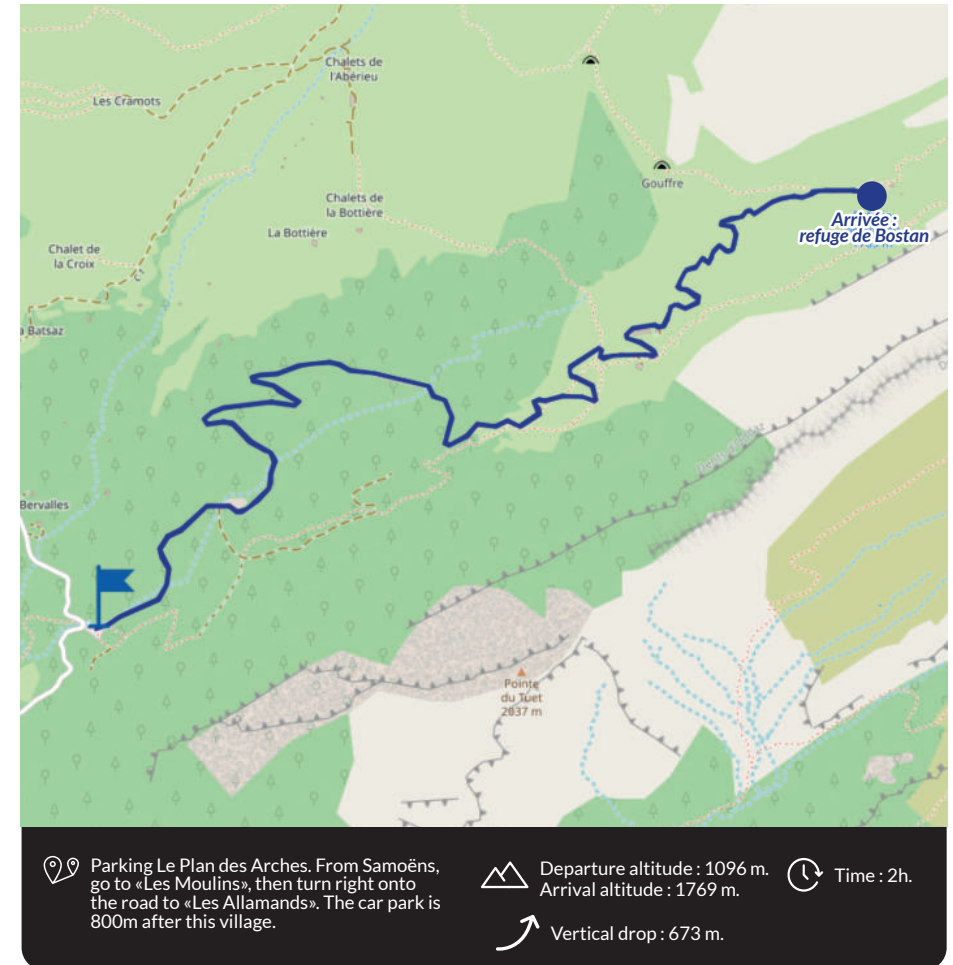
**Waypoint: Ferme de Bémont. Practical information: The 1st km to «Roux» climbs steeply. The path is very rolling but the gradient requires a sustained effort. The rest of the route is very easy.**

Practical information: From this car park, it's a 13km walk lasting 1? hours. Le gîte du lac de Gers: 18 places - Open from early June to mid-September Tel: +33 (0)9 88 24 44 07 / [www.refugedulacdegers.fr](http://www.refugedulacdegers.fr)

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

## TO THE BOSTAN REFUGE (MTB/E-BIKE)

On the way up, you'll find 4x4 trails that will take you up to the Bostan refuge and its panoramic views, and it's the descent that will give you plenty of thrills.



Follow the wide path at the bottom of the parking area. It climbs steadily through the pretty Bostan forest, which you leave shortly before reaching the Bostan mountain chalets. The view opens out onto the splendid Bostan valley, dotted with boulders and lapiaz, bordered on the right by the Dents D'Oddaz. The path continues through the mountain pastures, which are still in use, and soon reaches the refuge, a solid building on the edge of the pastures and lapiaz.

Practical information: Le refuge de Bostan: 72 places - Open from mid-June to mid-September Tel. +33 (0)6 72 64 06 85 / [www.refugedebostan.fr](http://www.refugedebostan.fr)

**Good plan :** You can make a loop by continuing towards the Golèse refuge. This is a 12km loop and takes around 3 hours.

## TO THE GOLÈSE REFUGE (MTB/E-BIKE)

Following the Clévioux stream for part of the way, you'll reach the Golèse refuge at the pass of the same name, where you can enjoy views over the Giffre (Samoëns) and Manche (Morzine) valleys.



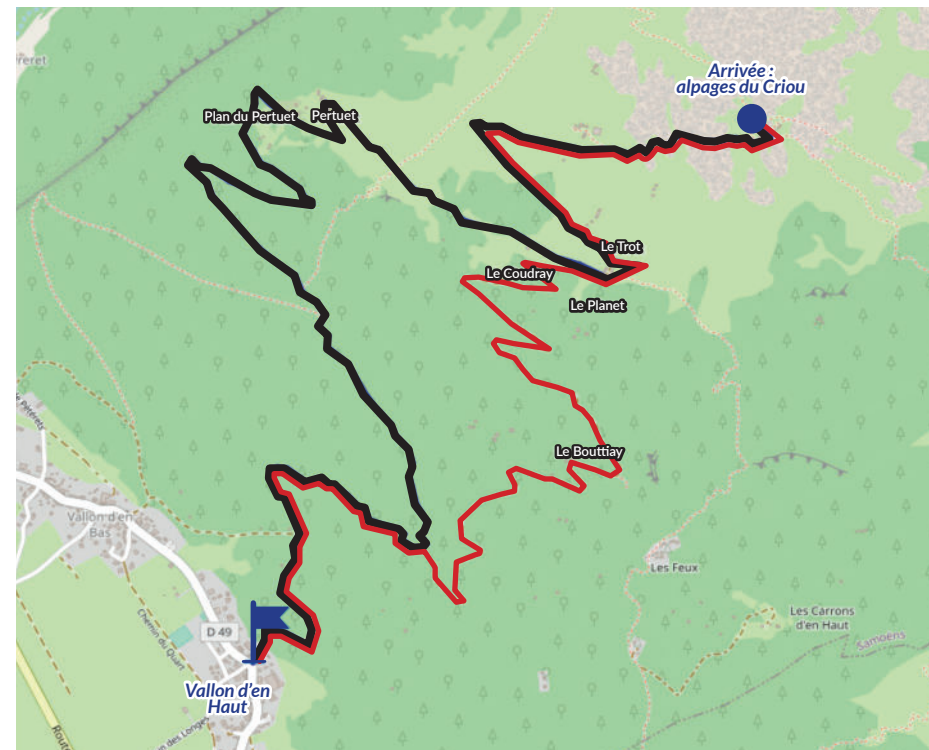
- Parking Le Plan des Arches. From Samoëns, go to «Les Moulins», then turn right onto the road to «Les Allamands». The car park is 800m after this village. Distance: 9km.
- Departure altitude : 1096 m. Arrival altitude : 1671 m.
- Time : 2h.
- Vertical drop : 575 m.

From the Allamands car park, turn left onto the small road, which begins as a tarmac surface, then becomes a carriage road and leads to the Chalets des Chavonnes. The path rises steadily through the mountain pastures, dominated on the left by the Pointe d'Angolon, which gives its source to the Clévioux torrent, and then reaches the Golèse refuge on the right just before the pass.

**Practical information:** The Golèse refuge: 80 places - open from mid-June to mid-September. Tel: +33 (0)4 50 90 59 53 / [www.refuge-golèse.com](http://www.refuge-golèse.com)

## UNDER THE CRIOU (MTB/E-BIKE)

On this outing, beneath the majestic Criou, you'll find the Trot and Feux chalets, where you can take to the trails to enjoy your bike.



- From Samoëns, head towards Sixt. Shortly after leaving the village, turn left towards Vallon d'en Bas and continue as far as Vallon d'en Haut. Take the path on the left, in front of a magnificent pool, which leads to a car park.
- Arrival altitude : 1664 m.
- Time : 2h30min.
- Vertical drop : 947 m.

From the car park, follow the wide forest track through pleasant undergrowth to the Criou mountain pastures. Shortly after a wooden basin containing a spring known as «La Fontaine du Vin Blanc», you come to a crossroads; follow the signs for the Chalets de Pertuet. Through gaps in the forest, Mont Blanc and the valley gradually come into view. From the Chalets de Pertuet, turn right onto a path that crosses the mountain pastures in the direction of Le Trot (waymarkers). Mont Blanc and the Pointe de Sales face you all the way.

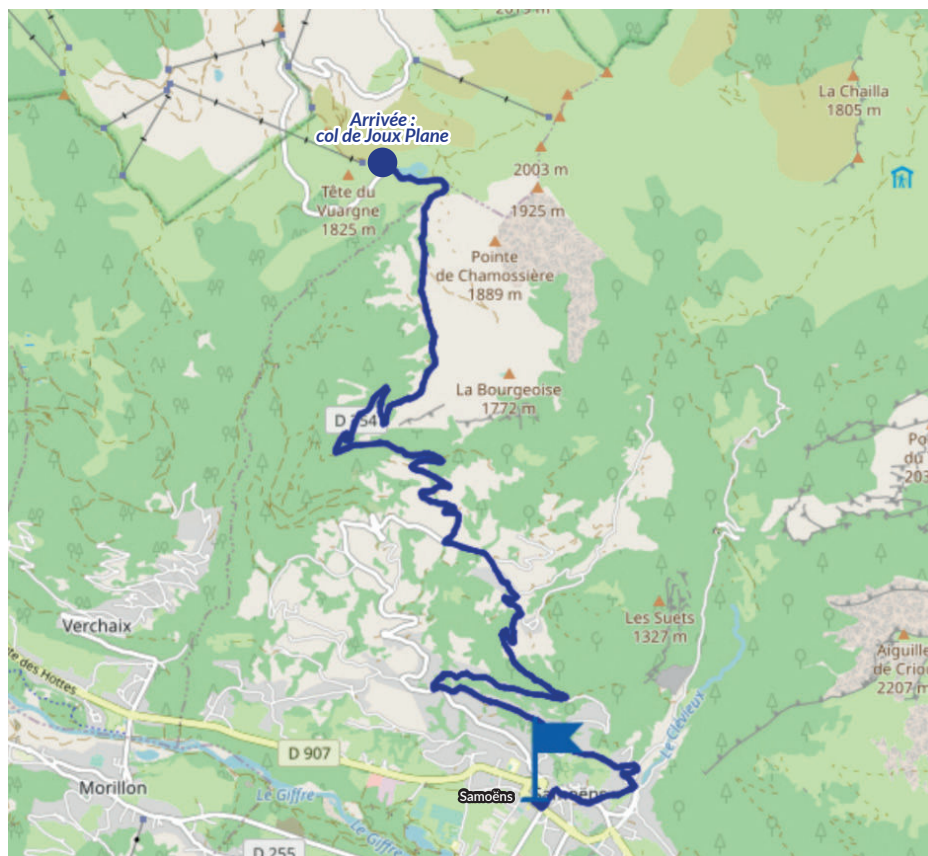
**Practical information:** Beware of greasy ground after rain.




**Good plan :** At the Chalets du Trot, the mountain farmer who runs the Criou mountain offers a pleasant terrace with cold drinks, snacks and goat's cheese.





## N°36

### COL DE JOUX-PLANE road itinerary (road bike)



 From 01/05 to 15/11:  
Outside the snow season.
  Departure altitude : 710 m.  
Arrival altitude : 1708 m.
  Time : 1h59min.

 From Samoëns tourist office:  
D 354. Distance: 12.7km.
  Vertical drop: 998 m.

For cyclists, the Col de Joux-Plane is recognised as one of the six major mountain passes in the French Massif, along with the Galibier, the Izoard, the climb to Alpe d'Huez, Mont Ventoux and the Tourmalet. This pass has often been a judge of peace for the riders of the Tour de France© and the Dauphiné Libéré©. Cycling up it from Samoëns, apart from the sporting performance that requires good training, is an opportunity to ride over a marvellous balcony overlooking the valley, then towards the Mont-Blanc massif in its most majestic profile... The road is closed to heavy goods vehicles and is not a major traffic artery, much to the delight of cycle tourists.

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

## Infos and contacts



### CABLE CARS

[www.grand-massif.com](http://www.grand-massif.com)



#### Price:

Grand Massif Express  
gondola lift: 13€  
Chariande Express  
chairlift: 13€

#### OPENING HOURS: July and August

Grand Massif Express cable car from 9am to 5pm  
Chariande Express chairlift from 9.30am to 4.30pm  
(last ascent or descent, 15 minutes before closing time)

#### 15 return tickets

valid during the summer:  
130€

#### Grand massif :

1 day : 32€  
Saison : 160€

Take advantage of 120km of enduro and downhill itineraries accessible by ski lift.



### BICYCLE HOSTS



#### Hotels

##### Hôtel Neige et Roc \*\*\*\*

+33 (0)4 50 34 40 72  
255, route de Taninges,  
SAMOËNS  
[www.neigeetroc.com](http://www.neigeetroc.com)

##### Lodge le Grand Cerf

+33 (0)4 50 34 40 74  
26, route de Taninges,  
SAMOËNS  
[www.augaisoleil-hotel-restaurant.com](http://www.augaisoleil-hotel-restaurant.com)

#### Holiday village

##### Village vacances Cap France

**Le Bérrouze**  
+33 (0)4 50 34 42 09  
375, route de Taninges  
SAMOËNS  
[www.leberouze.com](http://www.leberouze.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)

#### Rentals

##### Les Epilobes

+33 (0)4 50 34 15 98  
104, impasse de Farbelet  
SAMOËNS  
[www.chaletsamoens.fr](http://www.chaletsamoens.fr)

##### La Cassina

+33 (0)6 28 21 32 59  
425, chemin Rural de la  
Plampraz, SAMOËNS

##### Chalet Yak & Yeti - Simon Violaine

+33 (0)4 50 34 12 36  
501, route de Lachat,  
SAMOËNS  
[www.chaletyaketyeti.com](http://www.chaletyaketyeti.com)



### HIRERS/REPAIRERS bicycle reception & nearby

#### X'Trême Glisses

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

#### Anthonioz Ski

+33(0)4 50 34 93 67  
Avenue Cognacq-Jaÿ,  
SAMOËNS

#### J'aime Sport

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

#### Roland Gay Ski Set Services

+33(0)4 50 34 42 44  
4, place du gros Tilleul,  
SAMOËNS

#### SAS Mountain Spirit

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

#### Sports expériences

+33 (0)4 50 34 90 36  
718, route du Grand Massif,  
SAMOËNS



## BUS LINES

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

**Annemasse > Samoëns > Sixt Fer à Cheval Line Y02.**  
**Cluses > Samoëns > Sixt Fer à Cheval Line Y94.**

Some TAD (Transport On Demand) lines require reservations 24/48 hours in advance: Bus station: +33 (0)4 87 73 72 74.

**Timetable:** please ask for information from the Tourist Information Office. Bicycles accepted, no extra charge for bicycles.



## TRAINS

**Timetable:** For further information, please contact our tourist advisors. Internet access in the Tourist Office reception hall during opening hours: [www.sncf.com](http://www.sncf.com). **Internet access via WIFI (choose free Here Wifi network).**



## APP. BIKE

Download the free Savoie Mont-Blanc cycling app from 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).



## WATER POINT SANITARY

**Sanitary**

Tourist Office square  
Place des Dents Blanches (300m)  
GME car park (800m)

**Drinking water point**

Public fountain in Place of Tourist Office  
Public fountain place du Gros Tilleul (200m)

**Washing point**

Near the Grand Massif Express cable car



## LUGGAGE LOCKER

Ask your web host for more information.



## CAR PARK

Car - Free, no time limit

Tourist Office car park

Market car park 50m from the Tourist Office (near the cycle path)

Parking prohibited on Tuesday evenings and Wednesday mornings due to the market  
Cour car park 100m from the Tourist Office  
Parking des 7 Monts 100m from the Tourist Office

Place des Dents Blanches car park 200m from the Tourist Office

Base de Loisirs car park opposite the sports and cultural centre, 800m from the Tourist Office (near the cycle path)

Campsite car park (near the cycle path)

GME cable car car park 800m from the Tourist Office (100m from the cycle path)

Vercland car park 3.5km from the Tourist Office

Col de Joux Plane car park, 12km from the Tourist Office

Saix car park, 12km from the Tourist Office

Blue zone car park (free parking disc available on request from the Tourist Office)

Place du Gros Tilleul car park 200m from the Tourist Office - limited spaces

Place du Criou car park 200m from the Tourist Office



## CAMPING CAR

Free, no time limit

**Le Giffre Camping - Snow camper van**

+33 (0)4 50 34 41 92

1064, route du Lac aux Dames - La Glière

No bike room or storage space.

**Borne Flot Bleu Service**

+33(0)4 50 34 41 92

1064 route du Lac aux Dames

Price: 6€ - payment in coins of 0€50, 1€ and 2€.

Free access to car parks. Parking tolerated for a maximum of 48 hours in the car parks. Please note that parking is prohibited in the market car park (near the Tourist Office) on Tuesday evenings and Wednesday mornings.

**Grand-Massif Express Parking**

No parking at night.



## MONITORS MCF

Guided 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



Samoëns



*Samoëns Tourist Office*

+33 (0)4 50 34 40 28

[www.samoens.com](http://www.samoens.com)



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[www.samoens.com/en/telechargements-2](http://www.samoens.com/en/telechargements-2)