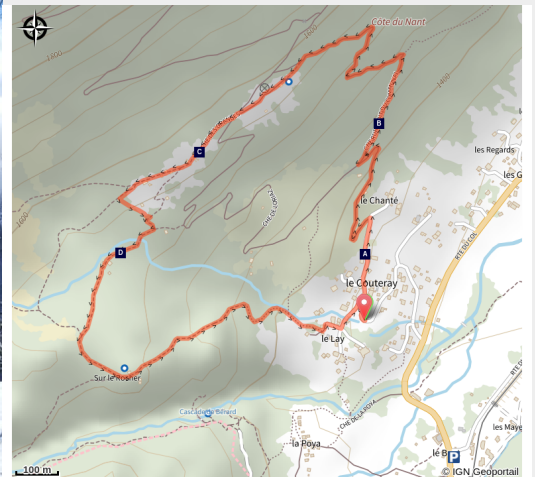


The barn loop trail : snowshoe Vallorcine

Vallorcine



(@LaurentDelomez)



Where are the animals ? learn more about how to preserve thos mixed larch and spruce forest and its inhabitants.

Nice loop leading to the typical hamlet of Les Granges, with an exceptional view on Aiguille Verte and the massif of Mont-Blanc. Family trail for an easy snowshoe hike.

Useful information

Practice : Winter Hike

Duration : 1 h 20

Length : 3.6 km

Trek ascent : 249 m

Difficulty : Easy

Type : Boucle

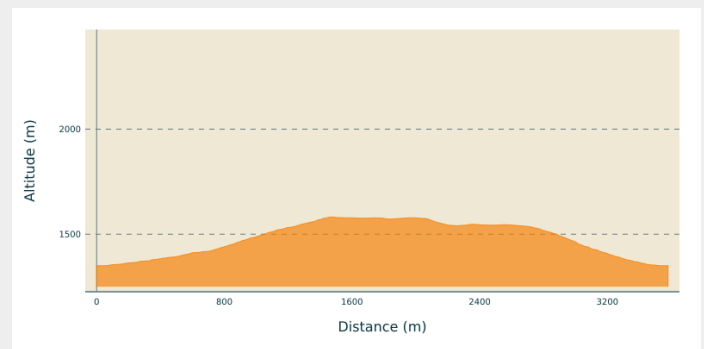
Trek

Departure : Parking « Buet / Couteray »

Arrival : Parking le Buet / Couteray

Cities : 1. Vallorcine

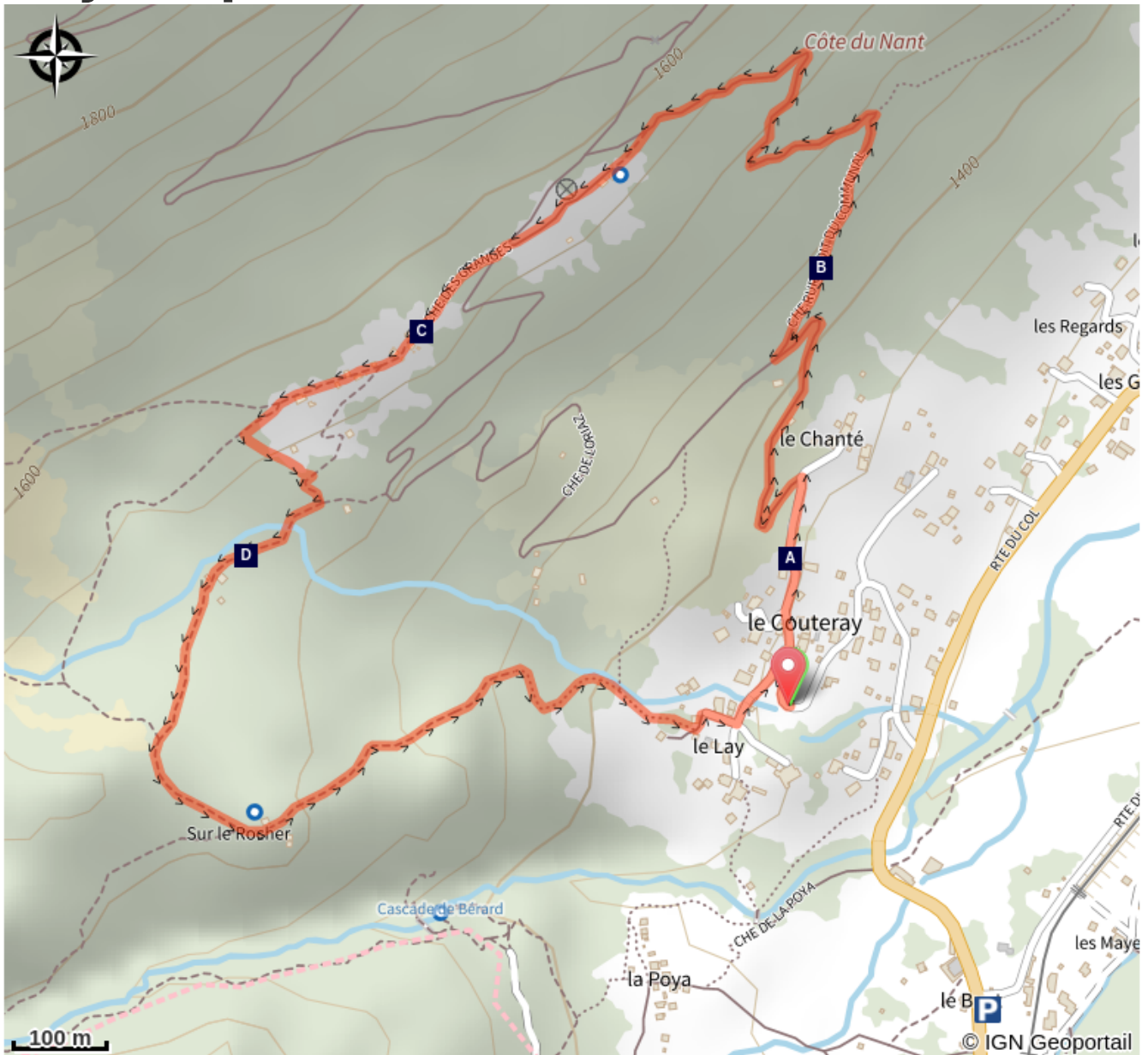
Altimetric profile




Min elevation 1350 m Max elevation 1582 m

1. From the hamlet of Le Couteray, follow the forest track north to La Loriaz.
2. Take the marked trail after a hairpin turn.
3. At the highest point of the marked trail (1580 meters), turn left towards the barns.
4. On the rock (former sheepfolds), go down on the left towards Le Lay - Le Couteray.


On your path...



 Hibernating (A)

 The European or Brown Hare (C)

 Larch forests (B)

 Encounter with a wild animal, what to do? (D)

All useful information

i Réserve naturelle

La réserve naturelle est un espace exceptionnel, ouvert à tous, dont les patrimoines naturels, culturels et environnementaux sont rares. Pour profiter et admirer encore longtemps de cette nature sauvage et préservée, merci de prendre connaissance de quelques bonnes pratiques :



Advices

Before leaving :

- Check the weather conditions: adapt your equipment
- Your hike on these marked trails is under your own responsibility
- Walking times are estimations

You are in a fragile environment: respect it

Warning : The conditions of the trails are subject to change, remember to inquire before leaving.

Access to the trail is conditioned by weather conditions.

For more information, contact the l'Office de Haute Montagne de Chamonix : +33 (0)4 50 53 22 08.

<https://www.chamoniarde.com/>

What to do when you meet a wild animal ?

During the harsh winter conditions, animals have no other choice than trying to survive day after day. Our presence on their territory will obviously disturb them, and even frighten them.

Let's try to minimize this disturbance:

- Stop and wait quietly until the animal goes away. - Do not shout or make sudden movements which would stress the animal even more.
- Do not try to approach it nor follow it.

How to come ?

Transports

SNCF train stop Le Buet served by the TER-line Mont Blanc Express, then walk along the road to the hamlet of Le Couteray on your left.

<https://www.chamonix.com/gares-et-arrets-de-train/arret-sncf-le-buet>

Access

Take road D1506 from Chamonix via Argentière and Col des Montets or via Switzerland via Martigny, Col de la Forclaz and le Châtelard.

Advised parking

Parking Le Buet

Accessibility

Information desks

Office de tourisme de Vallorcine

183 Route des Confins, 74660 Vallorcine

Tel : 04 50 54 60 71

<https://www.chamonix.com/la-vallee/les-stations-villages/vallorcine>

On your path...



🐾 Hibernating (A)

Many animals hibernate. Hibernating can have two meanings:

- To shelter: animals adapt their behavior during this period, by reducing their activity or taking shelter. For example, insects and birds overwinter.

- To “sleep”: Groundhogs hibernate from the end of September, taking refuge in a burrow and sleeping deeply until April. During this period of hibernation, groundhogs are in a “comatose state”: the heart only beats at 5 beats per minute and the body temperature drops for plus or minus 10 degrees (variable according to the temperature of the ground).

Attribution : @brindenature



🌿 Larch forests (B)

Larch forests are ecosystems with high biodiversity and one of the resting areas for mountain fauna.

It is the only conifer in Europe losing its needles. These turn yellow and fall off in autumn. Larch needles play an essential role in soil and ecosystem dynamics: the transformation into humus facilitates the establishment of other plant species. In spring, new flexible and clustered needles regrow.

Attribution : @JulienHeuret



🐾 The European or Brown Hare (C)

The European Hare, known as "the brown one", lives in forest environments.

The Mountain hare, called "the white coat", meanwhile lives in the upper part of the forest and the mountain pastures.

Lagomorphic mammals, like rabbits, are to be distinguished in particular by the length of their ears. The "brown" hare has more slender shaped long ears. The coat of the Mountain Hare changes with the seasons to become visually part of the landscape and hide from predators. The “white coat” is a nocturnal animal; it builds shelters under the snow to sleep during the day. Be careful not to leave the tracks, you could step on it!

Attribution : @GuillaumeCollombet



Encounter with a wild animal, what to do? (D)

During the harsh winter conditions, animals have no other choice than trying to survive day after day. Our presence on their territory will obviously disturb them, and even frighten them; so let's try to minimize this disturbance:

- Stop and wait quietly until the animal goes away.
- Do not shout or make sudden movements which would stress the animal even more.
- Do not try to approach it nor follow it.

Attribution : @Asters