

# The blooming valley de La Crotte: Les Munes

CC des Montagnes du Giffre - Taninges



(@FotoFlo.net)



*Littered with flowers during spring, enjoy this hike boasting breathtaking Mont Blanc views*

A mountainside hike: a veritable paradise for wildlife aficionados and macroflora connoisseurs... If you're patient, you might spot some mouflons on the Pointe d'Uble.

## Useful information

Practice : Summer hike

Duration : 2 h

Length : 8.9 km

Trek ascent : 514 m

Difficulty : Easy

Type : Aller-retour

Themes : Fauna, Flora, Montagne sans voiture, Point de vue

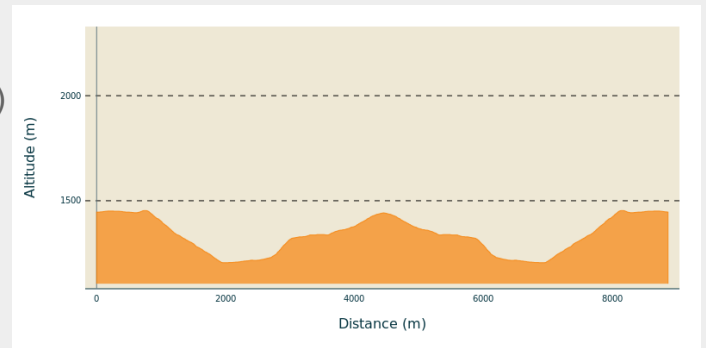
# Trek

**Departure** : Tourist Office parking area, Praz de Lys

**Arrival** : Office de Tourisme (tourist office) parking area, Praz de Lys

**Cities** : 1. Taninges  
2. Mieussy

## Altimetric profile



Min elevation 1205 m Max elevation 1453 m

From the Praz de Lys tourist office parking above Taninges, take the forest path on the left, in front of the CR (hiking trail) known as Les Lousses, which leads down to La Crotte. When you get to the Chalet de la Crotte, turn right up to the Chalets de Rosset. At the foot of the green Pointe d'Uble, take the left-hand path leading to Les Munes. Follow the path just below the Vers le Folliet chalet (following the blue marks). The path meets the torrent and passes close to the Cascade des Munes. A few hundred meters further up, you reach the Munes mountain pasture with its traditional chalets. Return by the same way. A loop is also available, keeping to the right of the vehicular road. You can also head back to the Col de la Ramaz and take the summer shuttle bus.

# On your path...



🐛 A skilful pest: the bark beetle (A)

🐐 The mouflon, spiral-hoofed sheep (B)

🌻 The golden ball: Globeflower (C)

🌸 Orchids gone wild! (D)

# All useful information

## Animaux acceptés

Votre chien est autorisé dans cette zone d'espace naturel. Il est conseillé de le tenir en laisse. À l'approche d'un troupeau, il est obligatoire de lui mettre une laisse. Par sa présence, son odeur et ses déjections, votre chien peut perturber la biodiversité. Sa divagation dans la nature peut avoir des conséquences lourdes pour la faune sauvage et les troupeaux (transmission de germes, stress de la faune sauvage, destruction des couvées au sol). Les chiens sont interdits en cœur de parcs nationaux et dans la plupart des réserves naturelles.

## Advices

Always be careful and plan ahead when hiking. Asters, CEN 74 can not be held responsible for the occurrence of any accident or incident on this trail.

## How to come ?

### Transports

From 11 July to 26 August 2022: four Montagnes du Giffre summer shuttle buses From Mieussy / Sommand, Châtillon-sur-Cluses, Taninges / Praz de lys, La Rivière-Enverse, Morillon, Verchaix, Samoëns, Sixt-Fer-à-Cheval The bus is in service every day of the week, including Sundays and public holidays.

### Access

Parking de la Crotte Praz de Lys 74440 Taninges. From the road "CR dit de vers la Crotte", 74440 Taninges, turn right in a hairpin turn going up towards Praz de Lys, onto the D 328.

### Advised parking

Office de tourisme (Tourist office) Praz de Lys 74440 Taninges

# On your path...

---



## A skilful pest: the bark beetle (A)

Bark beetles are a large family of insects known as Coleoptera, which can grow to between 4 and 6 mm in length. Naturally present throughout Europe, they are one of the most important pests of softwood forests, and more specifically of the spruce forest. Bark beetles are specific to a particular wood type. The spruce type is known as the typographer and the chalcographer, and the Scots pine as the stenographer. The bark beetle burrows under the bark, blocking the flow of sap and causing the softwood to dry out. In the Grand Est and Bourgogne-Franche-Comté regions, around 10 million m<sup>3</sup> of wood were infected between September 2018 and the end of 2020, according to the ONF (National Forest Office). Climate change and periods of drought are weakening trees' defences and encouraging the pests to spread.

Attribution : @FotoFlo.net

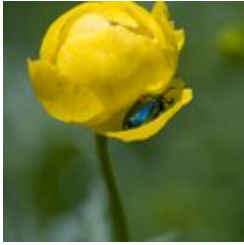
---



## The mouflon, spiral-hoofed sheep (B)

The ancestor of the domestic sheep, the mouflon is a wild sheep with a stocky body and thick feet, found in a large number of European countries. The mouflon has a coarse skin, reddish-brown in summer and blackish-brown in winter. The male has two thick horns that spiral backwards (up to 85 cm long). In females, they are short (15 cm) and curved backwards or absent altogether. The Mediterranean mouflon was introduced to our region as part of a wider policy to save the Corsican mouflon and replenish the native big game species, which had all but disappeared by the 1950s.

Attribution : @asters



## 🌸 The golden ball: Globeflower (C)

The globeflower is a mountain species, found at altitudes of between 500 and 2,500 metres. It thrives in damp meadows. A familiar sight in the Northern Alps, it is often called buttercup and it blossoms from May to August. The flowers are often single and have between 6 and 15 bright yellow petal-like sepals, which together form a ball measuring 3 to 5 cm in diameter. These flowers never fully open and they retain their simple, round shape. These enclosed flowers are pollinated by a small fly which lays eggs on the ovaries and whose larvae feed on some of the seeds. So, are you ready to impress your friends and family with your knowledge on this beautiful flower?

Attribution : @FotoFlo.net



## 🌸 Orchids gone wild! (D)

The mention of the word "orchids" often sparks a great deal of curiosity, as our French imagination conjures up images of cultivated tropical flowers. However, orchids are found almost everywhere in the world, and constitute the largest family in the plant kingdom, with over 30,000 species. There are 160 species of wild orchid in France. Orchids have adapted to all kinds of environments: Scrubland and maquis: orphys, serapias. Dry grasslands: orphys, orchis. Flood-meadows and marshes: Anacamptis palustris. Forests: helleborine, cephalanthera. Alpine pastures: gymnadenia, globe orchid, pseudorchis albida.

Attribution : @FotoFlo.net