

# The Contant Mill

CC Pays du Mont-Blanc - Megève



Rayon de soleil sur Megève (@CeciliaGranger)



*A refreshing hike along the Planay stream between forest and mountain pasture.*

In the refreshing breeze of a stream, learn about the risks of gathering wild plants.

## Useful information

Practice : Summer hike

Duration : 1 h 30

Length : 3.7 km

Trek ascent : 121 m

Difficulty : Easy

Type : Boucle

Themes : Fauna, Flora, Géologie, Montagne sans voiture

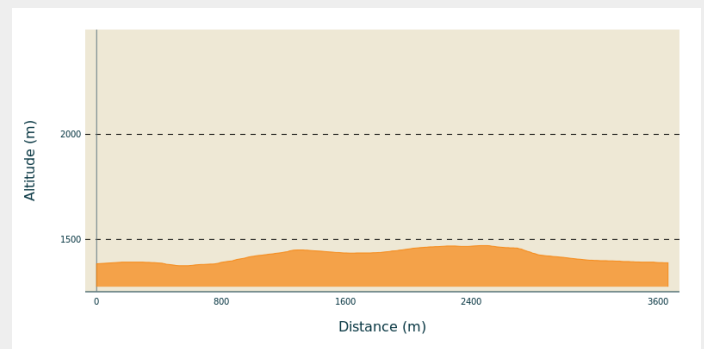
# Trek

**Departure** : Chalet de la Livraz 74120  
Megève

**Arrival** : Chalet de la Livraz 74120  
Megève

**Cities** : 1. Megève

## Altimetric profile



Min elevation 1375 m Max elevation 1471 m

The Livraz Chalet is located between Mont d'Arbois and Côte 2000 in Megève. Follow the paved road for about 200m, then take the first turn on the left. Follow the pretty path between two fields until you come to forest edge overlooking the Planay stream. After crossing the bridge, you'll arrive at the Moulin Contant hamlet. Continue along the stream towards Le Planay, following the on-site markers. The path rises through the meadow to reach the road leading to the picturesque Le Planay village. Keep to the right and cross the bridge. Take the right-hand trail towards the Bacré farm. Go down the hedge-lined path leading back to the starting point.

# On your path...



-  Preserving wetlands (A)
-  *Aporia crataegi* or the black-veined white butterfly (C)
-  Admiring the mountain flowers (B)
-  Fox pee myth (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

Y83: Sallanches - Combloux - Megève - Praz sur Arly <https://www.sat-montblanc.com/horaire-timetables/ligne-y83-sallanches-megeve-praz.aspx>

### Access

You can drive there from the Megeve centre in just 10 minutes. Pass the Mont D'Arbois. Chalet de la Livraz 1250 Route de la Côte 2000 74120 Megève

### Advised parking

Chalet de la Livraz parking area

# On your path...

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## Preserving wetlands (A)

Wetlands are fragile and threatened environments, boasting a high degree of biodiversity that is often exceptional. They provide us with many benefits. They are essential for managing water resources, filtering and decomposing certain pollutants, regulating the flow of rivers and groundwater, storing water and reducing the effects of flooding. They also act as a buffer against climate change, by trapping carbon. Their preservation is therefore a real priority.

Attribution : @Megevetourisme

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## Admiring the mountain flowers (B)

Gathering wild plants in the wild is authorised in some cases, but it should be done in a sensible way: - In small quantities: this encourages regrowth, so that there will be enough left for the animals and other hikers. - Do not pick in the same place: diversify the picking sites - Cut the plants instead of uprooting them And why not just admire the mountain flowers? It's surely going to be a memorable experience! Picking is often prohibited in sensitive natural areas (nature reserves or parks). Check the regulations at the entrance to the site.

Attribution : @theKrank

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## *Aporia crataegi* or the black-veined white butterfly (C)

White butterfly with delicate black veins, this is the *Aporia crataegi*, also known as the “black-veined white”. Its single annual generation of butterflies flies from April-May to July-August. This photograph shows a coupling of this butterfly, once very common in France. This butterfly is threatened and has been in massive decline for several years. - The growth of intensive agriculture has led to the gradual disappearance of its breeding habitats. - The use of pesticides has been very harmful. - Hedgerows have been uprooted, eliminating the plants on which the caterpillars feed. The black-veined white is still relatively common in mountainous areas, particularly at altitudes above 800 metres where extensive agriculture is more widespread.

Attribution : @mariondegroot



## Fox pee myth (D)

Alveolar echinococcosis is a parasite ( known as tapeworm) whose natural hosts are canines. Contrary to popular belief, this parasite is found in the small intestine of foxes, and therefore in their faeces rather than in their urine. Humans can become infected after inadvertently consuming tapeworm eggs. Severe lesions appear 5 to 15 years after ingestion. If you regularly harvest wild plants in forested areas, keep your eyes and nostrils open. Advice : - Look out for fox and dog droppings, which can often be found on footpaths. - Harvest plants higher up (the risk is greater with dandelions and wild garlic, for example). - Cook your food. The risk is only present when eating raw wild plants. - Wash the plants and your hands several times after picking and working in the soil. Source: <https://cueilleurs-sauvages.ch/echinococcose-risques-et-prevention-lors-de-la-cueillette-des-plantes-sauvages/>

Attribution : @MichaëlBerthoud