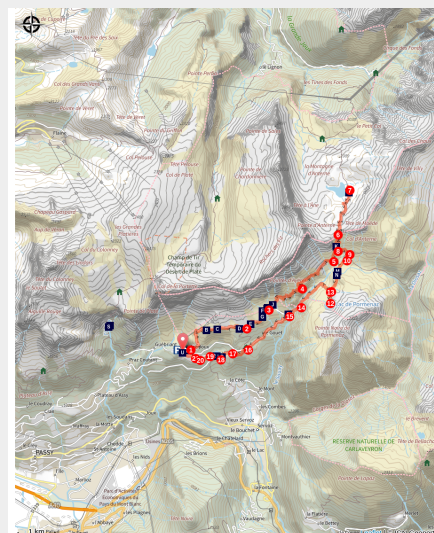


# The big loop trail of Lac d'Anterne and Lac de Pormenaz

CC Pays du Mont-Blanc - Passy



Lac d'Anterne et barre des Fiz (Julien Heuret - CEN 74)



## *Cliffs and lakes with breathtaking views of the Mont Blanc.*

At the base of the Rochers des Fiz, you'll discover Anterne and Pormenaz lakes. All along the way, the Passy Nature Reserve offers magnificent views of Mont Blanc and the surrounding summits.

## Useful information

Practice : Summer hike

Duration : 6 h 30

Length : 20.4 km

Trek ascent : 1326 m

Difficulty : Hard

Type : Boucle

Themes : Géologie, Lac et glacier, Point de vue, Refuge

# Trek

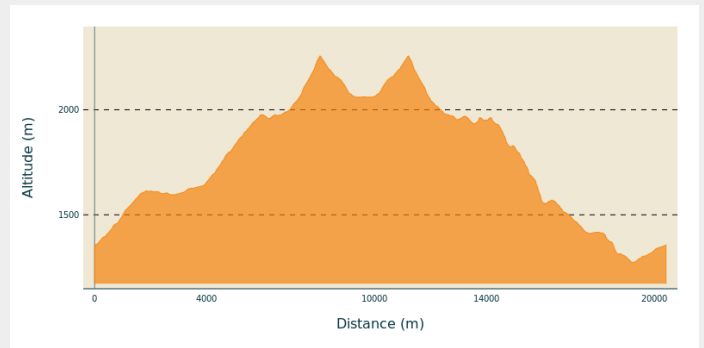
**Departure** : Maison de la Réserve naturelle de Passy

**Arrival** : Maison de la Réserve naturelle de Passy

**Markings** :  GR

**Cities** : 1. Passy  
2. Servoz

## Altimetric profile

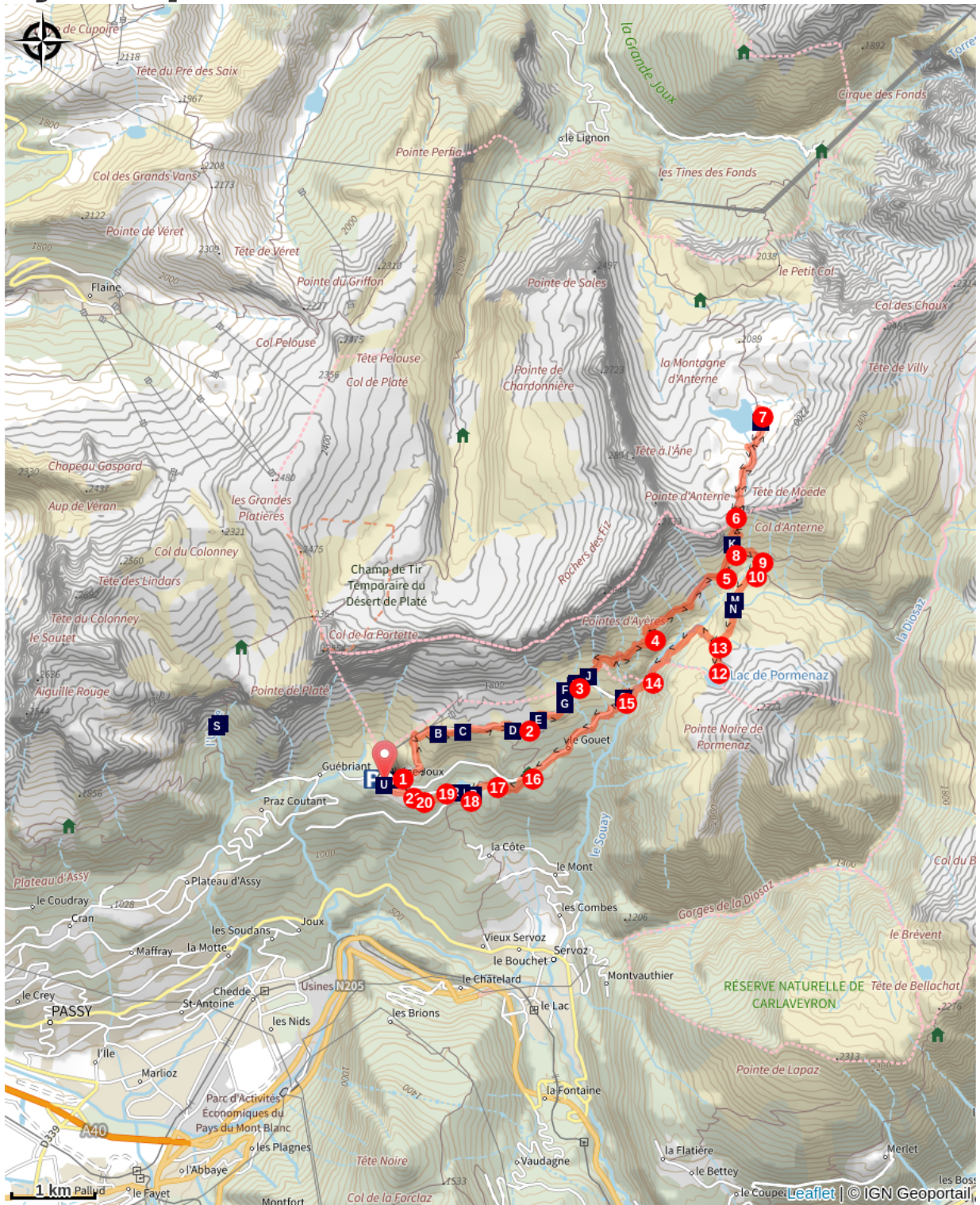
















Min elevation 1272 m Max elevation 2256 m

Always exercise caution and plan ahead when hiking. Asters, CEN 74 cannot be held responsible for any accident or incident that may occur on this trail. The Argentières path on your way back is exposed and vertiginous. An alternative descent is available.



# On your path...



-  Overlooking the Dérochoir (A)
-  The Golden Eagle (C)
-  The Mountain Ash (E)
-  The alpine cabin (G)
-  The wolf (I)
-  The Alpine Chough (K)
-  The shallow ponds of Pormenaz (M)
-  The mont Blanc before the rise of mountaineering (B)
-  The Hazel Grouse (D)
-  Whistly song of a marmot (F)
-  Livestock guardian dogs (H)
-  The Great yellow Gentian (J)
-  A Swiss hydroplane on the lake of Anterne (L)
-  Floating bur-reed (N)

# All useful information

## **Animaux non acceptés**

Les chiens sont interdits en cœur des parcs nationaux et dans la plupart des réserves naturelles. La divagation des chiens a un impact et des conséquences lourdes pour la faune sauvage et les troupeaux. Les chiens perturbent la biodiversité par leur odeur, leur présence et l'impact de leurs déjections. Ils peuvent transmettre des germes, stresser la faune sauvage ou encore détruire des couvées au sol.

## **Advices**

This itinerary runs through the nature reserve, please consult the relevant regulations.

## **How to come ?**

### Transports

Bus SAT Mont-Blanc L85

### Access

Get to the Passy Plaine Joux resort via the D43 road. Car park at the entrance to the resort. The resort is also accessible by bus L85 (SAT Mont-Blanc).

### Advised parking

Plaine Joux station

# Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

## Réserve naturelle nationale de Sixt-Fer-à-Cheval-Passy

Sensitivity period:

Contact: Asters - Conservatoire d'espaces naturels de Haute Savoie

[contact@cen-haute-savoie.org](mailto:contact@cen-haute-savoie.org)

La Réserve Naturelle Sixt-Fer-à-Cheval-Passy est un espace naturel protégé. Merci de respecter la réglementation :



Pensez à rester sur les sentiers.

### Information desks

#### Maison de la réserve naturelle de Passy

Plaine-Joux, 74190 PASSY

[contact@cen-haute-savoie.org](mailto:contact@cen-haute-savoie.org)

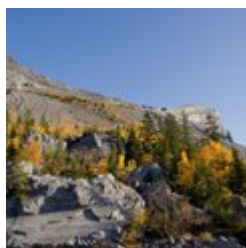
Tel : 04 50 90 23 07

<http://cen-haute-savoie.org>



# On your path...

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## Overlooking the Dérochoir (A)

The Dérochoir is the product of a series of landslides. The first known and documented landslide dates back to 1471. The second and last, for the time being, was in 1751. At the foot of the cliff is a huge landslide cone that forms an unsteady slope. These landslides made it possible to cross the Barre des Fiz.

Attribution : Julien Heuret - CEN 74

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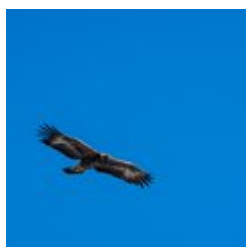


## The mont Blanc before the rise of mountaineering (B)

A lot of mountaineers have dreamt of climbing Mont Blanc, the highest peak in Western Europe. But this has not always been the case. In the past, the mountains instilled fear and superstition in their local inhabitants, as evidenced by the names given to the summits ("cursed mountain", "devil's spikes"...). Only shepherds, chamois hunters and stonemasons (extractors of rock crystals) frequented these hostile areas. The first ascents were made by daring foreigners who hired these experienced mountaineers to provide guidance.

Attribution : Lucie Rousselot - CEN 74

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## The Golden Eagle (C)

It's a predator, armed for the hunt! Thanks to its large, wide wings, it glides high into the sky in search of prey. Its exceptional eyesight spots marmots (its favourite meal), hares, foxes or ptarmigan, and sometimes even young chamois or ibex! Its prominent eyebrow arch acts as a sun shield when it swoops down to snatch its prey. It is equipped with talons for grabbing and a powerful, hooked sharp beak for tearing flesh.

Attribution : Julien Heuret - CEN 74





### The Hazel Grouse (D)

This is the smallest and most elusive of the mountain Galliformes species. It is much less well known than the black grouse or the rock ptarmigan because it lives exclusively in the forest! But it is just as important from a biological and scientific point of view: this species is an excellent indicator of environmental change. Its specific requirements in terms of vegetation and variety of tree species put it at risk in the face of poor forest management. This is one of the main causes of the species' decline.

Attribution : Julien Heuret - CEN 74

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### The Mountain Ash (E)

It is a small tree that grows on the edge of forests. Its fruit, called "sorbs", are orangey red berries that are very popular with thrushes and blackbirds. They can be used to make brandy, jelly, or jam. Just make sure you pick them before they are ripe, otherwise, they may become toxic! In the reserve, the mountain ash is being studied as part of a collaborative science programme designed to measure the impact of climate change in the mountains.

Attribution : Julien Heuret - CEN 74

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### Whistly song of a marmot (F)

The Marmot is the favourite food of the Golden Eagle and, to a lesser extent, of the Fox. Always alert, the marmot surveys its surroundings to avoid being caught. Standing upright on its paws, its iconic stance reminds of a candle atop of a chandelier. Thanks to its very wide field of vision and its highly effective hearing and sense of smell, nothing escapes its notice. In the event of an emergency, it warns others with an audible cry: high-pitched and brief in the case of an airborne hazard, whistled and repeated in the case of a ground hazard. And that danger can be you!

Attribution : Frank Miramand - CEN 74

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## The alpine cabin (G)

The alpine cabine is a small building which, gattered with others, forms a small hamlet.

These constructions were originally intended for the organization of agricultural life in the mountains. These cabins were used in the summer to shelter the shepherds and their family. They were also used for milking and the production of cheese and other dairy products.

Attribution : Julien Heuret - CEN 74



## Livestock guardian dogs (H)

These are guardian dogs, so their use is permitted in nature reserves. They are there to defend sheep and lambs from attacks by large predators, such as wolves. Often large in size, these dogs, known as "molossoids", dedicate their lives to protecting the livestock to which they are deeply attached. When approaching the herd, it is important to remain aware of their attitude and to adapt to it, while following simple instructions: - Keep your distance from the herd (go around it if possible) - Call out loudly to the herds and dogs to avoid surprising them - Stay calm and avoid sudden movements, keep walking without running. Don't hesitate to speak softly to them so that they get used to you and accept your presence. - Avoid looking dogs in the eyes and try to ensure that you always have an object or an obstacle between you and the dog.

Attribution : Geoffrey Garcel - CEN 74



## The wolf (I)

Wolves have been making a comeback in France on their own since the 1990s. Originating in Italy, the species first colonised the southern Alps, then the entire Alpine region. Since the summer of 2019, its presence has been confirmed in some of the Haute-Savoie nature reserves, which is why guard dogs are kept around several herds. The wolf is a carnivore. It feeds mainly on wild animals such as chamois and roe deer. But it can also eat sheep, especially when the herds are not guarded. To avoid interfering with the dogs' duties, please follow the instructions!

Attribution : Anne-Laure Martin



## The Great yellow Gentian (J)

This large perennial plant, over 1 m high, can be found in meadows, moorland and forest clearings in the mountain and sub-alpine regions. It is used in phytotherapy, but should not be confused with the highly poisonous white alder, which it grows alongside of and closely resembles! The only difference lies in the flowers. Gentian flowers are yellow. Outside the blooming season, you should take a closer look at the leaves. Gentian leaves face each other on the stem, while alder leaves are on opposite sides of the stem.

Attribution : Julien Heuret - CEN 74



## The Alpine Chough (K)

This well-known mountain predator lives mainly in large, noisy flocks, with impressive headcounts, especially in winter, when snowfall at high altitudes forces it into the valleys to find food! It is often mistakenly referred to as a "jackdaw", when in fact it is a completely different species of corvid, which is more likely to be found on the lowlands! The chough can be recognised by its black plumage, lemon-yellow beak and red feet. It is an avid aerobatic performer, and you'll no doubt be amazed by their acrobatic maneuvers!

Attribution : Julien Heuret - CEN 74



## A Swiss hydroplane on the lake of Anterne (L)

In August 1920, a hydroplane left Lausanne, on the shores of Geneva lake, to fly over the Alps.

The aircraft, which had just been overhauled, had engine trouble above the Chamonix valley. The pilot noticed the lake of Anterne and estimated that he could land there, which he succeeded. The lake being too small, the plane, even repaired, could not take off again. The engine was removed, and taken down to the valley, and the abandoned hydroplane gradually disintegrated.

Attribution : Archive - Collection Jean Sesiano



## The shallow ponds of Pormenaz (M)

These small, shallow bodies of water are wrongly called lakes. Here they are called "laouchets", meaning "small bodies of water". These shallow bodies of water are quite biodiverse and are home to a rare and protected species, the Sparganium or the bur-reed. Eventually, these ponds will fill in and become peat bogs.

Attribution : Julien Heuret - CEN 74



## Floating bur-reef (N)

What you see on the surface of the lake is not a seaweed but a flowering plant with long, narrow leaves that float on the water like shimmering ribbons. The bur-reef lives in the calm, cold, shallow waters of mountain lakes and ponds. Underwater, it has stems filled with nutrient reserves: known as rhizomes. As the lake is gradually filled in with earth, the bur-reef population is expanding by bringing in its stems and withered leaves every winter.

Attribution : Julien Heuret - CEN 74