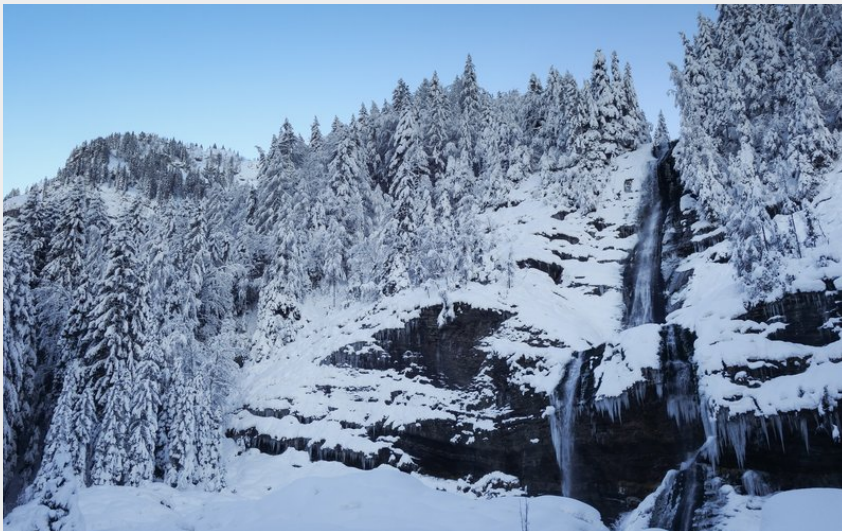


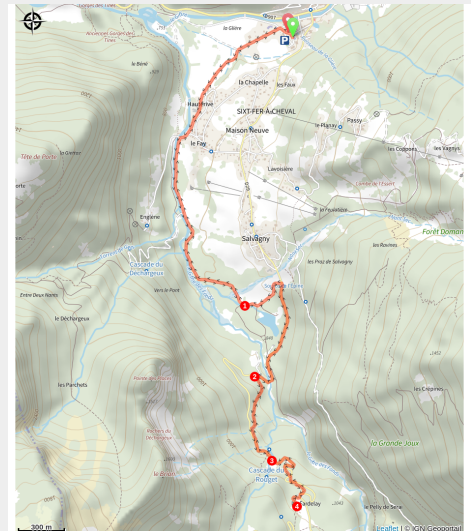
Rouget waterfall (cascade du Rouget): snowshoeing in Sixt-Fer-à-Cheval



CC des Montagnes du Giffre - Sixt-Fer-à-Cheval



Cascade du rouget sous la neige (@frankMiramand)



A four-season walk from Sixt-Fer-à-Cheval to admire La Reine des Alpes waterfall

A journey to help understand climate change and its adverse effects on ibexes and permafrost.

Useful information

Practice : Winter Hike

Duration : 3 h

Length : 10.3 km

Trek ascent : 326 m

Difficulty : Easy

Type : Aller-retour

Themes : Fauna, Ecogeste, Géologie, Montagne sans voiture

Trek

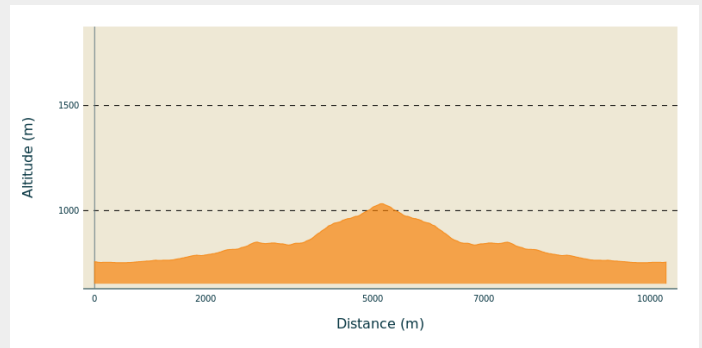
Departure : Place de la gare' parking area in St Sixt-Fer-à-Cheval

Arrival : Place de la gare' parking area in St Sixt-Fer-à-Cheval

Markings :  GR

Cities : 1. Sixt-Fer-à-Cheval

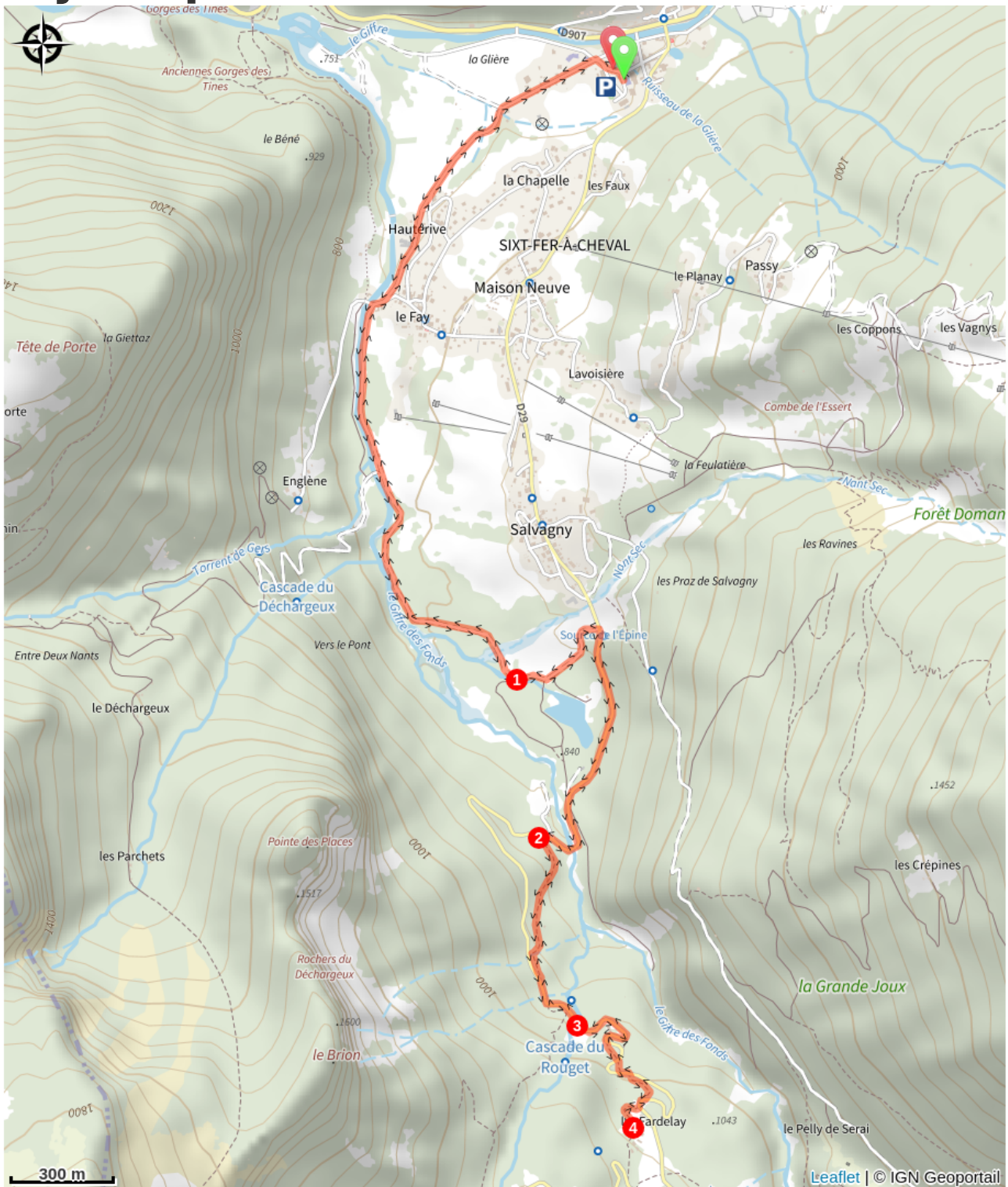
Altimetric profile




Min elevation 752 m Max elevation 1033 m


From the Maison de la Réserve situated in the centre of the village of Sixt-Fer-à-Cheval, follow the GR5 - GR96 along the Giffre. Before crossing the Giffre, go up to your left to join the road just outside Salvagny. Go down to the right towards the Sales bridge. From here, the trail is signposted Haut-Giffre Nordique. A hundred metres past the bridge, the track bends to the left and climbs steadily through a beautiful spruce forest. It crosses a small mountain stream and reaches the road 200 metres before the waterfall. For much of the winter, the waterfall is frozen over and offers a wonderful scene. There is a significant risk of falling blocks of ice and slipping down the waterfall. Continue along the road. This takes you around wide bends to the 'Fardelay' chalets. Beware of the risk of avalanches beyond the chalets. Return by the same route.

On your path...



 Alpine ibexes and climate change (A)

 Permafrost (B)

 At the entrance to the national nature reserve (C)

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

Be careful and plan ahead when hiking. Asters CEN-74 cannot be held responsible for any accident or inconvenience that may occur on this trail. Caution: risk of avalanches behind the 'Fardelay' Chalets.

How to come ?

Transports

To get to Sixt-Fer-à-Cheval : take the bus 94 Cluses - Taninges - Samoëns - Sixt-Fer-à-Cheval https://www.oura.com/calculateur_widget - <https://rando.nature-haute-savoie.fr>

Advised parking

Place de la gare' parking area in 74740 Sixt-Fer-à-Cheval

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.

Bearded vulture

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact: ASTERS - CEN 74 : 06 49 99 99 48

ATTENTION : nidification d'un couple de Gypaètes sur le secteur de Sixt-Fer-à-Cheval !

En concertation avec les différents acteurs locaux des zones de sensibilité pour les gypaètes reproducteurs ont été définies.

Pour la préservation de l'espèce, toutes les activités sont à éviter au sein de la zone.

Merci de faire attention et d'éviter ce secteur.

En souhaitant bonne chance aux gypaètes !

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

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



Pensez à rester sur les sentiers.

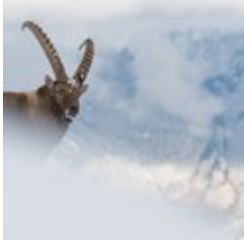
AM - Gypaète barbu - Pointe des Places

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact: ASTERS - CEN 74 : 06 49 99 99 48

Survol (drône inclus) à éviter à moins de 300 mètres du sol du 01/11 au 31/08.

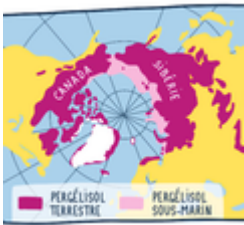
On your path...



🐐 Alpine ibexes and climate change (A)

Due to the increase in temperatures and the early snow melt, the plants grow faster and begin to grow at an earlier time. This shift in the vegetation season may seem positive for the ibex, however, it is accompanied by a drop in the nutritional quality of the plants at a time when the ibex need natural resources and energy the most. As a result, there is an imbalance between the availability of resources and their nutritional requirements, affecting the physical condition of the females during gestation and lactation, as well as the diet of the young ibex during their first summer. Ibexes are sensitive to rising temperatures, causing them to reduce their activity and move to cooler areas at higher altitudes, resulting in significant energy expenditure before the breeding season and during the winter. All these factors are threatening some populations of ibex.

Attribution : @frankMiramand



🌐 Permafrost (B)

Permafrost is the name given to soil where the temperature is below 0° for a period of at least 2 years. It represents around 25% of the Earth's surface, mostly in Russia, Canada and Alaska. This interstitial ice is the glue that holds our mountains together. Plant debris accumulates on ground that has been frozen for hundreds of thousands of years. The frost prevented this debris from being broken down by bacteria, whose metabolism is slowed by the cold. When the permafrost thaws, the bacteria rapidly transform the accumulated organic matter, creating large quantities of CO₂ or methane (CH₄). Thawing has other cumulative effects:- Landslides (thawing leads to the creation of mud)- Coastal erosion (coastal cliffs are also held in place by permafrost)- Increase in forest fires (the ground dries out and temperatures rises)- Collapse of infrastructure built on permafrost (pipelines, bridges, roads, railways, silos, etc.)- Impaired quality of drinking water (release of pollutants).

Attribution : Medusecommunication



At the entrance to the national nature reserve (C)

Tucked away in the heart of the Haut-Giffre limestone massif, the Sixt-Fer-à-Cheval/Passy nature reserve is one of the 5 largest reserves in mainland France. With a surface area of almost 10,000 hectares and a broad range of altitudinal ranges (870 m to 3100 m), it boasts a wide variety of natural environments and an extraordinary landscape: forests, alpine meadows, high-altitude lakes, cliffs, lapies and glaciers, perfect for observing animals and enjoying the tranquility and beauty of a protected area.