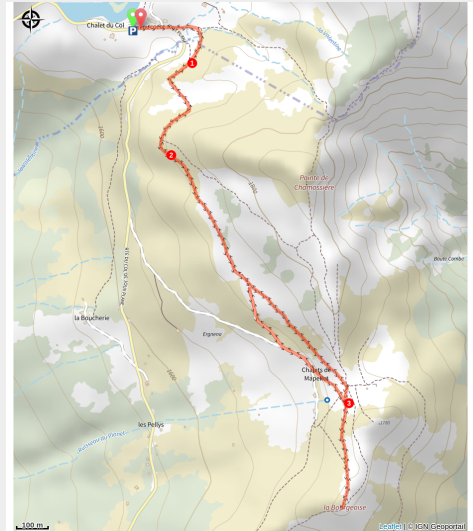


# La Bourgeoise: snowshoeing in Samoëns

CC des Montagnes du Giffre - Verchaix



La bourgeoise (@AurelienMahaut)



*A stroll along the cross-country ski trail will be rewarded with a panoramic 360° view from the summit.*

A long hike with a possibility of an overnight stay in (near) Bostan and a wonderful descent to the bottom of the combe and Sixt-fer-à-Cheval.

## Useful information

Practice : Winter Hike

Duration : 1 h 30

Length : 5.4 km

Trek ascent : 152 m

Difficulty : Medium

Type : Aller-retour

Themes : Fauna, Flora

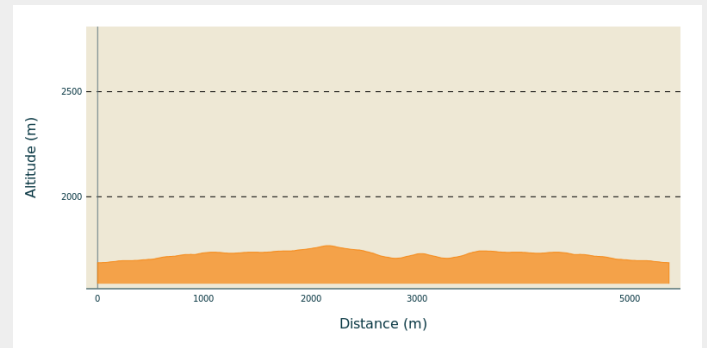
# Trek

**Departure** : Chalet du Col, Joux-Plane

**Arrival** : Chalet du Col, Joux-Plane

**Cities** : 1. Verchaix  
2. Samoëns

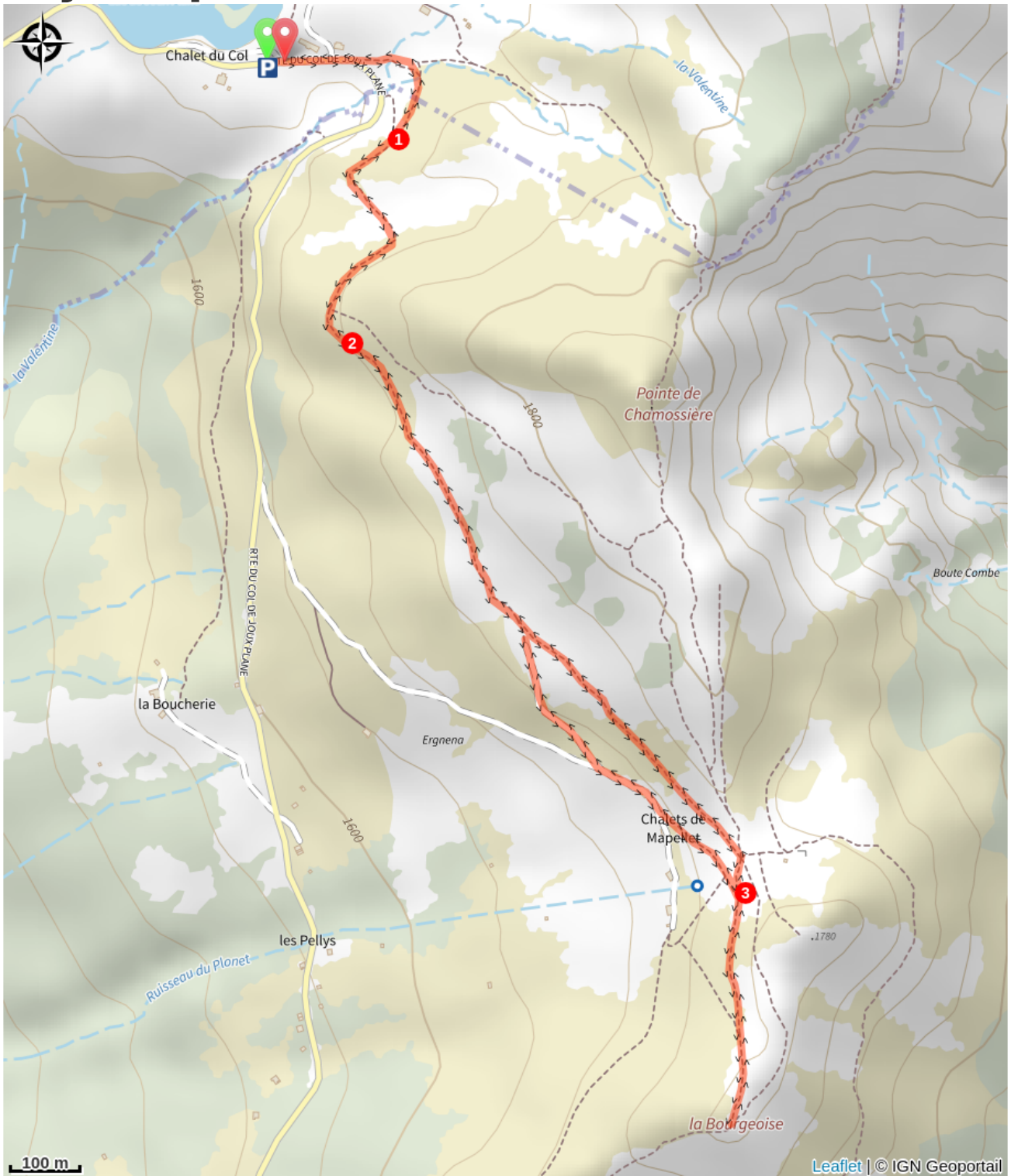
## Altimetric profile



Min elevation 1686 m Max elevation 1767 m

Signposted route starting from the Joux-Plane cross-country ski area reception chalet. The route starts on the signposted path above the parking. Following this trail, you will quickly reach slopes covered by alders. After a few bends, hollows and bumps, you will see the Mapellet chalets. After the final push, you will be rewarded with a panoramic view on the mountain top! There, you will find a toposcope. Return by the same route.

# On your path...



☁ Winter vegetation serving as shelter (A)

☁ The Rosehip (C)

☁ The Crested Tit (B)

☁ Black grouse survival in winter (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 cannot be held responsible for any accident or inconvenience that may occur on this trail. Do not walk on the cross-country ski runs. The route is only accessible when the Joux-Plane Nordic site is open.

## How to come ?

### Transports

Skibus de Samoens à Joux-Plane(35min):  
<https://www.mairiedesamoens.fr/navettes-de-bus>

### Advised parking

Joux-Plane Parking area

# On your path...

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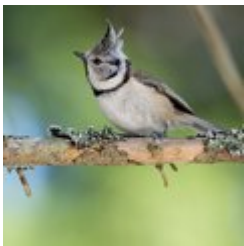


## ❁ Winter vegetation serving as shelter (A)

Open spaces in the subalpine zone are home to a variety of species adapted to winter conditions, all of which play a crucial role. The evergreen spruce needles provide shelter for wildlife, the wet alder forests are refuges for birds and small mammals, and the rose hips and rowan berries are essential sources of food. Microhabitats such as hollow trees and tufts of low vegetation are ideal for resting and providing protection from predators and bad weather.

Attribution : @julietteBuret

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## ❁ The Crested Tit (B)

It is a small forest bird (passerine) that often lives in the company of its fellow species, such as the Black-capped Chickadee or the Willow tit, since they all share the same habitats. This bird's presence is associated with the existence of old trees, either dead or aging, also known as 'senescent wood'. It is a feisty little ball of energy, constantly on the move and recognisable by its crested head. It feeds on small insects, larvae and spiders, as well as conifer seeds.

Attribution : @julienheuret

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## ❁ The Rosehip (C)

These red or orange berries are known as rosehips, they are the fruits of a wild rose. They were once rumoured to contain poison but not to worry: it's just old wives' tales. To take advantage of their medicinal properties (vitamin C, anti-inflammatory and anti-oxidant), they can be eaten fresh or as part of a hot herbal brew. Make sure that these stinging hairs are removed before making your own brew though! Ideally, they should be picked as soon as the first frost sets in. The fleshy floral receptacle is not considered to be a part of the fruit. In the wild, remember to not pick more of these flowers than you need, because this plant is an essential food source for wildlife.

Attribution : @flickr



## 🐾 Black grouse survival in winter (D)

An icon of the mountains, this 'little heather rooster' is an endangered species. In the thick of winter, black grouse dig igloos on the edge of forests or woodlands, sheltering themselves from the cold and predators. They keep their movements to a minimum, only moving when they need to find food. This is how they spend the winter. A small thing such as a new narrow footpath or a small sound echoed next to their igloo threatens their survival. Such disturbance weakens them, makes them vulnerable... and jeopardises their ability to reproduce. If you come across a quiet area, avoid the marked boundary when travelling on skis or snowshoes.

Attribution : @geoffreygarcel