

Boucle du Croz (The Croz Loop ski trail) : CROSS-COUNTRY SKIING

Samoëns



CC des Montagnes du Giffre - Verchaix



Piste ski de fond Le croz - Mouille aux bois (@AurelienMahaut)



Cross-country skiing route

Between the Loëx plateau and the peat bogs, this route winds its way through a protected area.

Useful information

Practice : Winter Hike

Duration : 1 h 30

Length : 5.9 km

Trek ascent : 150 m

Difficulty : Hard

Type : Boucle

Themes : Fauna, Flora, Ecogeste, Lac et glacier, Montagne sans voiture

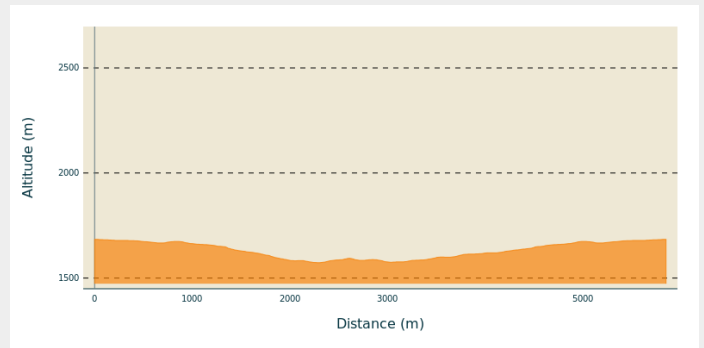
Trek

Departure : Chalet du Col, Joux-Plane

Arrival : Chalet du Col, Joux-Plane

Cities : 1. Verchaix

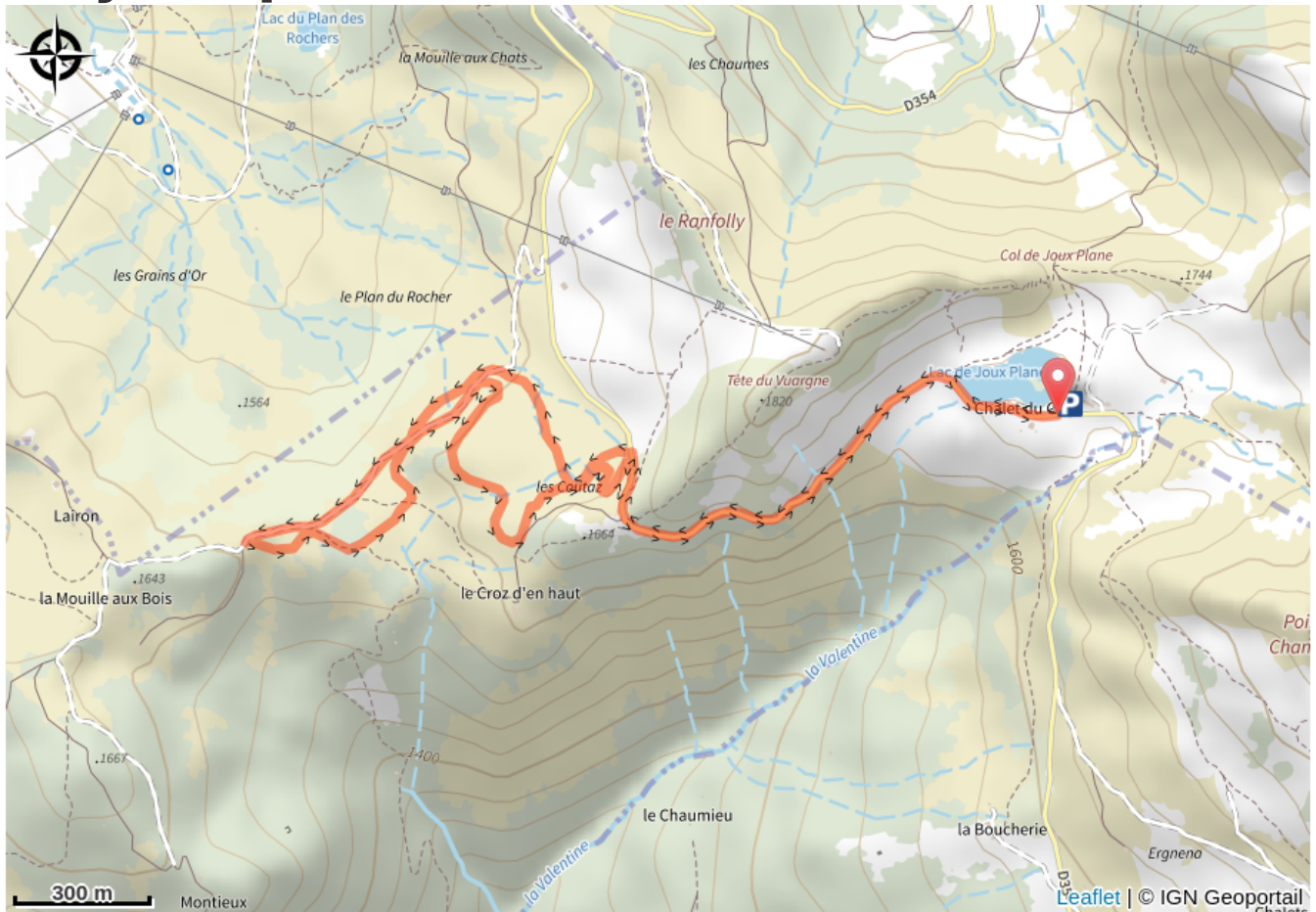
Altimetric profile




Min elevation 1573 m Max elevation 1684 m


From the Chalet du Col de Joux-Plane, this exceptional trail takes you towards La Mouille aux Bois via Le Croz and Les Couttaz.

On your path...



 Fragile life in winter mountains (A)

 ENS (Sensitive natural area), nature reserve or national park; how do we know which area we're walking in? (B)

 The three essential roles of a peat bog (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

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. For weather and ski trails conditions: <https://www.valleeduhautgiffre.fr/domaine-nordique/infos-du-jour/>

How to come ?

Transports

Skibus from Samoens to Joux-Plane(35min): <https://www.mairiedesamoens.fr/navettes-de-bus> https://www.oura.com/calculateur_widget?https://rando.nature-haute-savoie.fr&utm_medium=WidgetRI' frameborder='0'>

Advised parking

Joux-Plane parking area

On your path...



Fragile life in winter mountains (A)

When you leave your cosy home in winter to head off into the snowy heights on your favourite mountain, you enter a fragile world. The animals that live there have to cope with harsh and arduous living conditions. They have to maintain their body temperature in the face of cold, wind and snow. Food is scarce and whatever food is actually accessible is low in calories. The animals have to conserve their precious energy. They try to stay in their comfort zones, where survival is a little easier: forest edges, windy ridges and other snow-free or sunny areas. They slow down their metabolism and only move when absolutely necessary. By acting responsibly when out in the wild, you are helping wildlife to survive. You are becoming an integral part of mountain life. Keep a low profile and remember that you're a guest here!

Attribution : Alparc



ENS (Sensitive natural area), nature reserve or national park; how do we know which area we're walking in? (B)

Nature reserves, national parks, Natura 2000 sites and similar areas encompass a wide range of administrative tools for protecting nature in France. Collectively, they cover more than 20% of France's land area. The diverse range of legal regimes and measures in place makes it possible to achieve the conservation, restoration and sustainable management of natural areas. To differentiate between these areas, it is essential to take into account the specific regulations that apply to each, ranging from the strict regulations in the national parks and nature reserves to the local prefectural geotope and biotope protection decrees, such as the APPB (prefectoral biotope protection decree) of the Loëx plateau. Private contracts and land ownership rights may offer some additional options for managers, landowners, farmers and foresters

Attribution : @Asters-CEN74



☘ The three essential roles of a peat bog (C)

Here you are standing next to the Plan du Rocher peat bog, a high-altitude bog located on both flat and sloped ground. Peat bogs help to regulate water levels due to the great absorption ability of sphagnum moss (a type of moss typical of peat bogs). They limit the risk of flooding during heavy rainfall, and help to maintain a regular flow in downstream watercourses during periods of drought. Peat bogs are effective natural purification stations, purifying water of its various pollutants (nitrates, sediments, etc.). They produce high-quality water, making them natural sources of drinking water. Lastly, they are some of the world's largest carbon storage ecosystems. Covering just 3% of the world's land surface, they contain up to 50% of atmospheric CO₂! Therefore, they play a major role in world climate control. Please help us to preserve them by respecting the natural environment when you visit the site.

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