Croix des 7 frères (Cross of the 7 brothers): Ski touring in Morillon

CC des Montagnes du Giffre - Morillon

(@GrandMassif)

The signposted route takes you through the Esserts forest to the top of the Morillon ski area.

Find out everything you need to know about the names of mountain slopes, how wildlife hibernates and learn about the fir tree resin - it's an educational hike not to be missed.

Useful information

Practice : Winter Hike

Duration : 2 h 30

Length : 5.1 km

Trek ascent : 618 m

Difficulty : Medium

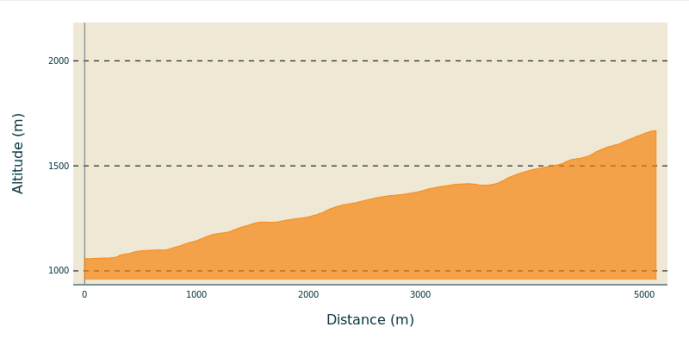
Type : Boucle

Themes : Fauna, Flora, Géologie, Montagne sans voiture

Trek

Departure : Morillon les Esserts
Arrival : Morillon les Esserts
Cities : 1. Morillon
2. Arâches-la-Frasse

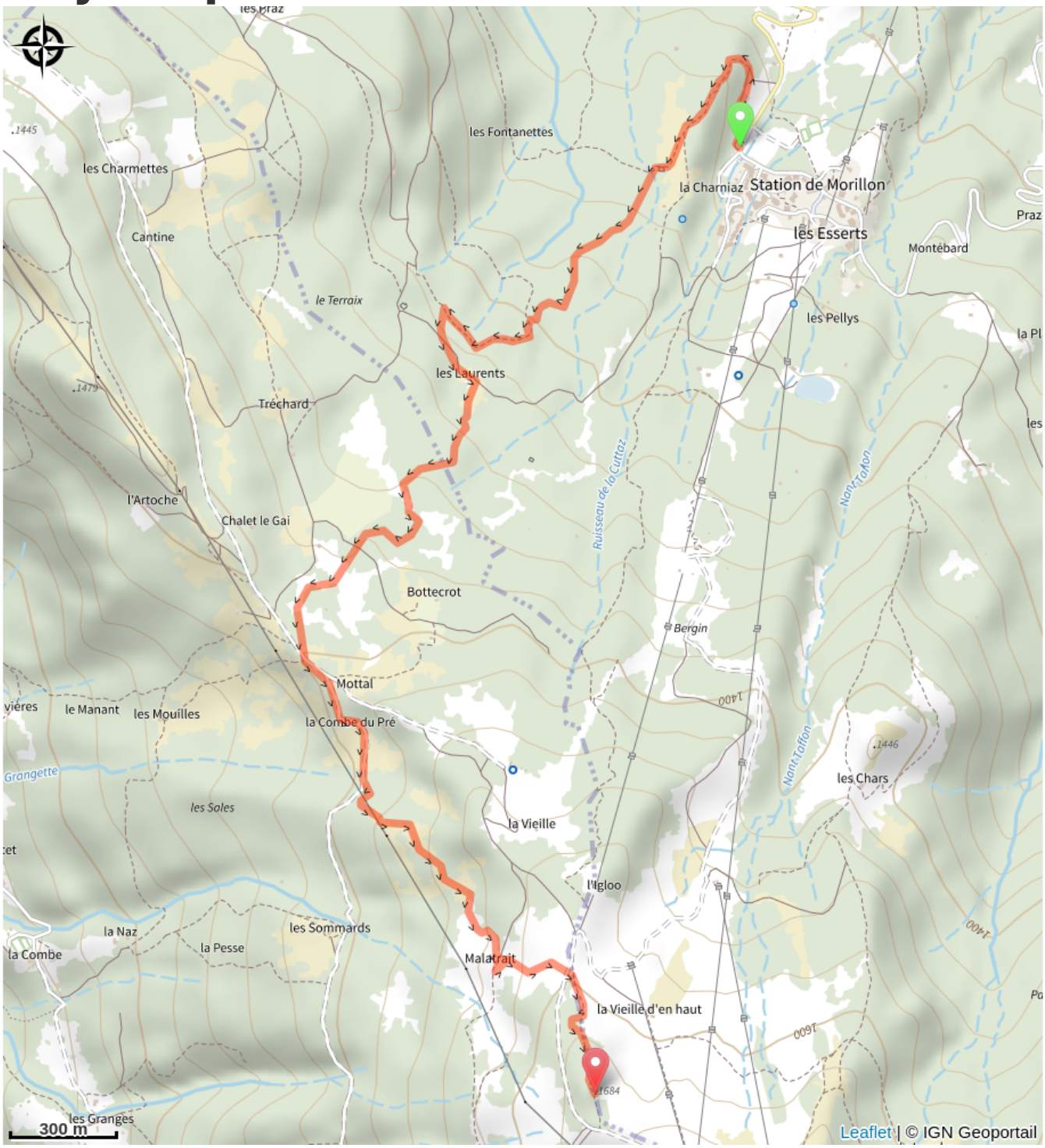
Altimetric profile



Min elevation 1058 m Max elevation 1667 m

Follow the ski touring signs, which are different from the snowshoeing signs on the Plateau de la Charniaz. Please note that the descent is only possible via the resort's ski slopes when the resort is open.

On your path...



Flore (A)

Overwintering or hibernation? (C)

North-facing (ubac) and south-facing (adret) mountain slopes (B)

Avoiding disturbance of ptarmigans during 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

The itinerary is designed exclusively for uphill skiing; downhill skiing is only possible on the open downhill slopes. The itinerary may be closed by the ski management for safety reasons. For trails safety and general information please call: 04.50.34.42.05 For risk and weather information: ‘Météo Morillon’ https://www.grand-massif.com/meteo-enneigement-morillon/ 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

Gear

Matériel de ski de randonnée et sécurité - Nouveau confirmé

How to come ?

Transports

https://www.oura.com/calculateur_widget? https://rando.nature-haute-savoie.fr From Morillon village: Essert telecabin https://www.grand-massif.com/info-live-ete/ Free shuttle service between stations: https://www.grand-massif.com/navette-skibus/

Access

Located at the entrance of Les Esserts village, 10 minutes from Morillon Village, on the road D54.

Advised parking

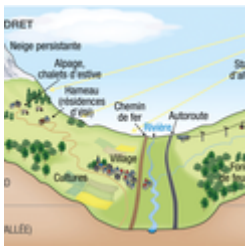
Parking Morillon 1100, Les Esserts

On your path...

Flore (A)

False. Resin is a sticky, fragrant liquid produced by special cells. It flows over different veins compared to sap. Resin is not used to supply the tree with water and nutrients but as a means of protection. Resin in the wood, leaves and cones is always ready to flow and fill in even the slightest wound. It solidifies upon contact with air. Such bandage seals the wound and protects the tissues from dehydration. Rich in toxic resin acids, it also entraps insects and spores. The worker ants collect the resin from the trunks in the form of small pellets and bring them back to the anthill. The fumes from these resin pellets make the adults and larvae more resistant to fungal and bacterial diseases.

Attribution : @julietteBuret



North-facing (ubac) and south-facing (adret) mountain slopes (B)

Not all mountain slopes are equally sunny. Sun exposure has a major influence on the layout of villages, resorts and mountain pastures, as well as on the different plant and animal species. North-facing slopes are cold and damp and usually get very little sunshine. South-facing slopes are hot and dry and receive the most sunshine. On north-facing slopes, we see mostly coniferous trees (fir trees, spruces), while beech trees are more prevalent on south-facing ones.

Overwintering or hibernation? (C)

Many animals adapt themselves to winter by hibernating or overwintering by reducing their activity or looking for a shelter. For example, insects and birds overwinter. The marmot is known to hibernate. From the end of September, it takes refuge in its burrow and sleeps soundly until April. During this hibernation period, it is in a "comatose state": its heart beats at only 5 beats per minute and its temperature drops to around 10 Celsius (which can vary depending on the ground temperature). Overwintering = spending the winter in a sheltered place Hibernating = spending the winter sleeping

Attribution : @brindenature

Avoiding disturbance of ptarmigans during winter (D)

When you're on a ski trip in high-altitude areas, remember to follow the proper guidelines! Enjoy skiing above the treeline, but avoid rocky ridges and snow-free areas. This is where the rock ptarmigan comes to feed. Its diet is quite meagre and is only available there. It prefers to travel on foot, as flying consumes more energy. On the way up you can see its characteristic tracks, alerting you to its elusive presence. It is probably just a little further ahead, well camouflaged! By skirting around these areas, you'll avoid the bird flying needlessly, and you won’t damage your ski equipment!

Attribution : @julienheuret