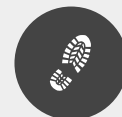
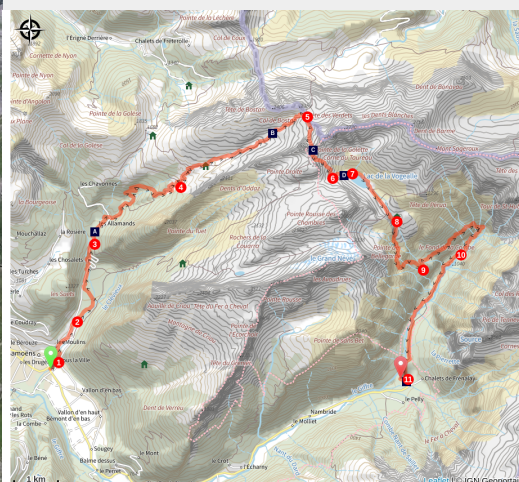


# Rando'bus Samoëns - Fer à Cheval cirque via the Bostan refuge

CC des Montagnes du Giffre - Samoëns



Lac de la Vogealle (@RDolques)



## *Trudging through a section of the Tour des Dents Blanches via the Bostan refuge*

A long trek with a possible overnight stay near Bostan and a beautiful descent to the bottom of the valley and Sixt-fer-à-Cheval.

### Useful information

Practice : Summer hike

Duration : 12 h

Length : 25.4 km

Trek ascent : 4163 m

Difficulty : Hard

Type : Traversée

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

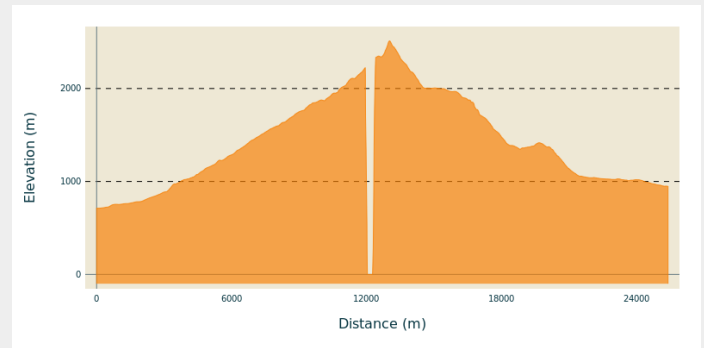
# Trek

**Departure** : Samoëns

**Arrival** : Sixt-Fer-à-Cheval - Cirque du Fer-à-Cheval

**Cities** : 1. Samoëns  
2. Sixt-Fer-à-Cheval

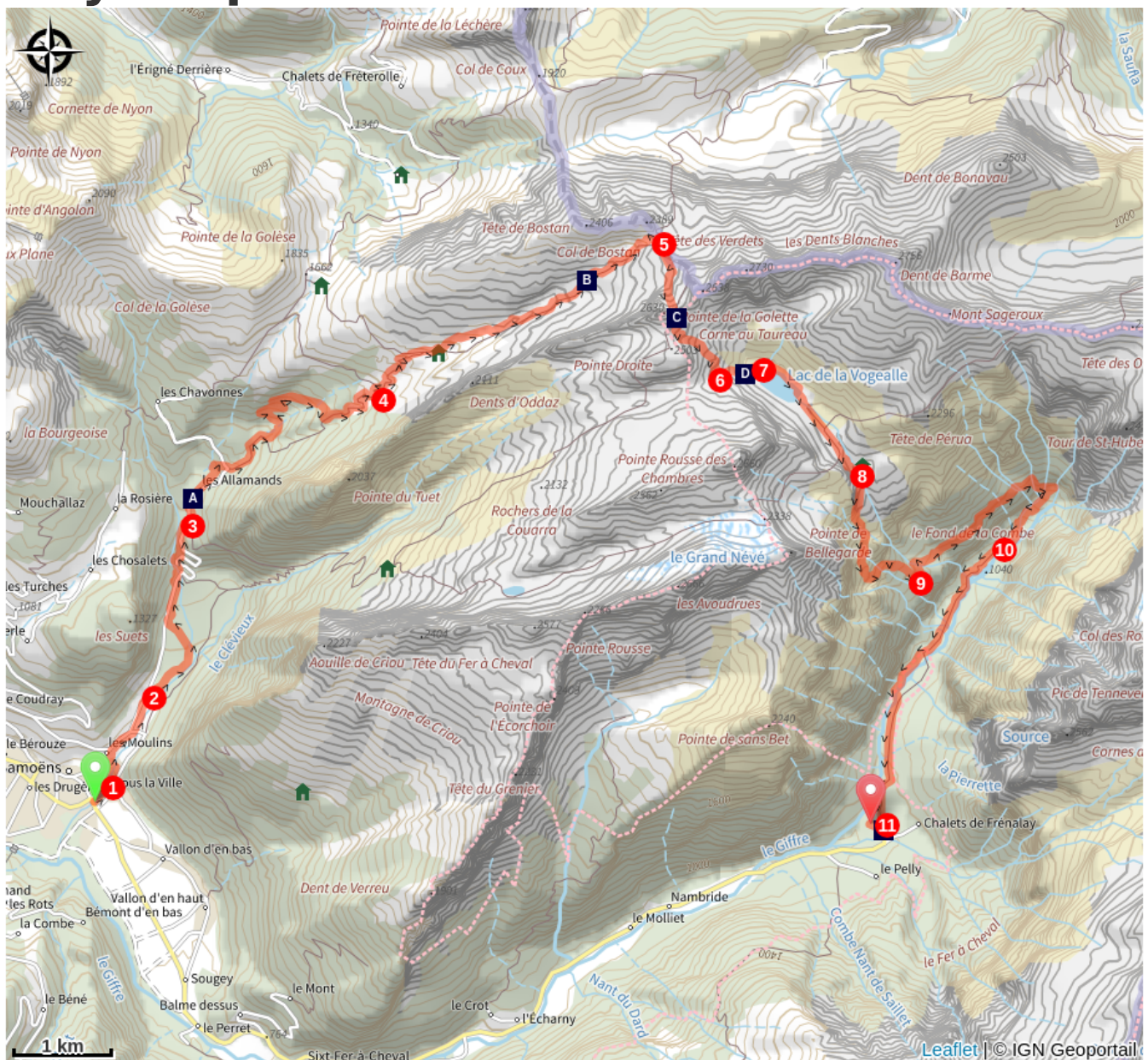
## Altimetric profile



Min elevation 0 m Max elevation 2512 m

Departure on foot from the centre of Samoëns - Tourist Office Go through the historic town of Samoëns to join the GR5 road at Clévieux, following signs for Les Fontaines. Follow Grand Bois then Pied du Crêt. When you reach the Pied du Crêt car park, head towards Hameau des Allamands. Continue as far as the Plan des Arches car park. You are now on the Tour des Dents Blanches itinerary. Head towards the Bostan Refuge. Continue towards the Col de Bostan. For the descent from the Col, follow the signs for Pas au Taureau. Be careful, the route is not very clearly defined, with a steep slope and unstable scree. Follow the signs for Lac de la Vogealle. Go around the lake towards the Refuge de la Vogealle. Descend towards the Chalet du Boret. Then head towards Bout du Monde. Follow the signs for Chalet de Prazon then Cirque du Fer-à-Cheval. Arrival at Sixt-Fer-à-Cheval - Cirque du Fer-à-Cheval / Return by shuttle bus

# On your path...



-  Les Allamands village (A)
-  You are in a National Nature Reserve (C)
-  A landscape sculpted by nature (E)
-  Is it a chamois or an ibex? (B)
-  The impact of bivouacking (D)

# 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.



## Présence probable de chien de protection

Lors d'une traversée d'alpage, vous allez rencontrer des chiens de protections des troupeaux (patous): 1- Signalez-vous pour ne pas surprendre le chien (« salut le chien !») 2- Dans la mesure du possible, contournez largement le troupeau sans vous mettre en danger. 3- Si le chien approche, arrêtez-vous ou avancez doucement (mais pas vers le chien directement), ne le fixez pas dans les yeux et parlez-lui calmement. Pour vous identifier, le chien peut avoir besoin de s'approcher pour vous sentir. Pour lui, la vitesse de déplacement est perçue comme une menace. Le chien de protection finira par rejoindre son troupeau Avec les bâtons de marche : prenez-les dans une main et orientez-les vers le bas. Surtout ne les brandissez pas.

## Advices

Use the Sixt-Fer-à-Cheval transport network to hike for longer, without having to go back and forth. 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 route. Check the weather conditions before setting off.



## Gear

### ALTERNATIVE EN 2 JOURS

Avec nuit au refuge de Folly

#### JOUR 1 - Montée au refuge de Bostan

9,5 km | 1 073 D+ | 5h30

#### JOUR 2 - GRP Tour des Dents

Blanches jusqu'au Cirque du Fer-à-Cheval par le lac de la Vogelle

15,5 km | 836 D+ | 1668 D- | 6h30

## REFUGE DE BOSTAN

Réservation : [refugedebostan.fr](http://refugedebostan.fr)

Téléphone : 07 63 44 79 16

### How to come ?

#### Transports

You can take the shuttle bus for getting the starting point of the trek (Samoëns - Tourist Office.)

timetable available on our information leaflet  
or application  [www.agilbus.fr/jacquet](http://www.agilbus.fr/jacquet)

#### RETURN BY SHUTTLE BUS

To Samoëns - Tourist Office

From the bus stop Sixt-Fer-à-Cheval-Cirque du Fer-à-Cheval

Lines 1-Y02 or 2-Y94

03:13 pm(L2-Y94), 03:20 pm (L1-Y02), 05:10 pm(L1-Y02) or 05:55 pm(L2-Y94)

# 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.

# On your path...

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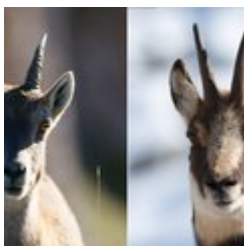


## 🏠 Les Allamands village (A)

The village owes its origins and its name to a tribe of Germanic origin known as the 'Hans', who settled in the Val Clévieux around the year 1206. Their village was devastated in the 15th century by a landslide that came from the Pointe de Chamossière. Because of their Germanic origins, they gave the name 'Allamands' to the site they settled on. The Allamands village, at the foot of the Col de la Golèse and the Col de Bostan used to be very busy. The Col de la Golèse was part of the 'route du Valais' which, after crossing the Col de Coux, led down into Swiss territory and on to the main Rhone Valley route. The village was also a meeting point for contraband smugglers and other illegal immigrants. Back in the day, they would bypass the Col de la Golèse, which was guarded by men-at-arms, via a steep path known as 'le pas de la Bide', which led to the Col de Bostan before reaching the village.

Attribution : @Hierasamoens

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## 🐐 Is it a chamois or an ibex? (B)

Both belonging to the Caprinae sub-family, the chamois and the Alpine ibex have very similar body shapes. Here's a tip: identify the horns first and then the coat to be able to tell them apart. The Alpine Chamois can be recognised by its hooked horns. Be careful not to confuse it with a female ibex: the latter has an almost uniform coat, even on the head! The female Chamois is called the Eterle in French. The male Ibex has long, ridged horns that curve backwards. As for the coat, the chamois has a black and white mask on its head, and a coat that can vary from brown to black and white. The ibex, on the other hand, has a plain brown, beige or white coat and short fur. The male ibex can also be distinguished by its distinctive goatee.

Attribution : @Julien Heuret et Geoffrey Garcel - Asters CEN74

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## 🏠 You are in a National Nature Reserve (C)

This point marks the entrance to the Sixt-Fer-à-Cheval/Passy National Nature Reserve. The nature reserve is managed by the Haute Savoie Conservatory of Natural Areas, which is responsible for the management, protection and improvement of this natural area. The reserve is both open to the public and frequently visited, and is subject to regulations designed to protect species and habitats. Rangers are on site to answer your questions and ensure that these regulations are complied with.



## 🏠 The impact of bivouacking (D)

Mountains and protected areas provide sanctuary for biodiversity and offer visitors a place to unwind and recharge their batteries. Unfortunately, the large-scale and prolonged attendance of hikers and bivouacking practitioners is causing lasting changes to these once pristine natural environments. In recent years, bivouacking and swimming have become the main reason for their trips. For some visitors, with harmful consequences for wildlife (source of stress and changes in behaviour); littering and relieving themselves in unauthorised areas, pollution of rivers and lakes; and disruption of habitats and ecosystems. To help respect and preserve natural sites, please think about your surroundings and our impact on wildlife.

Attribution : @Natacha-de-matthieu



## 🌍 A landscape sculpted by nature (E)

The formation of this impressive landscape is the result of the forces of nature. The rocks, which are of limestone origin, were formed in a marine environment over 200 million years ago. The tectonic movements that gave birth to the Alps then carefully folded the rocks to raise and form this massif, which was then exposed to erosion. Finally, the cirque at the bottom of the Combe was hollowed out and shaped by a glacier over 20,000 years ago. These gigantic limestone cliffs are just the visible part of the mountains that stretch higher up.

Attribution : Francesca Jeanparis - CEN74