Reach Le Prarion from le Col de Voza

CC Pays du Mont-Blanc - Saint-Gervais-les-Bains

Vue du mont Lachat (@EtienneGilli)

Sitting between the Chamonix, Arve and Val-Montjoie valleys, Le Prarion offers breathtaking views and panoramas.

Discover the hydrological treasures of the Prarion wetlands.

Useful information

Practice : Summer hike

Duration : 1 h 30

Length : 5.2 km

Trek ascent : 312 m

Difficulty : Easy

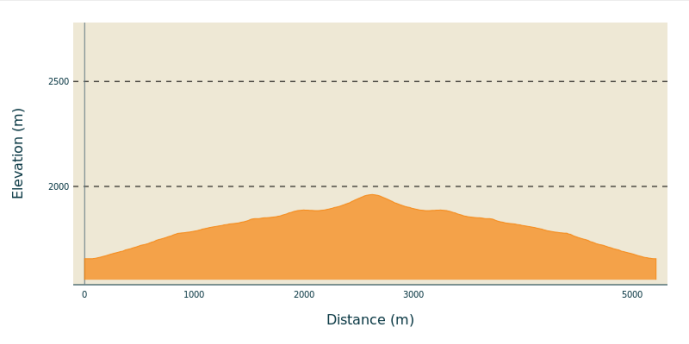
Type : Aller-retour

Themes : Flora, Ecogeste, Géologie, Lac et glacier

Trek

Departure : Tramway du Mont-Blanc stop: Col de Voza
Arrival : Tramway du Mont-Blanc stop: Col de Voza
Cities : 1. Saint-Gervais-les-Bains

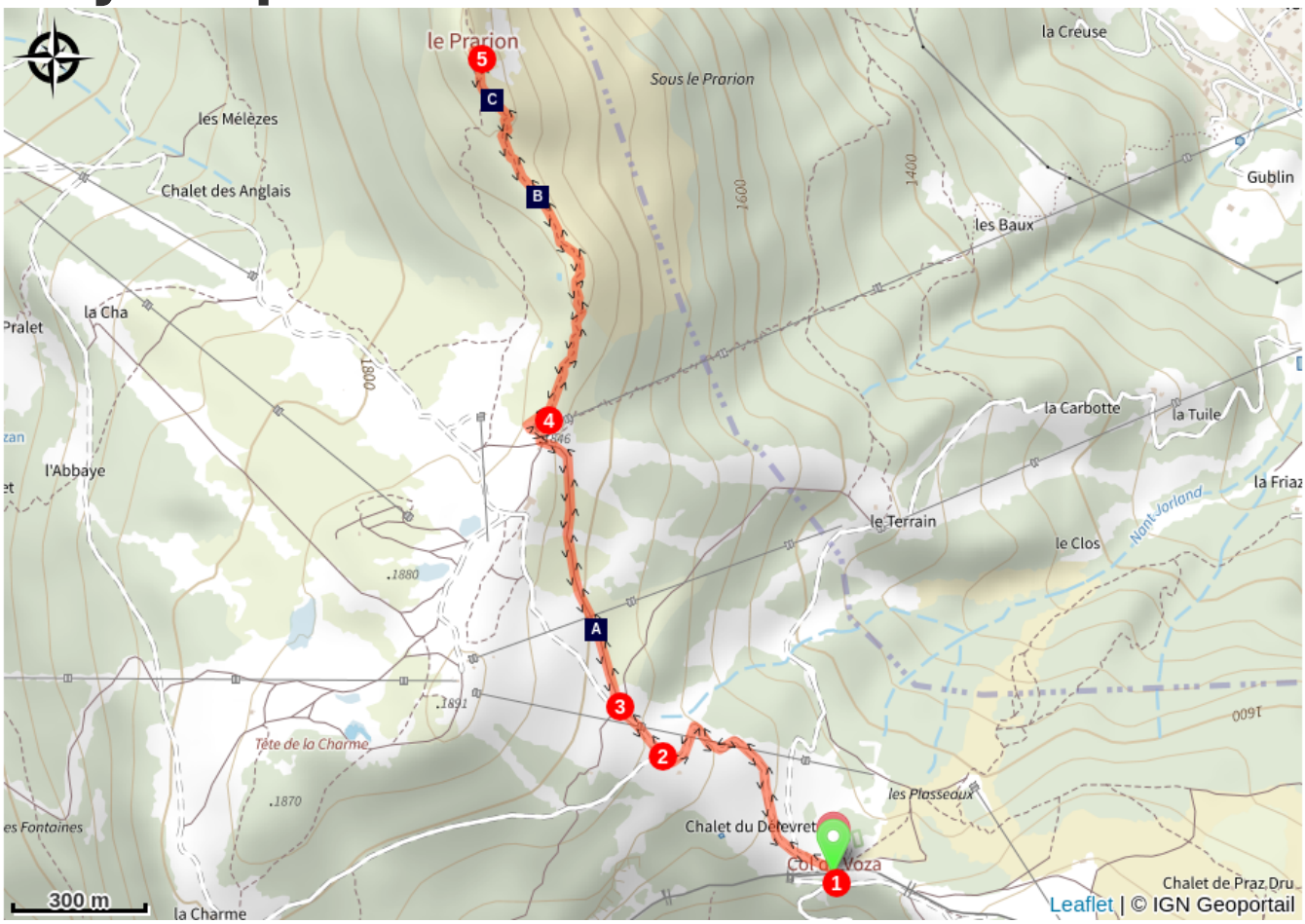
Altimetric profile



Min elevation 1656 m Max elevation 1962 m

Take the Tramway du Mont-Blanc (TMB) from Saint-Gervais-les-Bains to the Col de Voza. Cross the railway track and turn left towards Le Prarion. Don't take the trail on your left and continue straight ahead. Turn right, pass under the Kandahar chairlift and go around the arrival station of the Les Houches-Prarion cable car. Continue uphill on your right to the summit of Le Prarion. Return along the same path under the shadows of the chalets and the tête de Charme.

On your path...



Our main freshwater reserves (A)

Three essential missions of a peat bog (B)

Round-leaved sundew (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 route. Check the weather conditions before setting off. Mountain Rescue contact details: call 112

How to come ?

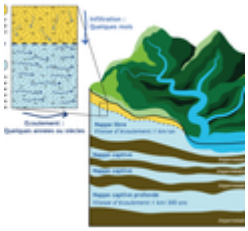
Transports

Tramway du Mont-Blanc timetable

Advised parking

Des tines' parking in Sixt-fer-à-Cheval

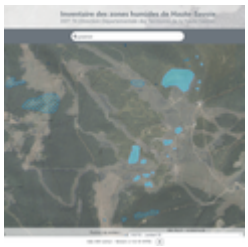
On your path...



Our main freshwater reserves (A)

In July 2023, 75% of France's groundwater reserves were below normal levels, illustrating the vulnerability of these reserves to climatic fluctuations. Phreatic zone, which accounts for only around 1% of the Earth's total water supply, is a precious but fragile resource, often unseen in the spaces between soil and rock, as well as in the pores, cracks and fractures of rock. These are the places where freshwater is actually stored, not in the subterranean lakes as the majority of people are led to believe due to popular culture. Ultimately, the groundwater balance can change rapidly: in spring 2023, 68% of groundwater reserves were below normal levels, whereas in 2024, over 65% of groundwater reserves will be above average. These fluctuations are having a sizable impact on the hydrologic cycles and the supply of freshwater to ecosystems.

Attribution : @InstitutAdour



Three essential missions of a peat bog (B)

Peat bogs act as natural purification stations, purifying water of its various pollutants (nitrates, sediments, etc.). They produce high-quality water, making them natural sources of drinking water. Thanks to the great absorption capacity of sphagnum mosses (a type of moss typical of peat bogs), peat bogs help to stabilise water levels. They limit the risk of flooding during heavy rains, and help to maintain a regular flow in downstream rivers during droughts. In addition, they are one of the world's largest carbon storage ecosystems. Covering just 3% of the world's land surface, they are thought to contain up to 50% of atmospheric CO2! Help us preserve them by treating the natural environment with respect when you visit the Prarion site.

Attribution : @DDT74

Round-leaved sundew (C)

It is a small carnivorous plant that lives in peat bogs, which are nutrient-poor environments. Have no fear, it only feeds on insects, which it attracts and digests with a viscous substance produced by the red hairs that cover its leaves. It is known by the name of “Rossolis” which means “sundew” because of the shimmering effect of this substance in the light. This is a highly delicate and protected species, so please do not touch it!

Attribution : @geoffreygarcel