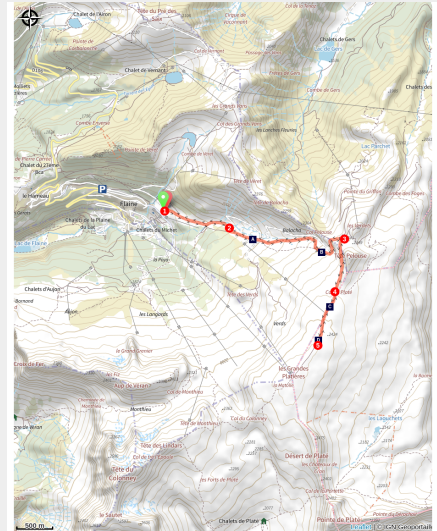


Désert de Platé

CC des Montagnes du Giffre - Arâches-la-Frasse



Désert de platé (@bertrandMuffat-joly)



A hike to the foot of Balacha to observe the ibex

Accessible trail that avoids the need for ski lifts

Useful information

Practice : Summer hike

Duration : 3 h

Length : 9.5 km

Trek ascent : 743 m

Difficulty : Easy

Type : Aller-retour

Themes : Ecogeste

Trek

Departure : Grands Vans, Flaine

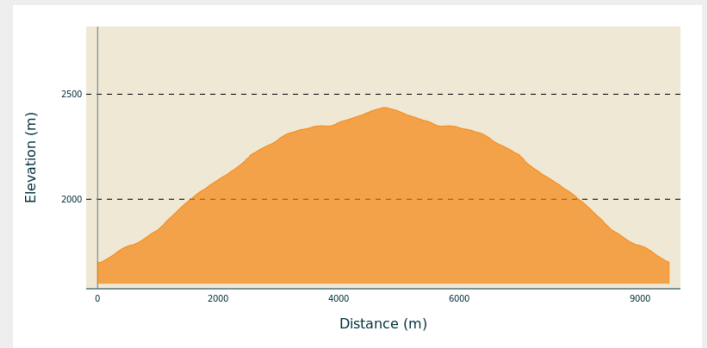
Arrival : Grands Vans, Flaine

Cities : 1. Arâches-la-Frasse

2. Samoëns

3. Sixt-Fer-à-Cheval

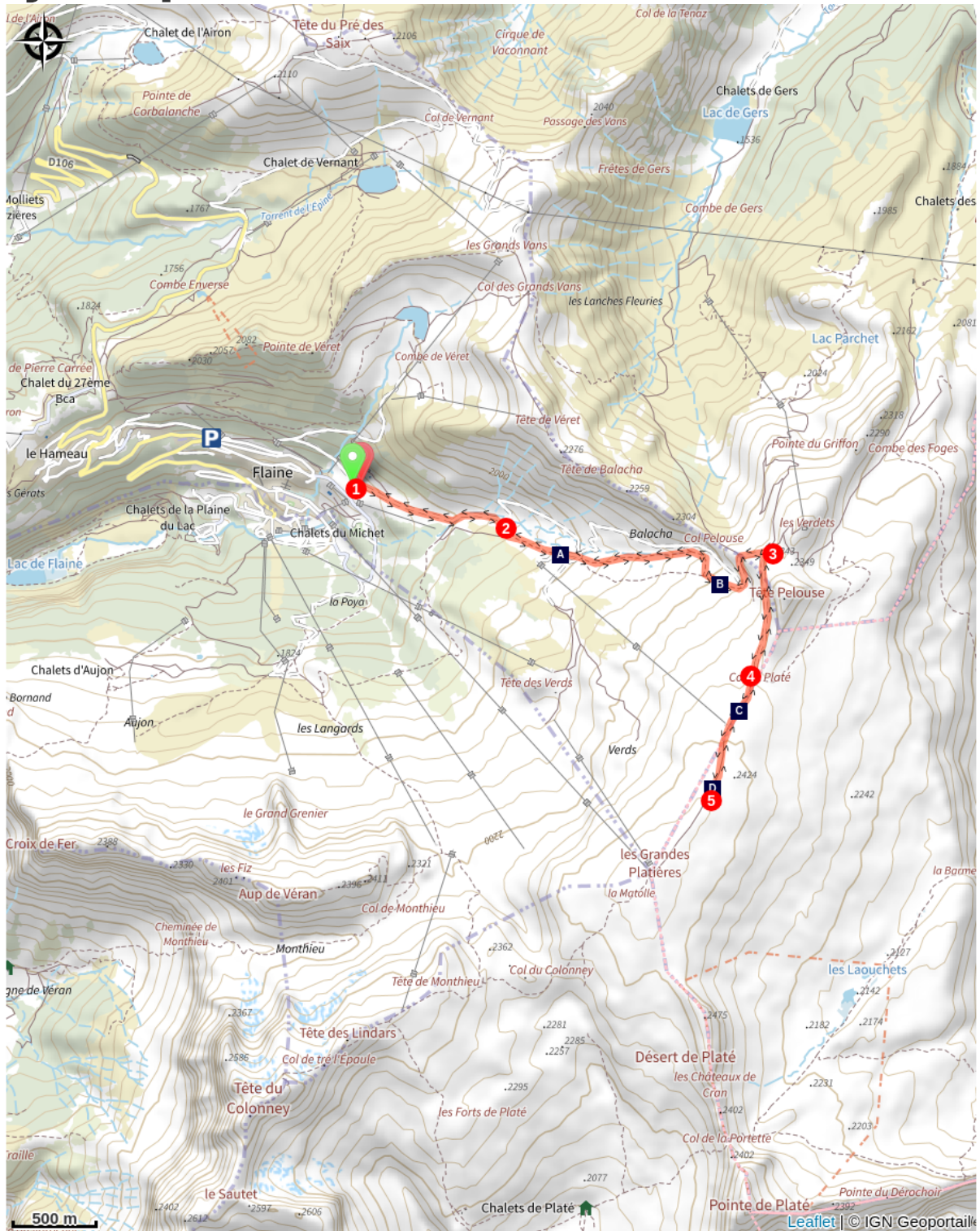
Altimetric profile







Min elevation 1698 m Max elevation 2437 m

From the top of the Flaine resort, pass under the porch and in front of the Grands Vans chairlift. The hike starts on the track leading to the restaurant. Follow the GR96. Head up the Combe de Balacha and observe the chamois, ibex and marmots below the Tête de Balacha. Turn right at Col Pelouse and leave the path on the left for Lac de Gers. Pass under the Tête Pelouse to reach the Col de Platé (2356 m) and admire the Mont Blanc. From here you can reach the Grandes Platières cable car. The return journey takes the same route.

On your path...



-  The unnoticed 6th mass extinction (A)
-  Scientific project: ARBI (C)

-  Moorland clouded yellow (Solitaire) (B)
-  Exceptional geology (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.



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

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

Flaine shuttle bus It takes 1 hour from Cluses

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

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...



🦋 The unnoticed 6th mass extinction (A)

We talk a lot about climate change, but the biodiversity crisis is even more pressing. Biodiversity decline indicates a reduction in population numbers, but not necessarily full extinction of a species. We have lost 80% of insect populations in 30 years in Europe (German study - 2017), 68% of vertebrate populations worldwide in 50 years (WWF-France study - 2020) and 25% of bird populations in Europe (study published in the American journal PNAS - 2023). We are getting used to this constant decline! Less than a generation ago, car windscreens were covered with insects! Ultimately, we know very little about the biodiversity that sustains us (it provides us with food, medicine, etc.). All that's left for you to do is to learn all the information on our Rando Nature website.

Attribution : @Mackaycartoons



🦋 Moorland clouded yellow (Solitaire) (B)

The Moorland clouded yellow is a butterfly, identifiable by a small white circle on its wings, usually observed alone. Like all butterflies, it is an insect with six legs, four wings and a proboscis, which it uses to feed on nectar and pollen. Before reaching the adult stage, it goes through three life phases: egg, voracious green caterpillar and finally immobile leaf-like chrysalis. As an adult, the Moorland clouded yellow enters a reproduction phase. The male uses his eye-catching colours and distinctive scent to attract a female. The butterfly's wings are not just for flight: their colours scare off predators and the shells covering them trap heat, an invaluable asset at high altitudes. After mating, the female lays her eggs on her favourite host plant, the bog bilberry, which grows at high altitudes. This butterfly survives the winter cold in a caterpillar form. The Solitaire is sensitive to changes in its environment, and protecting the bog bilberry is essential to its survival.

Attribution : @SWroza



Scientific project: ARBI (C)

The ARBI ('Recreational Activities and Biodiversity') project is a scientific collaboration between Asters-CEN74, manager of the National Nature Reserves (RNN) in Haute-Savoie, and the French National Biodiversity Office. This project is studying how the animals (the mountain hare and the rock ptarmigan) move within and between two different areas: the Flaine ski area and the Sixt-Fer-à-Cheval/Passy nature reserve. The aim of the project is to study the impact of human activities during winter and summer time on biodiversity in order to better harmonise the animal and human worlds. To this end, we've implemented: Monitoring Alpine ptarmigan and mountain hares via GPS trackers. Genetic profiling (using droppings collected in the field) of these two species to understand their behaviour. Monitoring of birds and insects using sound recording equipment. An estimate of human traffic on the monitored sites.

Attribution : @capucinePernelet



Exceptional geology (D)

This limestone plateau, known as lapies, covers an area of 1980 hectares and is truly exceptional. Lapies can be recognised by their numerous fissures. Created by the water run-off (glaciers and melt-water) on the surface, they reveal the presence of an underground karstic network. The combined action of mechanical and chemical erosion caused by water has created an unparalleled variety of shapes. Cracks and grooves up to a metre deep run alongside troughs, grooves, notches, meanders, ledges, potholes, etc. These tiny formations stretch for kilometres and their creation is facilitated by the presence of grasses, mosses and lichens that produce carbon dioxide, which accelerates erosion. Make sure you have good footwear and take extra care when hiking on this plateau.

Attribution : @capucinePernelet