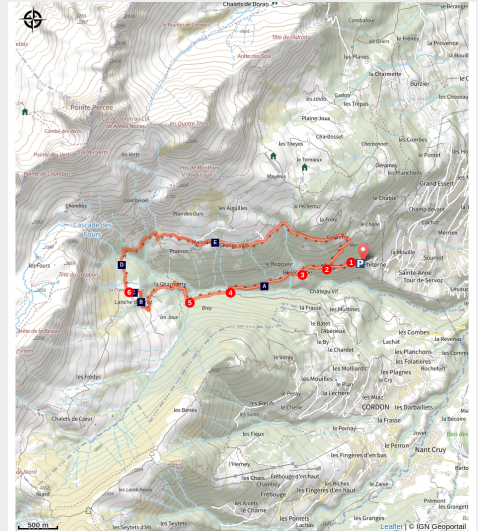


Getting to La pierre Fendue (The Split Stone) from Lintre

CC Pays du Mont-Blanc - Sallanches



Pierre Fendue (@julietteBuret)



Between the valley and mountain streams, this hike at the foot of the Aravis mountains offers a panoramic distant view of the Fiz mountains and the Mont Blanc massif.

Discover geological and ornithological points of interest while enjoying the view!

Useful information

Practice : Summer hike

Duration : 3 h 30

Length : 9.4 km

Trek ascent : 505 m

Difficulty : Medium

Type : Boucle

Themes : Fauna, Géologie

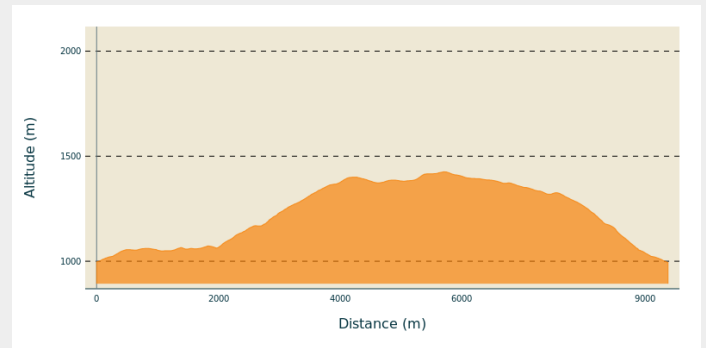
Trek

Departure : Lintre, Phiterne

Arrival : Lintre, Phiterne

Cities : 1. Sallanches

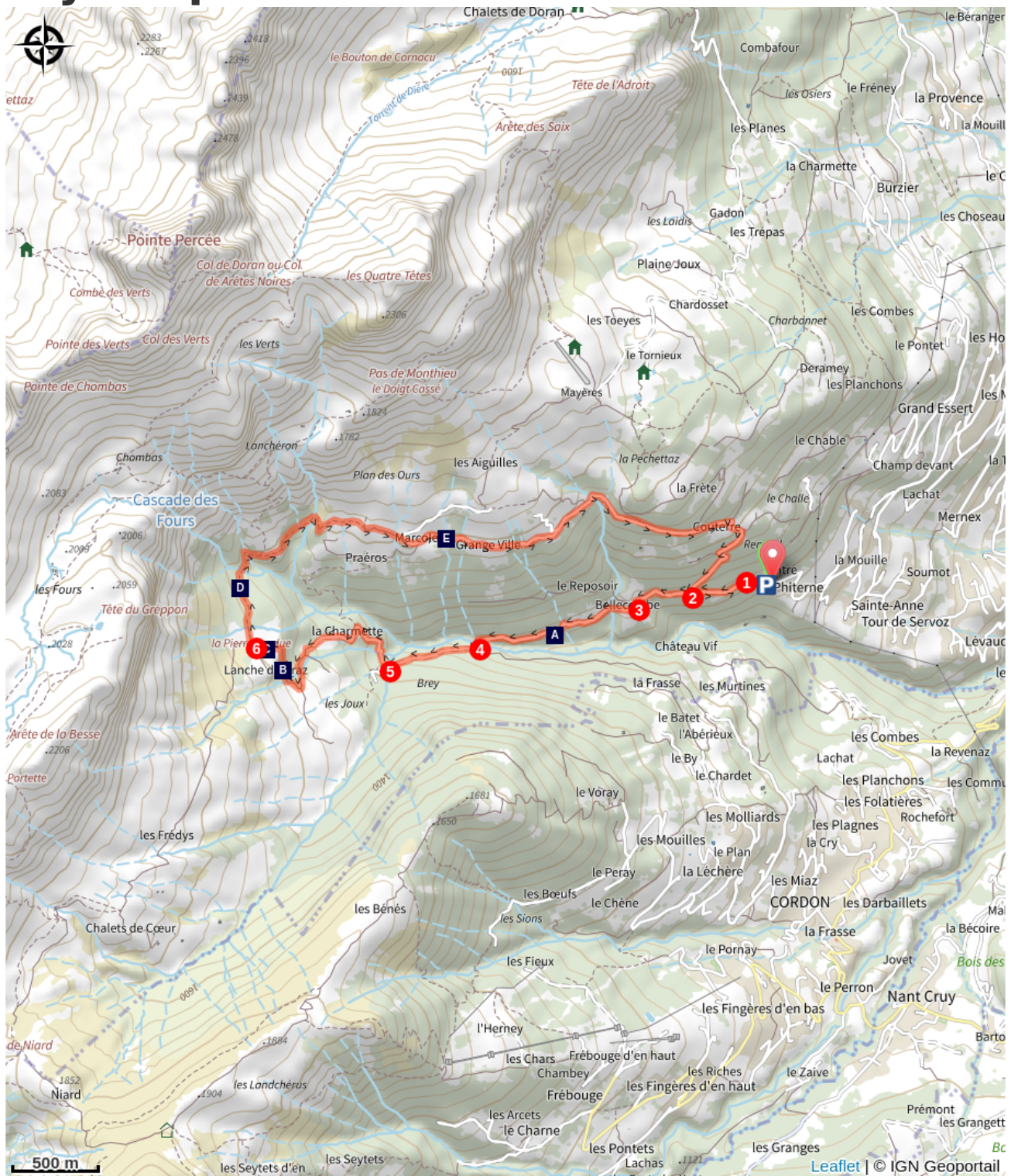
Altimetric profile








Min elevation 993 m Max elevation 1426 m

Start: The Lintre-Phiterne parking area Take the forest track in front of the car park. At the fork, turn left towards Pont de la Flée on a shady forest track. The path crosses two bridges: first the Bellecombe bridge, then after a slight descent you come to the Flée bridge (renovated in 2020) with its magnificent Coeur stream. After the bridge, continue to the right along a path that climbs steeply over a small section (path on the left leads you to Cordon). Continue straight ahead on this wide, shady path, crossing a third bridge to reach the first mountain pasture. After passing a few bends and the Chalets de la Charmette, you'll reach the second mountain pasture where you'll find the famous pierre Fendue (Split Stone). Take a pleasant little path on the right towards Mayères and the cascade des Fours to loop round and come back down. After crossing several mountain streams, keep to the right for the descent to the car park.

On your path...



-  A mountain meant to be shared: Natura 2000 protected area (A)
-  Legend of the Split Stone (C)
-  Rock partridge (E)

-  Faune (B)
-  Glacial cirque and its toponymy (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 car park has limited space, so consider car-sharing. 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

Advised parking

Lintre' parking area in Phiterne

On your path...



🐾 A mountain meant to be shared: Natura 2000 protected area (A)

This area of the Aravis massif is designated as a wildlife park and a Natura 2000 protected area under the Birds Directive on the conservation of wild birds. The aim of Natura 2000 protected area is to harmoniously blend in human activities and the need for protection of biodiversity: this site is home to iconic species such as the Rock Partridge, the Black Grouse, the Rock Ptarmigan and the Bearded Vulture. For more details: <https://inpn.mnhn.fr/docs/natura2000/fsdpdf/FR8212023.pdf> Borne-Aravis massif only has a Natura 2000 protective status, which is quite unusual when compared to other northern French Alpine massifs. Other massifs usually have their own regulations (nature reserve, nature park or geopark) to protect these unique areas and biodiversity that thrives there. Nature is our common home, it is a living space for biodiversity, as well as a working space. There are a lot of people sharing it and every environmentally conscious action counts, no matter how small. Spread the word!

Attribution : @Paulineetsescrayons



🐾 Faune (B)

The Bearded Vulture is very sensitive to disturbance throughout its breeding cycle. In the Alps, the Bearded Vulture population is still growing following the reintroductions that began in 1987 but the number of couples present is still low. The Bearded Vulture's High Sensitivity Zones (ZSM - Zone de Sensibilité Majeure) are designated in close collaboration with local actors. Hang-gliding and climbing activities are prohibited during the sensitive period (from 1/11 to 31/08).

Attribution : @Asters-CEN74



🗿 Legend of the Split Stone (C)

An unusual boulder that has fallen and split, right in the middle of the mountain pastures at an altitude of 1380 m in the Aravis massif. It is situated at the foot of the Tête du Gréppon (Gréppon peak) and the Cascade des Fours (Fours waterfall), enjoying a 360° panoramic view of the 3 massifs (Fiz, Aravis and Mont-Blanc). The boulder is said to have contained a vein of gold, which explains why people tried to split it in two! (reference: Pierre Millon Alpes Magazine 1998)

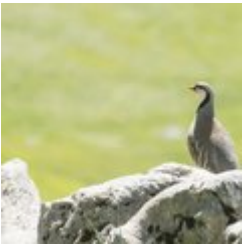
Attribution : @julietteBuret



🌐 Glacial cirque and its toponymy (D)

The Aravis massif reaches its peak at Pointe Percée (2750 m) just above us. It is flanked by the tête de Gréppon (2033 m) on the right, and the Quatre Têtes (2364 m) on the left overlooking the Arve valley. Between these majestic peaks, glacial cirques have formed as a result of a combination of glacial and Earth movements in karst, the term 'karst' referring to a series of subterranean geological and hydrological processes in limestone soils. Over the years, water runs off into the soil and carves out classic mountain landscapes. The glacial erosion process is characterised by the freezing and thawing of the ice, which tears away the rock and creates hollows. The combined action of glacial erosion, gravity and the karst relief form the glacial cirques, through which the Cœur stream flows.

Attribution : @julietteBuret



🐾 Rock partridge (E)

To reduce the risk of mountain birds colliding with overhead cables, it is essential to increase their visibility. As part of the Birdski project, Asters-CEN74 and other partners are proposing several high visibility kits that can be adapted to each type of equipment. You can see them here. This project is contributing to greater awareness of the presence of mountain birds in ski areas in order to limit the mortality of these species (Black Grouse, Bearded Vulture, etc.) and improve ecological interconnectivity. If you heard a particularly captivating birdsong during your hikes and liked it, you can download the Birdnet app on your smartphone that can help you identify the performing bird!

Attribution : @julienheuret