

# Lacs aux Dames - Lac Bleu

CC des Montagnes du Giffre - Samoëns



Au fil du Giffre (@julietteBuret)



*On this trail, water becomes a connecting bridge between the glaciers and the valleys.*

Discover the path of water, coming straight from the high mountains through the varied landscapes carved out by the Giffre!

## Useful information

Practice : Summer hike

Duration : 1 h 30

Length : 3.2 km

Trek ascent : 2 m

Difficulty : Easy

Type : Aller-retour

Themes : Flora, Géologie, Lac et glacier

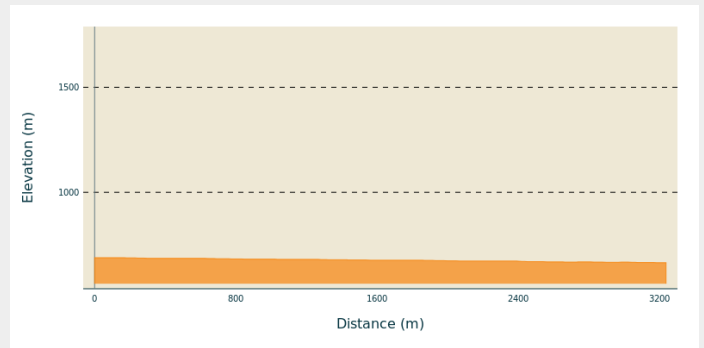
# Trek

**Departure** : Lacs aux Dames

**Arrival** : Lac Bleu

**Cities** : 1. Samoëns  
2. Morillon

## Altimetric profile




Min elevation 665 m Max elevation 689 m


Start on foot from Samoëns. From the car park, walk around the Lacs aux Dames (Dames Lake) to the right, then take the path that leads into the forest. Continue as far as the R'biolle footbridge over the Giffre. Take the path along the Giffre that runs alongside the mountain stream towards Lac Bleu (Blue Lake) in Morillon.

# On your path...



 Humans and lakes (A)

 Beautiful invader (C)

 The Giffre, a dynamic mountain river (B)

 Glaciers, the eternal sculptors (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.

## Advices

Round trip will take 90 minutes. Dogs are not allowed on the Samoëns and Morillon recreation areas. Check weather conditions before setting off. Mountain Rescue contact details: 112

## How to come ?

### Transports

#### RETURN BY SHUTTLE BUS

To Samoëns - Lacs aux Dames  
From the Morillon CCAS stop -  
Lac Bleu

Ligne 1-Y02 ou Ligne 2-Y94

<https://www.agilbus.fr/jacquet>

# On your path...

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## Humans and lakes (A)

On this walk, the lakes are both the departure and destination points; often seen as ideal places for outings, both natural and man-made lakes are extremely sensitive to external impacts. The Lac aux Dames (Dames lake) in Samoëns and the Lac Bleu (Blue Lake) in Morillon were both artificially created in the 60s and 90s respectively to accommodate a range of recreational activities: water sports, fishing, relaxation, cold-water swimming, etc. Today, they are home to ecosystems that have developed naturally over time, attracting dragonflies, amphibians, invertebrates, birds and plankton, as well as riparian vegetation (plants that grow along the banks). It is therefore essential to ensure that we, humans, are able to coexist with local flora and fauna harmoniously, so as to preserve good conditions for all living creatures that settle there and embellish these exceptional environments further.

Attribution : @carolineGehant

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## The Giffre, a dynamic mountain river (B)

The Giffre is a river that flows from the bottom of the Combe (from the Bout du Monde, starting at the Col du Ruan and other tributaries) to the Arve in Marignier. This mountain river has a wide range of gradients throughout its drainage basin, dropping from an altitude of nearly 3,000m to around 700m at Morillon over a distance of several dozen kilometres. It therefore is highly dynamic, with periods of excessive water flow amplified by climate change (flooding and disruption of low-water periods, increased movement of debris and sediment, etc.) Its riverbed, man-made in some places, has been redesigned (in particular around the Verney footbridge) with a new fish ladder to ensure ecological stability and to limit the risk for white-water rafting(sports people).

Attribution : @carolineGehant



## 🌿 Beautiful invader (C)

Ornamental plants in our gardens, buddleias (butterfly trees) and other pampas are rather troublesome exotic species. Whether brought in deliberately or not, they colonise natural environments en masse and compete with native plants, leading to the extinction of the indigenous plants, impoverishment of the soil, disruption of waterbanks and infrastructure, and a reduction in ecological diversity. On the banks of the Giffre, certain species - such as knotweed and mugwort - have found a breeding ground for their propagation: wet banks, landscaping and flower-picking are all factors that facilitate their spread. To avoid this phenomenon, it's best to employ professionals: they will pick the right seasons and methods to eradicate them. In this way, the green alders (arcosses, in local dialect), and other indigenous plants can keep their homes!

Attribution : @carolineGehant



## 🏔️ Glaciers, the eternal sculptors (D)

Wonderful landscapes that bear witness to the past, the mountains that surround you have been shaped for thousands of years! The view of the Aouille (needle, in the local dialect) du Criou, particularly when you look in the Morillon - Samoëns direction, provides some insight into the work of the glaciers from a time when they once covered the Giffre valley. Now that the glaciers have completely disappeared from this mountain, the limestone rock and lapies, geological formations that have been heavily eroded by the flow of water, can be seen. Then, as you look up, between the rocky outcrops, mountain pastures, coniferous forests and alpine moors, the sub-alpine and alpine zones reign supreme at an altitude of over 1700 metres.

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