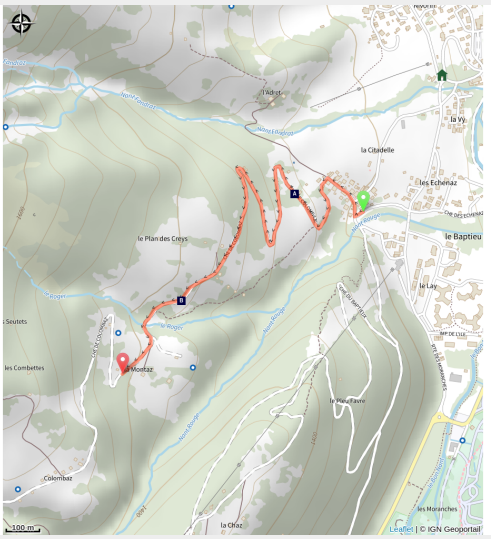
The Auberge de la Colombaz: snowshoeing in Les Contamines-Montjoie

CC Pays du Mont-Blanc - Les Contamines-Montjoie

auberge de la Colombaz (@ot-contamines-montjoie)



Winter round-hike

Beautiful views of the Mont Blanc massif, the Dômes de Miage and the Contamines-Montjoie nature reserve

Useful information

Practice : Winter Hike

Duration : 2 h 30

Length : 2.0 km

Trek ascent : 212 m

Difficulty : Medium

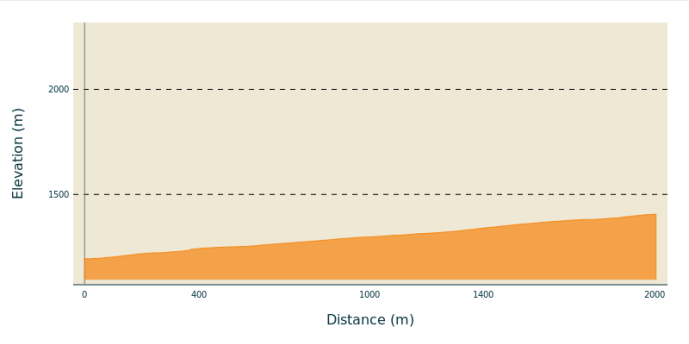
Type : Aller-retour

Themes : Fauna, Lac et glacier, Point de vue

Trek

Departure : Baptieu hamlet
Arrival : Hameau du Baptieu
Cities : 1. Les Contamines-Montjoie

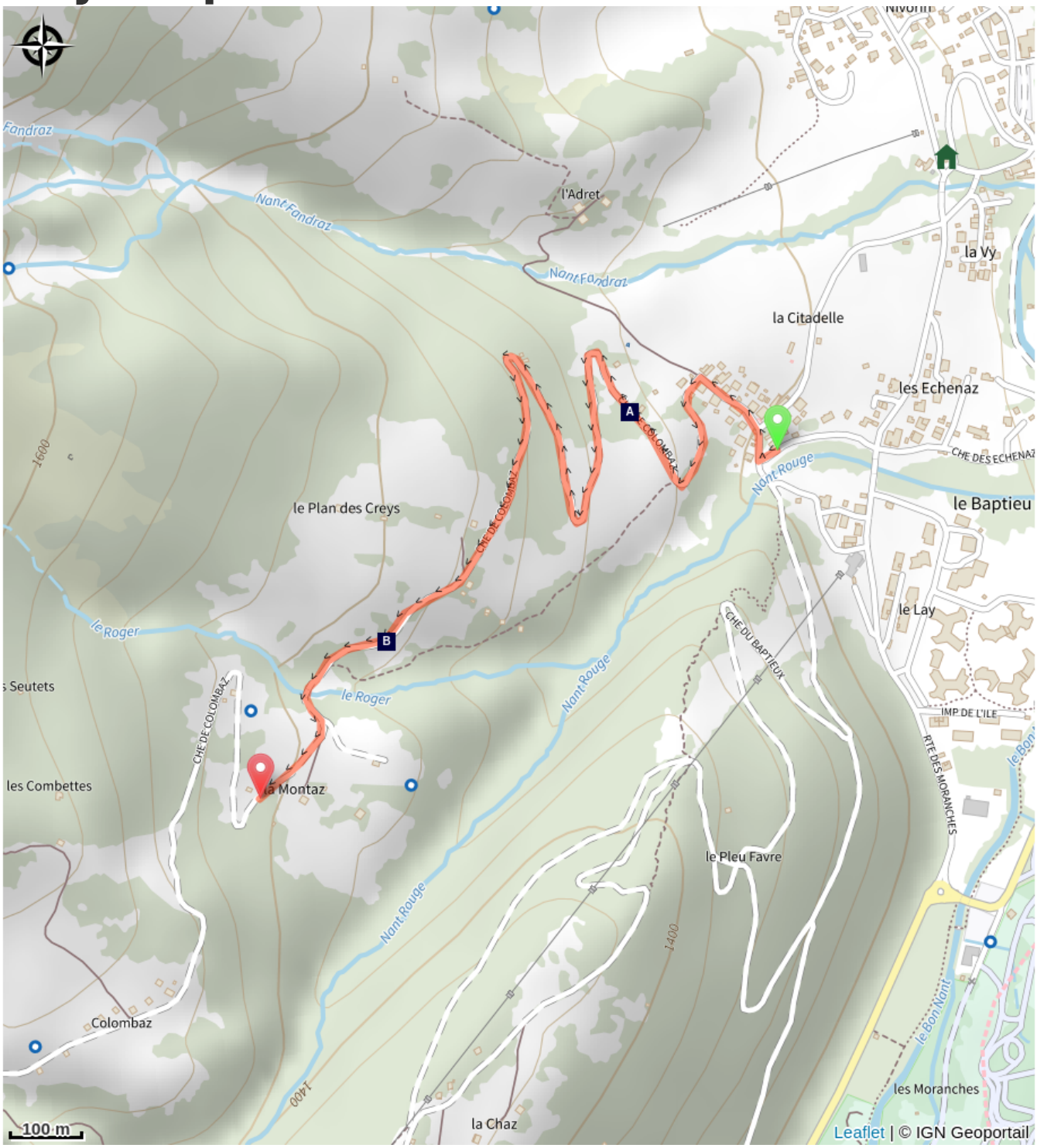
Altimetric profile



Min elevation 1194 m Max elevation 1406 m

From 'Le Baptieu' parking area : Go through the hamlet, walking past the chapel, and start going up towards Colombaz along the wide footpath that leads to the inn. The return is via the same route.

On your path...



Akin to melting snow, the mountain hare vanishes slowly (A)

What to do if you encounter a wild animal? (B)

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 ?

Advised parking

Le Baptieu' parking area

On your path...

Akin to melting snow, the mountain hare vanishes slowly (A)

A true relic of the most recent ice age, the mountain hare found refuge in the Alps at the time of the great thaw. Adapted to the cold and snow, it is suffering from the rise in temperature, pushing it to higher altitudes, thus shrinking its suitable habitat. Conversely, the warmer temperatures are benefiting the brown hare, as it climbs the mountains alongside the mountain hare. In the Ecrins massif, the average altitude at which brown hares can be seen rose from 1,630 m to 1,930 m between 2014 and 2017. This is a very pronounced local change. Depending on the extent of climate change, the area of habitat suitable for the mountain hare is likely to shrink by 26% to 45% by 2100 in the Alps. Without snow, the white coat of the mountain hare exposes it to predators.

Attribution : @guillaumeColombet

What to do if you encounter a wild animal? (B)

During harsh winters, animals have no other choice than trying their best to survive, one day at a time. Our presence on their territory will obviously disturb them, and even frighten them; so let's try to minimize this disturbance: - Stop and wait quietly until the animal goes away. - Do not shout or make sudden movements which would stress the animal even more. - Do not try to approach it nor follow it

Attribution : @Asters-CEN74