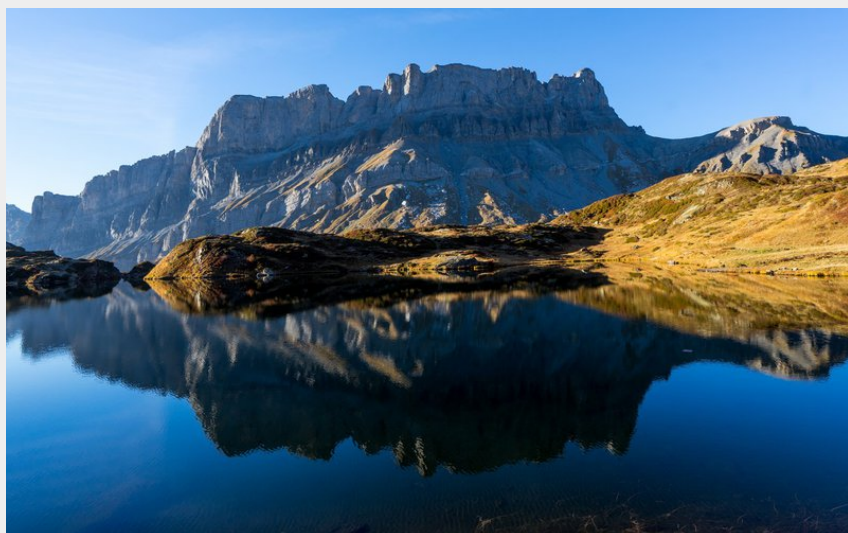
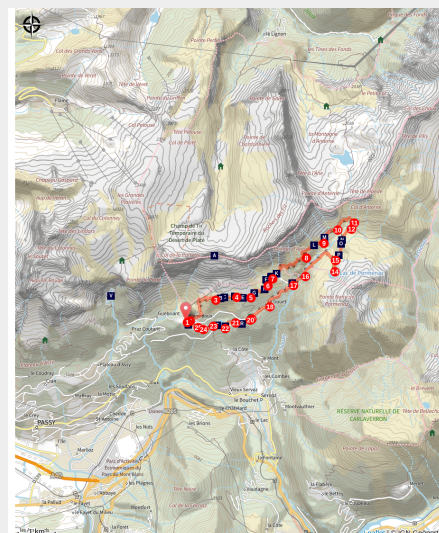


# Lac de Pormenaz: an oasis of biodiversity

CC Pays du Mont-Blanc - Passy



Lac de Pormenaz et reflets Fiz (Julien Heuret - CEN 74)



*Smells, colours and a beautiful view of the Mont Blanc massif: come and enjoy the beauty of the lake.*

You'll be surely tempted to discover a lake of changing colours, with an island in the middle, and rhododendrons in bloom on its sloping shores during the summer months. On your way there, you'll be captivated by the view of Mont Blanc. At the lake and on your way back, you will be able to admire the Rochers des Fiz and the Aravis massif.

## Useful information

Practice : Summer hike

Duration : 5 h 30

Length : 15.7 km

Trek ascent : 896 m

Difficulty : Medium

Type : Boucle

Themes : Lac et glacier

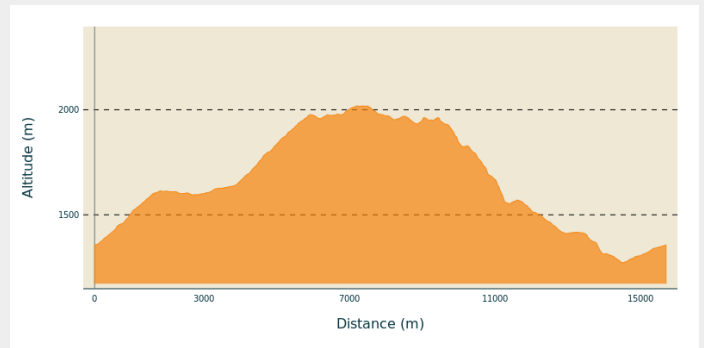
# Trek

**Departure** : Maison de la Réserve naturelle de Passy

**Arrival** : Maison de la Réserve naturelle de Passy

**Cities** : 1. Passy  
2. Servoz

## Altimetric profile

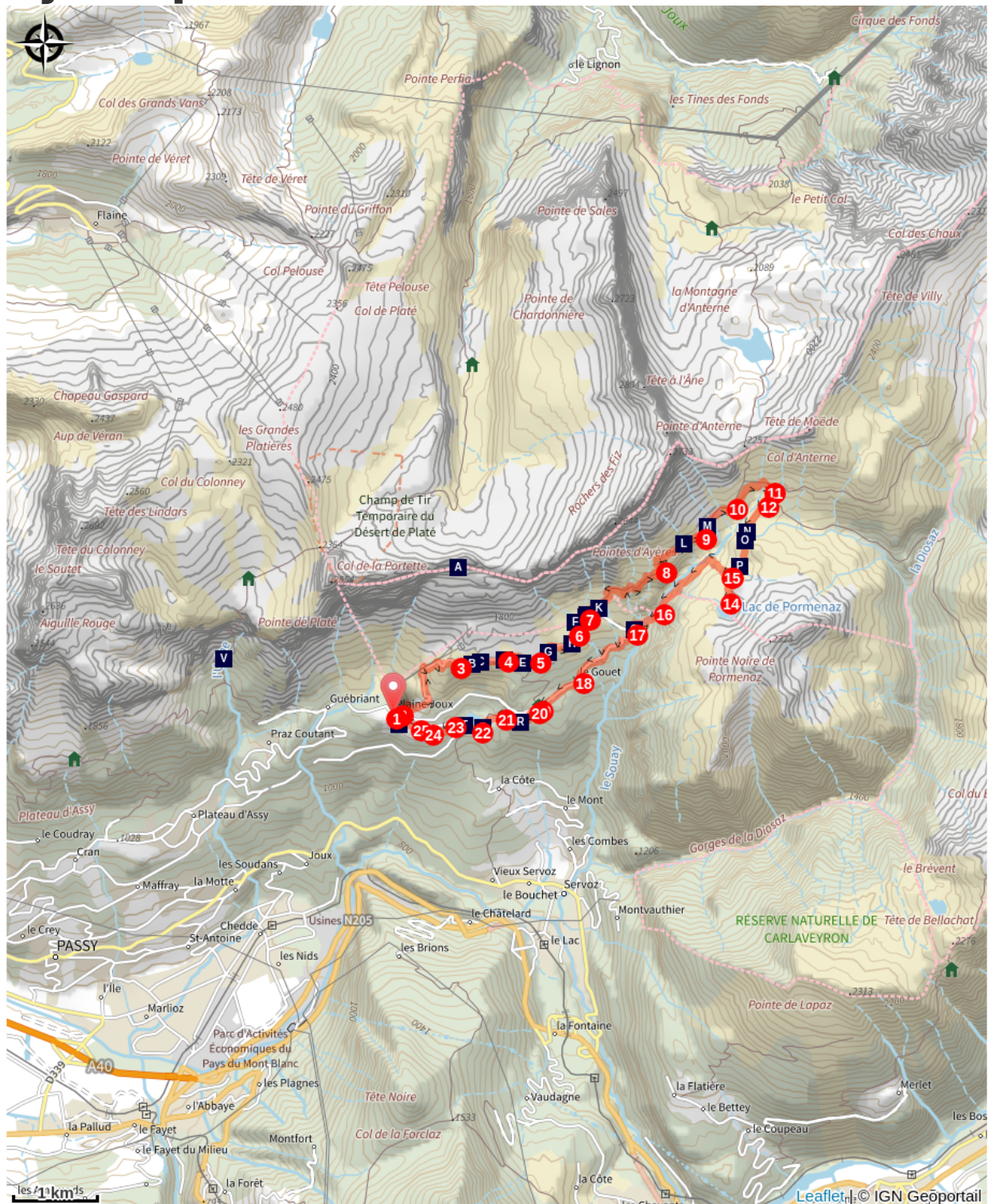











Min elevation 1272 m Max elevation 2018 m

The Argentières path on the way back is exposed and vertiginous. An alternative descent is available.



# On your path...



- |  |   |
|--|---|
|  The Griffon Vulture (A)      |  The Golden Eagle (B)              |
|  The rock ptarmigan (C)       |  The Black Woodpecker (D)          |
|  The Hazel Grouse (E)         |  Whistly song of a marmot (F)      |
|  The Mountain Ash (G)         |  The 'Ayères' (H)                  |
|  Livestock guardian dogs (I)  |  The wolf (J)                      |
|  The Great yellow Gentian (K) |  The Alpine Ibex (L)               |
|  The Bearded Vulture (M)      |  The shallow ponds of Pormenaz (N) |

# 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**

The Argentières path on the way back is exposed and vertiginous. An alternative descent is available.

## **How to come ?**

### Transports

Bus SAT Mont-Blanc L85

### Access

Access to the Passy Plaine-Joux resort via the D43 road. Car park at the entrance to the resort. Bus line L85 (SAT Mont-Blanc).

### Advised parking

Plaine Joux

# 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](mailto:contact@cen-haute-savoie.org)

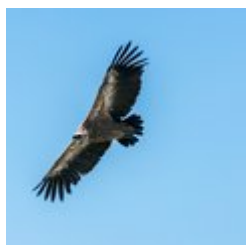
La Réserve Naturelle Sixt-Fer-à-Cheval-Passy est un espace naturel protégé. Merci de respecter la réglementation :



Pensez à rester sur les sentiers.

# On your path...

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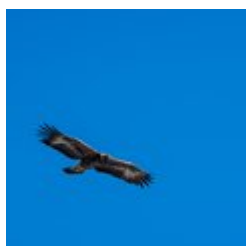


## The Griffon Vulture (A)

It is a frequent summer visitor to Haute-Savoie. The species is monogamous, in other words couples stay together for life! This bird lives in colonies of relatively big colonies, the nearest of which are in the southern Vercors. It is mainly the young individuals that explore new territories. To feed, this bird is also capable of covering hundreds of kilometres by gliding, provided the weather conditions are favourable.

Attribution : Julien Heuret - CEN 74

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## The Golden Eagle (B)

It's a predator, armed for the hunt! Thanks to its large, wide wings, it glides high into the sky in search of prey. Its exceptional eyesight spots marmots (its favourite meal), hares, foxes or ptarmigan, and sometimes even young chamois or ibex! Its prominent eyebrow arch acts as a sun shield when it swoops down to snatch its prey. It is equipped with talons for grabbing and a powerful, hooked sharp beak for tearing flesh.

Attribution : Julien Heuret - CEN 74

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## The rock ptarmigan (C)

This species, gifted with an exceptional ability of mimicry, is able to alter its plumage between the summer and winter seasons in order to blend in with its environment. In winter, its plumage is plain white; in summer, there are brown and black patches on top; in autumn: greyish with white patches on top. Its name, which means "hare's foot", comes from the fact that its feet are covered in thick fluff during winter! It is one of the most endangered birds in the Alps. In the Haute-Savoie nature reserves, populations are monitored every year to assess changes in numbers, with the help of the " Observatory of Mountain Galliformes ".

Attribution : @JulienHeuret





## The Black Woodpecker (D)

It is the largest of the 8 woodpecker species found in France. Originally an exclusively mountain-dwelling species, it now can also be found in the valleys! The Black Woodpecker adapts equally well to deciduous and coniferous forests, as long as they are large enough and have large-diameter old trees and some dead wood left. It is easily recognised by its entirely black plumage enlivened by a bright red spot, limited to the nape on the females and more extensive on the males.



## The Hazel Grouse (E)

This is the smallest and most elusive of the mountain Galliformes species. It is much less well known than the black grouse or the rock ptarmigan because it lives exclusively in the forest! But it is just as important from a biological and scientific point of view: this species is an excellent indicator of environmental change. Its specific requirements in terms of vegetation and variety of tree species put it at risk in the face of poor forest management. This is one of the main causes of the species' decline.

Attribution : Julien Heuret - CEN 74



## Whistly song of a marmot (F)

The Marmot is the favourite food of the Golden Eagle and, to a lesser extent, of the Fox. Always alert, the marmot surveys its surroundings to avoid being caught. Standing upright on its paws, its iconic stance reminds of a candle atop of a chandelier. Thanks to its very wide field of vision and its highly effective hearing and sense of smell, nothing escapes its notice. In the event of an emergency, it warns others with an audible cry: high-pitched and brief in the case of an airborne hazard, whistled and repeated in the case of a ground hazard. And that danger can be you!

Attribution : Frank Miramand - CEN 74



## 🌳 The Mountain Ash (G)

It is a small tree that grows on the edge of forests. Its fruit, called "sorbs", are orangey red berries that are very popular with thrushes and blackbirds. They can be used to make brandy, jelly, or jam. Just make sure you pick them before they are ripe, otherwise, they may become toxic! In the reserve, the mountain ash is being studied as part of a collaborative science programme designed to measure the impact of climate change in the mountains.

Attribution : Julien Heuret - CEN 74



## 🏠 The 'Ayères' (H)

The word "Ahier" originally comes from the Roman dialect for sycamore maple. The terms "pierrières" and "roc" come from the many boulders that formed during the rockslides at Dérochoir, including the one in 1751 that killed 6 people and a few domestic animals. All these cottages were mountain chalets used for farming. Now they are used as vacation homes.

Attribution : Julien Heuret - CEN 74



## 🐕 Livestock guardian dogs (I)

These are guardian dogs, so their use is permitted in nature reserves. They are there to defend sheep and lambs from attacks by large predators, such as wolves. Often large in size, these dogs, known as "molossoids", dedicate their lives to protecting the livestock to which they are deeply attached. When approaching the herd, it is important to remain aware of their attitude and to adapt to it, while following simple instructions: - Keep your distance from the herd (go around it if possible) - Call out loudly to the herds and dogs to avoid surprising them - Stay calm and avoid sudden movements, keep walking without running. Don't hesitate to speak softly to them so that they get used to you and accept your presence. - Avoid looking dogs in the eyes and try to ensure that you always have an object or an obstacle between you and the dog.

Attribution : Geoffrey Garcel - CEN 74





## The wolf (J)

Wolves have been making a comeback in France on their own since the 1990s. Originating in Italy, the species first colonised the southern Alps, then the entire Alpine region. Since the summer of 2019, its presence has been confirmed in some of the Haute-Savoie nature reserves, which is why guard dogs are kept around several herds. The wolf is a carnivore. It feeds mainly on wild animals such as chamois and roe deer. But it can also eat sheep, especially when the herds are not guarded. To avoid interfering with the dogs' duties, please follow the instructions!

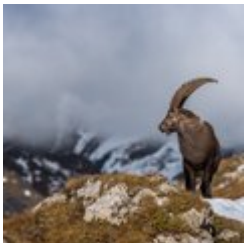
Attribution : Anne-Laure Martin



## The Great yellow Gentian (K)

This large perennial plant, over 1 m high, can be found in meadows, moorland and forest clearings in the mountain and sub-alpine regions. It is used in phytotherapy, but should not be confused with the highly poisonous white alder, which it grows alongside of and closely resembles! The only difference lies in the flowers. Gentian flowers are yellow. Outside the blooming season, you should take a closer look at the leaves. Gentian leaves face each other on the stem, while alder leaves are on opposite sides of the stem.

Attribution : Julien Heuret - CEN 74



## The Alpine Ibex (L)

This now protected species almost disappeared from the Alps at the end of the 19th century, mainly as a result of hunting and poaching. Successive reintroductions throughout the Alps have helped to increase population numbers, although the species remains threatened to this day. In the reserve, the ibex are monitored to ensure their health and to ensure better management of the species' populations.

Attribution : Julien Heuret - CEN 74



## The Bearded Vulture (M)

It's a symbol of our mountains. Just as famous and fragile as the Alps! Almost completely decimated at the beginning of the 20th century, it owes its comeback to the work of passionate and relentless ornithologists. If you're lucky enough to spot one on your walk, you should know that it is the result of the largest animal reintroduction programme in Europe! And don't worry, it's a scavenger that feeds mainly on bones.

Attribution : Julien Heuret - CEN 74

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## The shallow ponds of Pormenaz (N)

These small, shallow bodies of water are wrongly called lakes. Here they are called "laouchets", meaning "small bodies of water". These shallow bodies of water are quite biodiverse and are home to a rare and protected species, the Sparganium or the bur-reed. Eventually, these ponds will fill in and become peat bogs.

Attribution : Julien Heuret - CEN 74