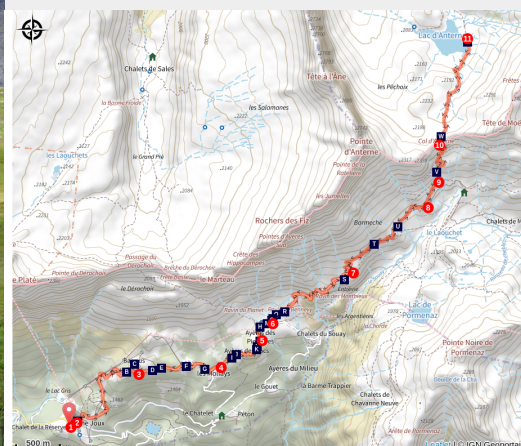


Lac d'Anterne

CC Pays du Mont-Blanc - Passy



Passerelle au Lac d'Anterne (Julien Heuret - CEN 74)



*Blue waters and tranquillity at altitude.
This lake will reward you for your efforts!*

At Lac d'Anterne, you'll find yourself in a picturesque Alpine environment: crystal-clear waters, reflections of the cliffs, calm (tranquility) and green pastures.

Useful information

Practice : Summer hike

Duration : 5 h 30

Length : 19.0 km

Trek ascent : 1198 m

Difficulty : Medium

Type : Aller-retour

Themes : Fauna, Pastoralism, Lac et glacier

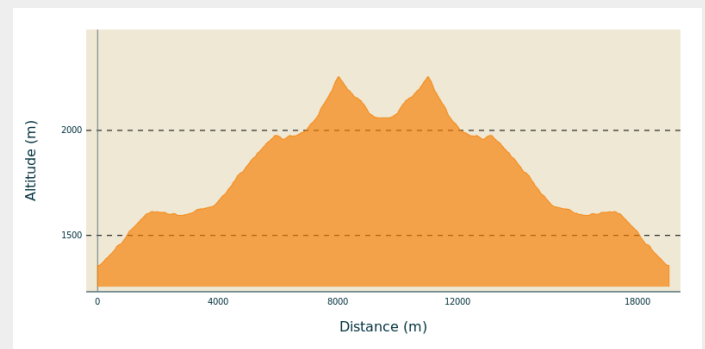
Trek

Departure : Maison de la Réserve naturelle de Passy

Arrival : Maison de la Réserve naturelle de Passy

Cities : 1. Passy

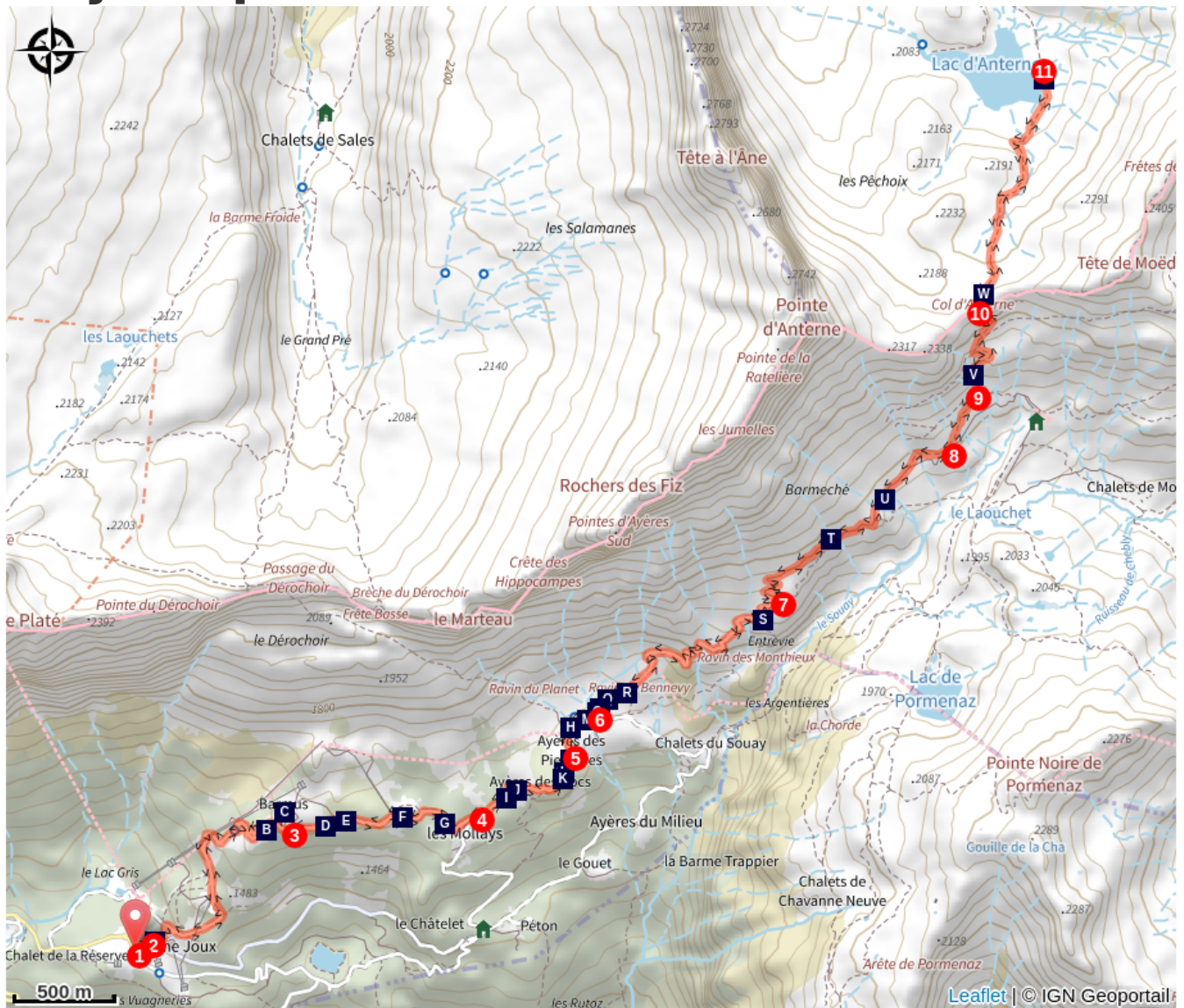
Altimetric profile

















Min elevation 1356 m Max elevation 2256 m

Depart from the Maison de la Réserve naturelle de Passy. Take the paved road that passes in front of the "Lou Pacheran" restaurant. Take the track up towards the Col d'Anterne. Marker 102. Continue on the track towards the Col d'Anterne. Marker 103. Continue straight ahead on the track towards Ayères des Pierrières, Col d'Anterne. Marker 16. Go straight through the hamlet of Ayères des Pierrières. Turn left onto the track towards the refuge de Moède-Anterne, Col d'Anterne and Lac d'Anterne. Marker 121. At the pond, either continue on the track or take the path straight ahead (pedestrian shortcut). Be careful, it's an exposed vertiginous path! Marker 134. Turn left onto the path towards the Col d'Anterne. Go straight on towards the Col d'Anterne. To return, take the same route towards Plaine-Joux. Marker 100.

On your path...



-  Overlooking the Dérochoir (A)
-  The Common Raven (C)
-  The rock ptarmigan (E)
-  The Hazel Grouse (G)
-  The Mountain Ash (I)
-  The 'Ayères' (K)
-  The history of the Passy nature reserve (M)
-  The mont Blanc before the rise of mountaineering (B)
-  The Golden Eagle (D)
-  The Black Woodpecker (F)
-  Whistly song of a marmot (H)
-  The Downy Birch (*Betula pubescens*) (J)
-  Architecture of alpine cabins (L)
-  The alpine cabin (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

Always exercise caution and plan ahead when hiking. Asters, CEN 74 cannot be held responsible for any accident or incident that may occur on this trail.

How to come ?

Transports

Bus SAT Mont-Blanc L85

Access

Get 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

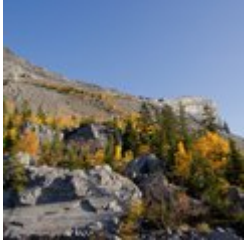
contact@cen-haute-savoie.org

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...



Overlooking the Dérochoir (A)

The Dérochoir is the product of a series of landslides. The first known and documented landslide dates back to 1471. The second and last, for the time being, was in 1751. At the foot of the cliff is a huge landslide cone that forms an unsteady slope. These landslides made it possible to cross the Barre des Fiz.

Attribution : Julien Heuret - CEN 74



The mont Blanc before the rise of mountaineering (B)

A lot of mountaineers have dreamt of climbing Mont Blanc, the highest peak in Western Europe. But this has not always been the case. In the past, the mountains instilled fear and superstition in their local inhabitants, as evidenced by the names given to the summits ("cursed mountain", "devil's spikes"...). Only shepherds, chamois hunters and stonemasons (extractors of rock crystals) frequented these hostile areas. The first ascents were made by daring foreigners who hired these experienced mountaineers to provide guidance.

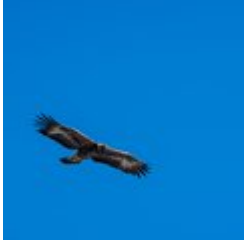
Attribution : Lucie Rousselot - CEN 74



The Common Raven (C)

It is the largest of the passerines and corvids! Whether feared or revered, it is the subject of myths and legends in many cultures. Once hated and hunted, it is now protected. About the size of a buzzard, it can be recognised by its diamond-shaped tail and its throaty screech. It is an omnivore, which means it feeds on carcasses, eggs, chicks and berries! The couples, bound together for life, perform high-flying courtship displays! Apart from humans, its only predator is the golden eagle.

Attribution : Julien Heuret - CEN 74



The Golden Eagle (D)

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



The rock ptarmigan (E)

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 (F)

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 (G)

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 (H)

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 (I)

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 Downy Birch (*Betula pubescens*) (J)

There are four species of birch in Europe, and the one growing here is the downy birch. There are many proven medicinal properties of its sap and bark, such as natural detox properties and its ability to remedy rheumatism, fatigue and allergies! In the reserve, the birches are monitored as part of the "Phénoclim" programme set up by CREA to measure the impact of climate change on the life cycle of plants.

Attribution : Julien Heuret - CEN 74



🏠 The 'Ayères' (K)

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



🏠 Architecture of alpine cabins (L)

Some of the mountain shepherd cabins are over a century old. The construction of sturdy high-altitude cabins is driven by its harsh immediate environment. Such cabins must feature stone walls and a spruce frame that can withstand deadly winter conditions!

Originally, the roof was covered with "tavaillons", a type of French traditional wooden tiles.

These buildings, used for farming in the summer months, were rudimentary and provided shelter for the shepherd and their family.

Attribution : Julien Heuret - CEN 74



🏠 The history of the Passy nature reserve (M)

In the 1970s, the wealth of natural areas in Haute-Savoie was the subject of much interest. As developers grew increasingly ambitious and numerous tourist developments were planned, people began to raise concerns. The French government decided to create 9 national nature reserves. In 1974, the Aiguilles Rouges national nature reserve was created, followed by the Sixt-Fer à Cheval/Passy nature reserve in 1977. Between these two protected natural areas lay a small portion of land, which became the Passy nature reserve in 1980.

Attribution : Julien Heuret - CEN 74



The alpine cabin (N)

The alpine cabine is a small building which, gattered with others, forms a small hamlet.

These constructions were originally intended for the organization of agricultural life in the mountains. These cabins were used in the summer to shelter the shepherds and their family. They were also used for milking and the production of cheese and other dairy products.

Attribution : Julien Heuret - CEN 74