Stroll around lac d'Armancette

CC Pays du Mont-Blanc - Les Contamines-Montjoie

Lac d'Armancette (Teddy Bracard - CEN 74)

A small lake nestled in the woodlands beneath Dômes de Miage awaits you!

Most of this wonderful hike is through woodland and is not particularly challenging, with a panoramic view of the Dômes de Miage and Mont Joly from lac d'Armancette.

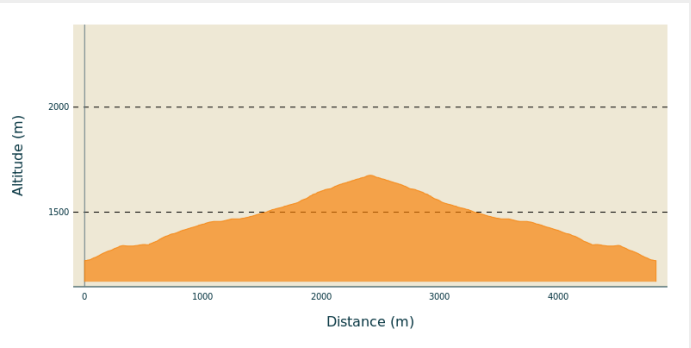
Useful information

- Practice : Summer hike
- Duration : 2 h
- Length : 4.8 km
- Trek ascent : 414 m
- Difficulty : Easy
- Type : Aller-retour
- Themes : Fauna, Lac et glacier

Trek

Departure : Parking « la Frasse », Les Contamines-Montjoie
Arrival : Parking la Frasse, les Contamines-Montjoie
Cities : 1. Les Contamines-Montjoie

Altimetric profile



Min elevation 1269 m Max elevation 1676 m

From the La Frasse car park in Les Contamines-Montjoie, follow the forest track up to the junction. At the junction, take the forest track to the right, heading for "Lac d'Armancette". Turn left up the forest track. Continue straight on towards "Lac d'Armancette". Continue straight on towards "Lac d'Armancette". Take the left-hand path to "Lac d'Armancette". You will arrive at Lac d'Armancette. Return by the same route.

On your path...

The Grass Frog (A)

The Alpine Newt (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 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

Access

Drive to the village of Les Contamines-Montjoie. In the centre of the village, take the road on the left that leads to the hamlet of La Frasse. Continue as far as the end of the road and then park in the car park of the same name.

Advised parking

Parking la Frasse

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.

Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

La Combe Blanche est une zone sensible pour la faune.
Afin de ne pas déranger les animaux, évitez de skier dans les zones arborées.

Black grouse - winter

Sensitivity period: January, February, March, April, Decembre

Contact: **Asters - Conservatoire d'espaces naturels de Haute Savoie**
Christelle BAKHACHE : 06 49 99 99 48
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Le couloir des Tourches est une zone sensible pour la faune. Afin de ne pas déranger les animaux, évitez de skier dans les zones arborées.

Réserve naturelle nationale des Contamines-Montjoie

Sensitivity period:

Contact: Asters - Conservatoire d'espaces naturels de Haute-Savoie
contact@cen-haute-savoie.org

Information desks

Espace « nature au sommet » des Contamines-Montjoie
Chef-lieu, 74170 LES CONTAMINES MONTJOIE

contact@cen-haute-savoie.org
Tel : 04 50 58 09 28
http://cen-haute-savoie.org

Office du Tourisme des Contamines-Montjoie
18 Route de Notre Dame de la Gorge, 74170 Les Contamines-Montjoie

info@lescontamines.com
Tel : 0450470158
http://lescontamines.com

On your path...

The Grass Frog (A)

This frog is a jack of all trades, master of all. It is the least water-reliant frog, it only returns to water during the breeding season or to hibernate. This super-frog can live at an altitude of up to 3000 meters! It is even said to be able to dive under the ice! But it is also one of the most widespread in Europe, living in different types of habitats, from parks and gardens or plain ponds to the highest mountain streams and lakes!

Attribution : Julien Heuret - CEN 74

The Alpine Newt (B)

The Alpine newt is an amphibian that fears no cold! It can be found in Alpine lakes at altitudes of up to 2,500 metres. It can adapt to the often extreme temperatures by spreading its reproductive cycle over two years, or even by reproducing as a hatchling: this is known as "neoteny". It is a protected species, vulnerable to the threat of large fish. Fish stocking practices at high altitude lakes threaten the survival of these amphibians in these environments.

Attribution : Julien Heuret - CEN 74