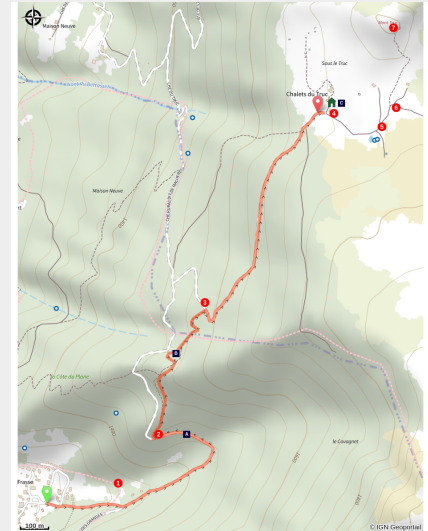


# A return trip to mont Truc

Réserve Naturelle des Contamines-Montjoie - Les Contamines-Montjoie



Mont-Truc (Geoffrey Garcel - CEN 74)



*A wonderful mix of nature, forest, mountain pastures, and breathtaking views of the snowy peaks!*

Most of the trail takes you through a forest. It will take you to a mountain pasture offering a 360° view of the surrounding mountains, from the Dômes de Miage to the Aiguille de Bionnassay!

## Useful information

Practice : Summer hike

Duration : 3 h

Length : 2.6 km

Trek ascent : 455 m

Difficulty : Easy

Type : Aller-retour

Themes : Fauna, Sommet

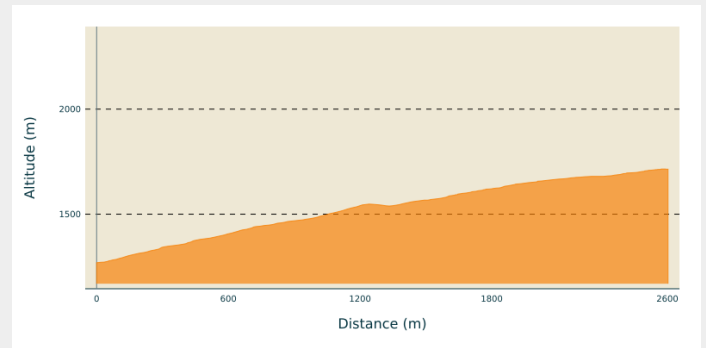
# Trek

**Departure** : Parking « la Frasse », Les Contamines-Montjoie

**Arrival** : Parking la Frasse, Les Contamines-Montjoie

**Cities** : 1. Les Contamines-Montjoie  
2. Saint-Gervais-les-Bains

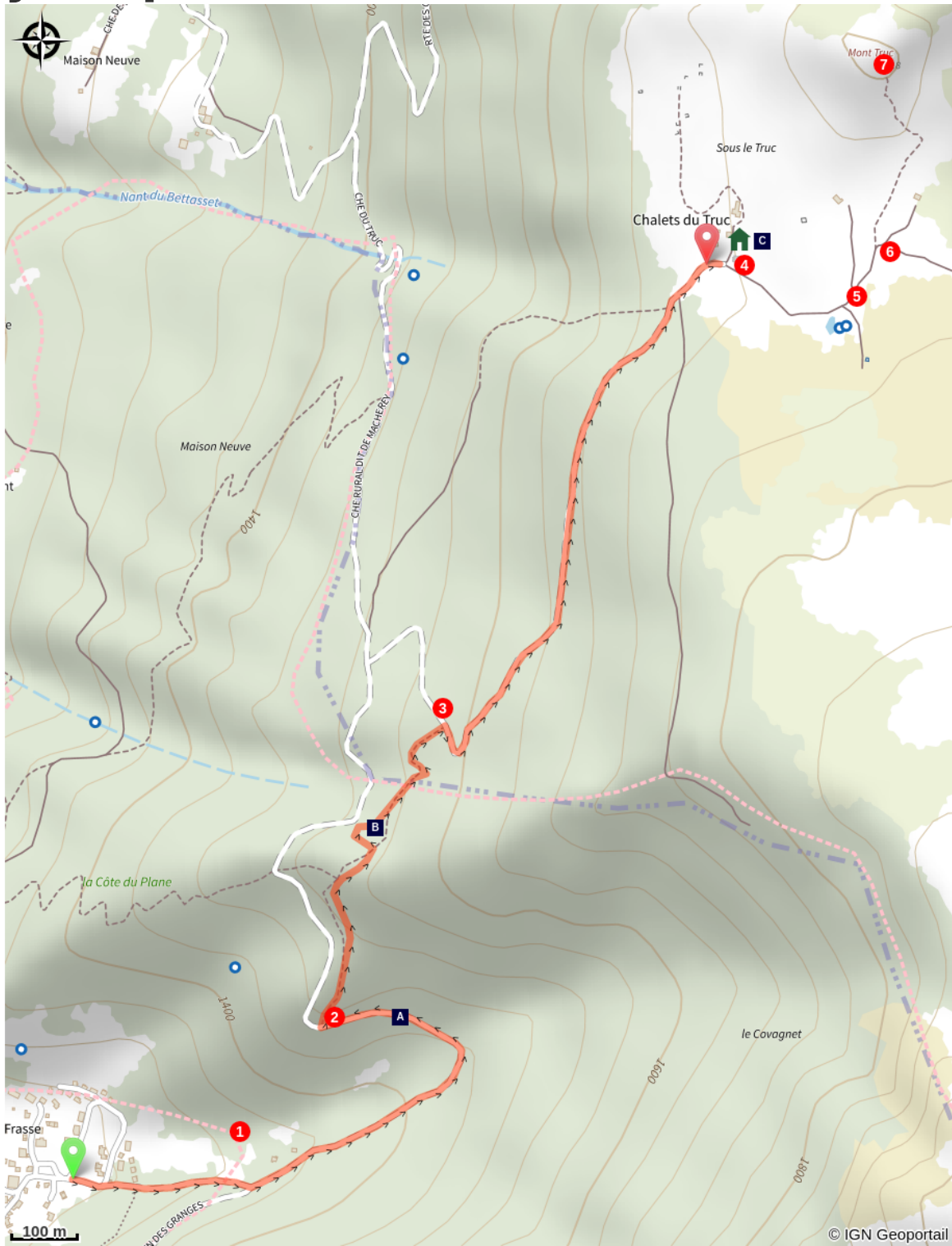
## Altimetric profile




Min elevation 1270 m Max elevation 1716 m


From the La Frasse car park in Les Contamines-Montjoie, follow the forest track up to the junction. At the junction, turn left onto the forest track towards "Chalets du Truc". Leave the forest track and take the path on the right. Turn right and continue up the forest track. You will arrive at the "Chalets du Truc". To reach "Mont Truc", continue along the path. At the crossroads, turn left and follow the path up the slopes of Mont Truc. You arrive at Mont Truc. Return by the same route in the opposite direction.

# On your path...



 The Black Woodpecker (A)

 The Little Owl (B)

 The Stoat or Short-tailed Weasel (C)

# All useful information

## Animaux acceptés

De manière générale votre chien, s'il est autorisé, doit être tenu en laisse en espaces naturels. Impacts de la divagation des chiens pour la faune sauvage et les troupeaux : Par leur présence, leurs odeurs et leurs déjections les chiens perturbent la biodiversité. Ils peuvent par exemple : - transmettre des germes, - stresser la faune sauvage - détruire des couvées au sol. Les chiens sont interdits en cœur de parc 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 ?

### Access

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

### Advised parking

Parking de 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

Contact: **Asters - Conservatoire d'espaces naturels de Haute Savoie**

Christelle BAKHACHE : 06 49 99 99 48

[christelle.bakhache@cen-haute-savoie.org](mailto:christelle.bakhache@cen-haute-savoie.org)

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](mailto: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](mailto: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](mailto:info@lescontamines.com)

Tel : 0450470158

<http://lescontamines.com>



# On your path...

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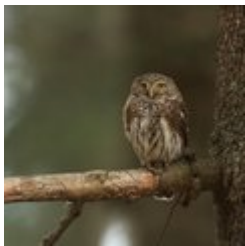


## The Black Woodpecker (A)

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.

Attribution : Daniel Gerfaud Valentin - CEN 74

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## The Little Owl (B)

Have you heard of France's smallest nocturnal bird of prey? It's the Little Owl, a tiny mountain owl! It is an absolute symbol of the nature reserve, nesting in old coniferous woodland. Fortunately, it still considers the nature reserve as its habitat, thanks to good forest management. Successful attempts were made to safeguard its breeding grounds, as well as preserving the old trees where the little owl creates its nest, making use out of excavated cavities made by three-toed-woodpeckers, as well as preservation of clearings where it hunts mice, voles, titmice and passerines.

Attribution : Geoffrey Garcel - CEN 74

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## The Stoat or Short-tailed Weasel (C)

A rocket-like appearance... White in winter with a brown back or a beige belly in summer, with a black tail tip all year round... Can you guess who's playing hide and seek in the scree? It's the Stoat, a small, fast and powerful mustelid, a member of the Badger and Marten family. It doesn't actually play, but rather hunts voles, its favourite prey, thanks to its elongated shape, which allows it to slip into their burrows, where they think they're well protected...

Attribution : @julienheuret