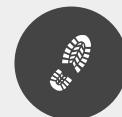
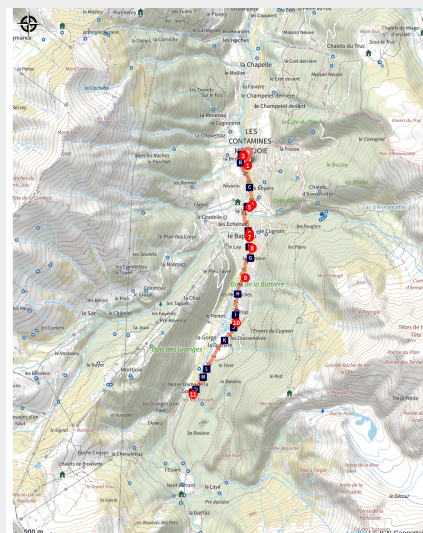


# Nature and heritage discovery trail

CC Pays du Mont-Blanc - Les Contamines-Montjoie



Point de départ du sentier découverte (CEN 74)



## *A trail to discover the heritage of Val Montjoie*

Located right next to the town centre, this itinerary immerses you in the fascinating history of Les Contamines-Montjoie, from ancient times to the present day, and in the richness of its heritage. The trail runs alongside a stream and is ideal for family outings in summer!

### Useful information

Practice : Summer hike

Duration : 2 h

Length : 8.6 km

Trek ascent : 167 m

Difficulty : Easy

Type : Aller-retour

Themes : Fauna, Archéologie et histoire, Géologie

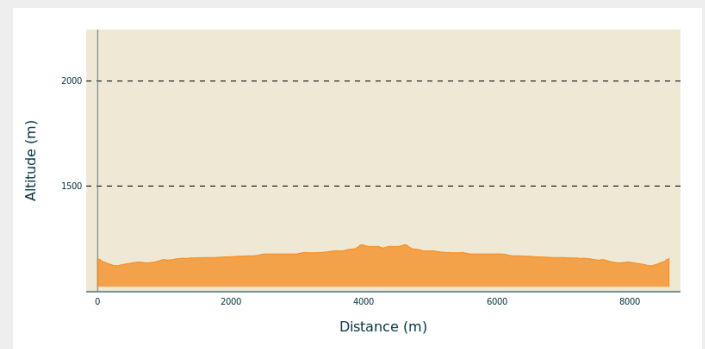
# Trek

**Departure** : Les Contamines-Montjoie centre

**Arrival** : Les Contamines centre

**Cities** : 1. Les Contamines-Montjoie

## Altimetric profile

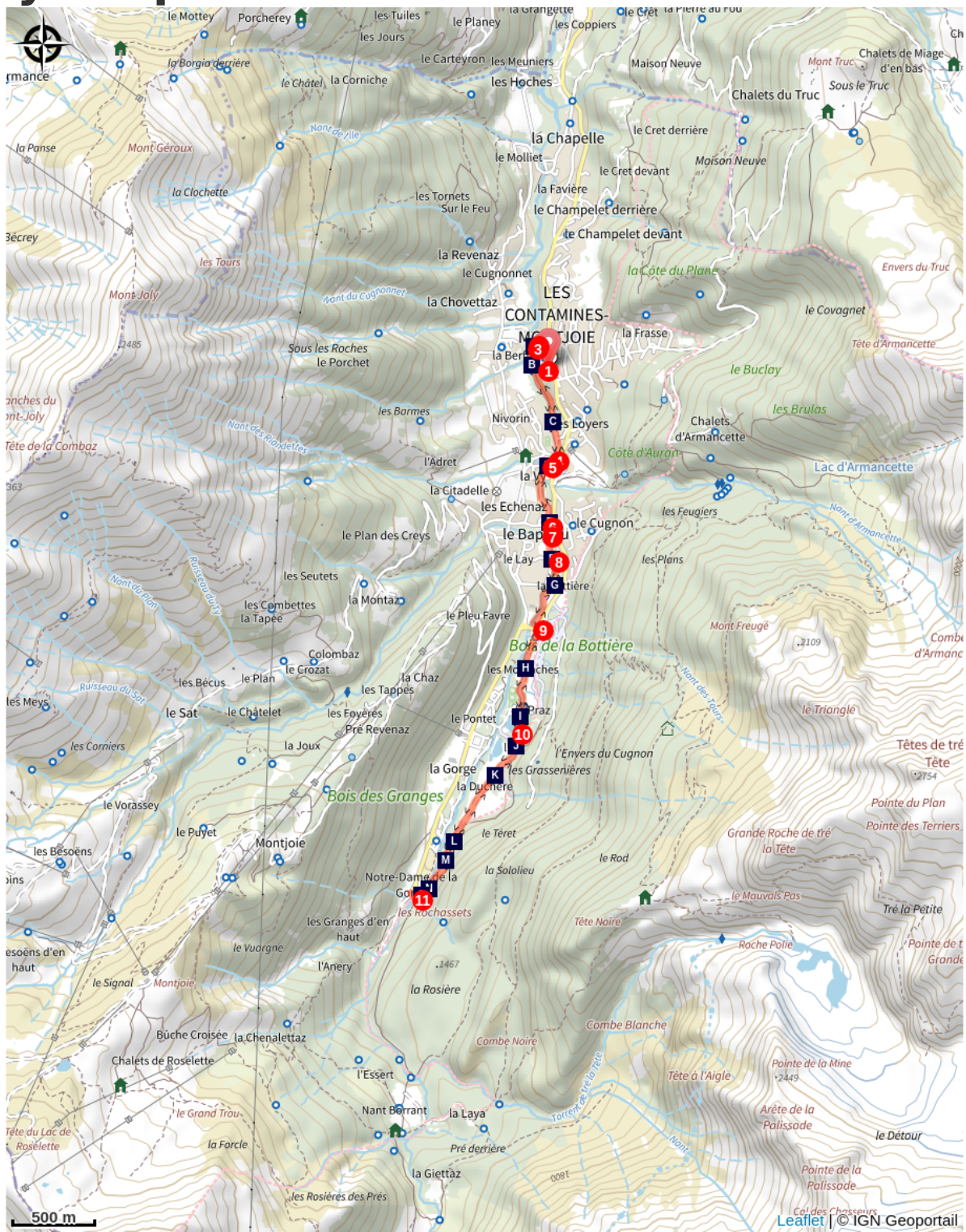
















Min elevation 1121 m Max elevation 1221 m

Start from the car park in the centre of Les Contamines-Montjoie, right next to the town hall. Take the Chemin des Cruelys down to the footpath. At the crossroads, turn left. Pass the first map board outlining the entire trail, then continue straight ahead. Go straight on across the Nant Fandraz road and follow the markers for the discovery trail. Cross a bridge and turn right. Continue straight ahead. Cross the paved road labelled Chemin des Echenaz, and follow the markers for Notre-Dame de la Gorge on the hiking trail. The discovery trail markings also point in the same direction. Cross the bridge over the Nant Rouge stream and continue straight ahead. At the Pont du Lay, turn left over the bridge, then immediately right after the bridge. The hiking markers point you in the direction of Notre-Dame de la Gorge. Cross the Moranches bridge and walk past the Nordic Centre car park. Join the path heading towards the Centre de Loisirs and continue straight ahead. Go past the Parc de Loisirs in a place called Le Pontet. Continue straight on towards Notre-Dame de la Gorge. Arrive at Notre-Dame de la Gorge. This is the end of the trail. Return by the same route in the opposite direction.



## On your path...



-  A glimpse of the route (A)
-  Highlights of the village's history (C)
-  The call of the mountains (E)
-  Legacy of the glaciers (G)
-  The homeland of mountain ungulates (I)
-  At grass level (K)
-  The nature reserve (M)
-  The Bon Nant (B)
-  Architectural heritage (D)
-  The face of Les Contamines (F)
-  Life at all levels (H)
-  The forest (J)
-  A mountain of feathers (L)
-  The Roman roads (N)

# All useful information

## **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**

Go to Les Contamines-Montjoie. In the village centre, follow the Office de Tourisme sign. Park in the car park next to or below the Office de Tourisme - Town Hall - Espace Nature au sommet.

# 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 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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## A glimpse of the route (A)

An illustration of the trail and various points of interest along the way.

Attribution : CEN 74

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## The Bon Nant (B)

You will walk together, from the center of the village to Notre Dame de la Gorge, the endstop of this route. Who is that mysterious companion going to be? Bon Nant, water torrent which source is located in the heart of the nature reserve of Contamines-Montjoie. To find out more about it, go to sign 2!

Attribution : CEN 74

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## Highlights of the village's history (C)

From ancient times to the dawn of tourism, discover all the key historical dates in Les Contamines-Montjoie. And then you'll be able to answer the question: who were the Ceutrons? Go to panel 3!

Attribution : CEN 74

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## Architectural heritage (D)

Loge, mazot, éparson or fenil will hold no more secrets for you, once you've seen this panel which describes the different elements of pastoral architecture typical of the Val Montjoie.

Attribution : CEN 74

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## The call of the mountains (E)

The Val Montjoie is renowned for the natural beauty and ruggedness of its peaks. Despite the appeal of these peaks to mountaineering enthusiasts, the history of mountaineering here is far from straightforward. To find out more, go to panel 5!

Attribution : CEN 74





## The face of Les Contamines (F)

The municipality of Les Contamines-Montjoie has a rich natural alpine heritage. In fact, almost two thirds of its surface area is classified as a national nature reserve! To find out more, go to panel 6!

Attribution : CEN 74



## Legacy of the glaciers (G)

Did you know that glaciers are the main architects of the landscape you can see all around you? Some of them are being scientifically monitored by the nature reserve. To find out more, go to panel 7!

Attribution : CEN 74



## Life at all levels (H)

Altitude has an influence on the natural environments that occur on mountain slopes. Thus, at each altitude level there are different species of flora and fauna, some particularly well adapted, others more versatile! There is life at every level.

Attribution : CEN 74



## The homeland of mountain ungulates (I)

Chamois and Ibex are mountain ungulates, while Stag and Roe Deer are lowland ungulates that have adapted well to the mountaineous environment. Come and find out which species can be found here! To do so, go to panel 9!

Attribution : CEN 74



## The forest (J)

The forest is an important part of the nature reserve. To find out more, go to panel 10!!

Attribution : CEN 74





### At grass level (K)

A delicate array of some of the essential species of flora, butterflies and amphibians that can be observed within the perimeter of the nature reserve with just a bit of luck and patience!

Attribution : CEN 74

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### A mountain of feathers (L)

An opportunity to meet iconic mountain birds such as the golden eagle and black grouse. But it's also a chance to meet some lesser-known species, such as the European owl, a small nocturnal bird of prey found in the nature reserve.

Attribution : CEN 74

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### The nature reserve (M)

A few steps away from the true entrance to the nature reserve, a panel presenting the issues of this protected and regulated natural space.

Attribution : CEN 74

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### The Roman roads (N)

More than just a tourist attraction, the Roman roads were one of the main routes used to cross the Alps in ancient times! Before the Roman invasion, the Ceutrones, a Celtic tribe who farmed livestock, inhabited the Val-Montjoie. To make cheese, they used salt mined at Moutiers via the Col du Bonhomme. They were involved in building roads to Italy. These roads were taken over by the Romans when they invaded the Alps. Take a look at the Rochassets pass: it was carved out of the rock to allow chariots to pass through!

Attribution : Geoffrey Garcel - CEN 74