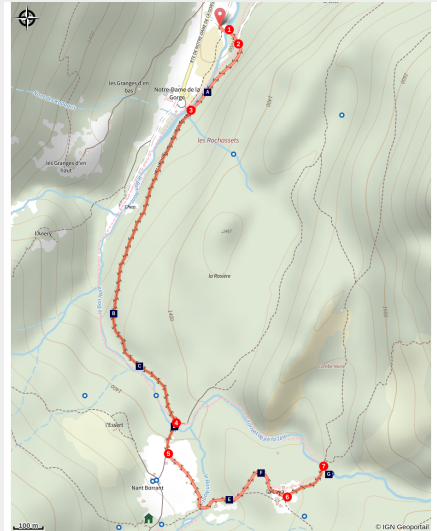


Combe noire Waterfall

Réserve Naturelle des Contamines-Montjoie - Les Contamines-Montjoie



(Geoffrey Garcel - CEN 74)



Through the forest, through water and history.

Following the path of water and history, this forest itinerary will plunge you into the atmosphere of a mountain forest filled with the freshness of the stream's turbulent waters. The walk concludes with a breathtaking view of the Combe Noire waterfall.

Useful information

Practice : Summer hike

Duration : 3 h

Length : 5.3 km

Trek ascent : 314 m

Difficulty : Easy

Type : Aller-retour

Themes : Flora, Géologie, Point de vue

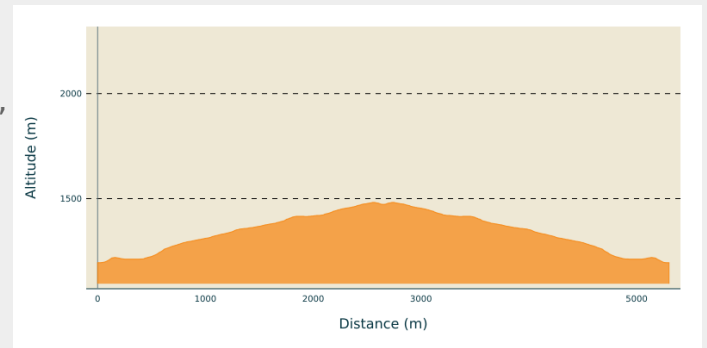
Trek

Departure : Parking « Notre Dame de la Gorge », Les Contamines-Montjoie

Arrival : Parking Notre Dame de la Gorge, les Contamines Montjoie

Cities : 1. Les Contamines-Montjoie

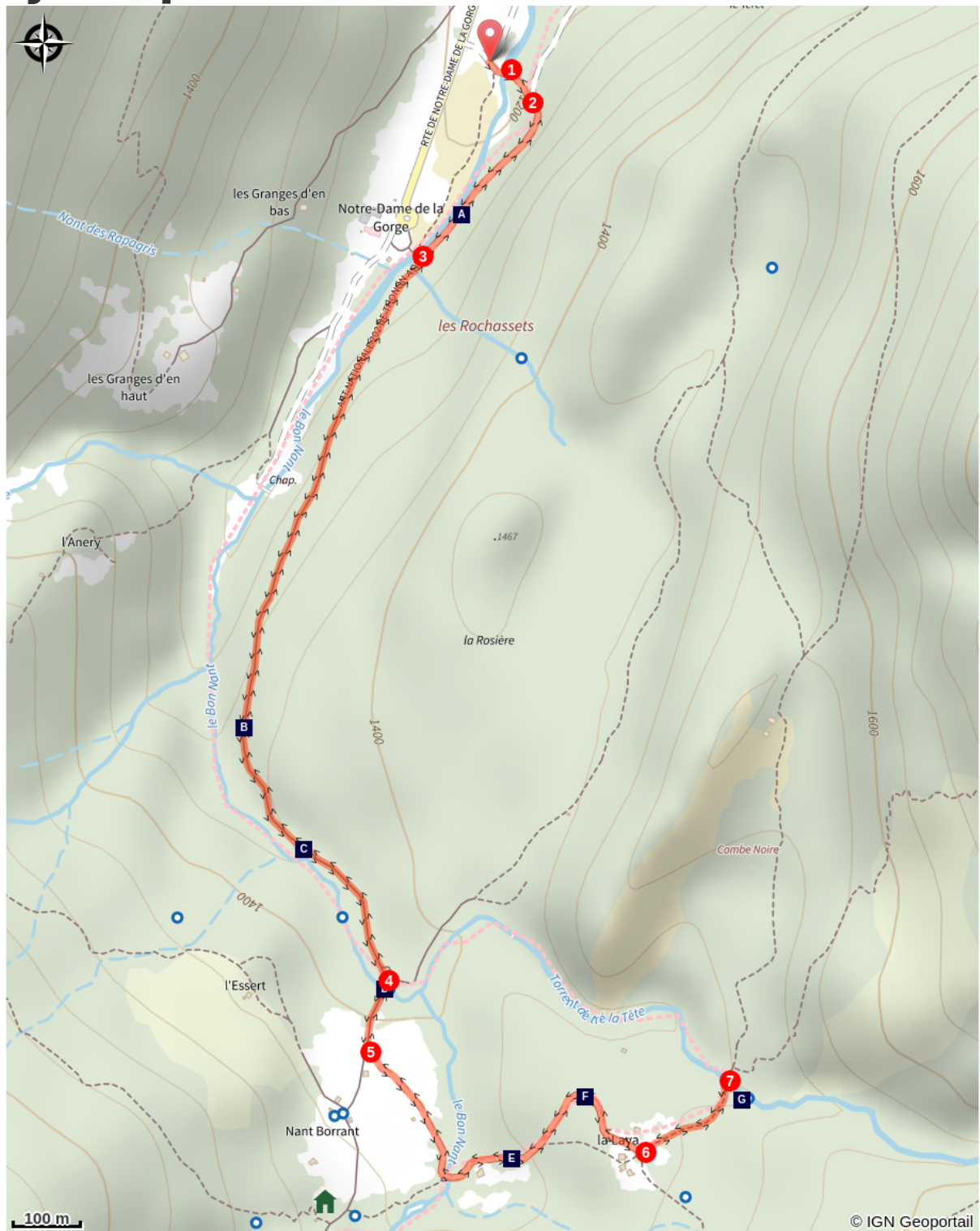
Altimetric profile



Min elevation 1196 m Max elevation 1483 m

Start at the Notre-Dame de la Gorge car park in Les Contamines-Montjoie: Cross the footbridge opposite the stream to join the itinerary. Stay on the main route up the stream. Stay on the Grande Route and take the Roman road that stretches out in front of you. Stay on the route and cross the Roman bridge. Turn left towards "la Laya" - "Tré la tête". Turn left to reach the Combe Noire waterfall. You've arrived. You can return by the same route.

On your path...



-  The Roman roads (A)
-  The round-leaf Sundew (C)
-  Hay meadows of la Laya (E)
-  Combe noire waterfall (G)
-  Rosière boglands (B)
-  The Roman bridge (D)
-  The Alpine Autumn Crocus (F)

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 ?

Transports

Bus shuttles depart from the village centre of Les Contamines-Montjoie (from late June to early September).

Access

Reach Les Contamines-Montjoie (74170). Drive through the village and stay on the Route de Notre-Dame de la Gorge (D902) for 2 kilometres until the road ends at the large Notre-Dame de la Gorge car park on your right.

Advised parking

Parking Notre Dame de la Gorge

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

Les contreforts de Jovet abritent des zones d'hivernage pour la faune : tétras-lyres, chamois, cervidés.

Les zones arborées sont à éviter pour ne pas déranger les animaux. Repérer le couloir unique de descente qui évite les zones de quiétude.

Réserve naturelle nationale des Contamines-Montjoie

Sensitivity period:

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

On your path...



The Roman roads (A)

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!

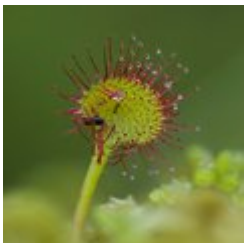
Attribution : Geoffrey Garcel - CEN 74



Rosière boglands (B)

On your left are the Rosière boglands, but be careful to only admire them while walking along the path, as they are fragile environments and hidden treasures of biodiversity! Tracing its origins from the Ice Age, this boggy area is the result of a glacier erosion which caused water to stagnate. This is the kingdom of carnivorous plants such as the Alpine cattail or the round-leaved sundew...

Attribution : Geoffrey Garcel - CEN 74



The round-leaf Sundew (C)

It is a small carnivorous plant that lives in low-nutrient peat bogs. Don't worry, it only feeds on insects, which it attracts and digests using a viscous substance produced by the red bristles that cover its leaves. It is also known as " Rossolis or Sundew " because the substance sparkles when exposed to light. This species is fragile and protected, please do not touch it!

Attribution : Geoffrey Garcel - CEN 74



The Roman bridge (D)

Also known as the "Téna Bridge", this structure dates back to Roman times! It is located on the strategic route used at that time to reach the Tarentaise valley and Italy from Les Contamines. This route, which has since become the famous long-distance GR5 hiking trail, is a popular tourist attraction. The bridge overlooks the gorges of Bont nant. Marvel at the pools of water that the waterstream has sculpted over the years!

Attribution : Geoffrey Garcel - CEN 74



Hay meadows of la Laya (E)

Formerly mown and grazed, these meadows have slowly turned into woods since the abandonment of all pastoral activity. Shrubs and spruce have gradually colonised these former meadows. This is known as the closure of the environment, endangering certain plants such as the Golden Oat, a favourite snack of the livestock, and the Alpine Colchicum. Since 2014, the Nature Reserve has been clearing the undergrowth and mowing the meadows regularly in order to restore their function as summertime pastures.

Attribution : Geoffrey Garcel - CEN 74



The Alpine Autumn Crocus (F)

It's the end of summer... This is the time of year when the Alpine Autumn Crocus blossoms. Its name comes from Colchis in Greece, home to infamous poisoner Medea. This plant contains a highly toxic alkaloid: colchicine. According to the alchemists, this substance, when used in very small doses, could be used to treat rheumatism and episodes of gout.

Attribution : Julien Heuret - CEN 74



Combe noire waterfall (G)

When you stop at this bridge, you can feel the fresh spray from the Combe Noire waterfall and just imagine that the Tré-la-Tête glacier arrived here in 1870! Since then, the glacier has melted a few hundred metres, but its presence can still be felt through the raging river, which has formed impressive sculptures known as "potholes of giants" as it erodes the rock in a thunderous racket!

Attribution : Geoffrey Garcel - CEN 74
