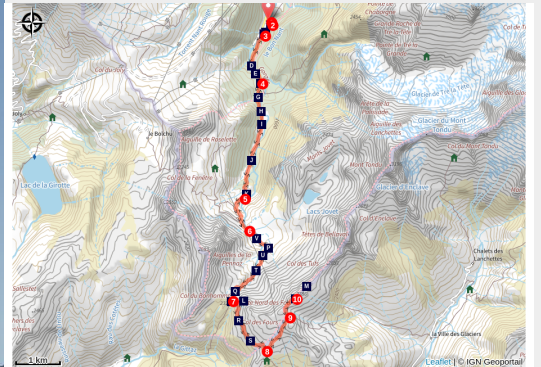


Tête Nord des Fours

CC Pays du Mont-Blanc - Les Contamines-Montjoie



(Geoffrey Garcel - CEN 74)



A 360° panorama of the Alps is well worth the effort.

As you follow the slopes, you'll discover every floor of the mountain landscape. Appreciate the diversity of the nature reserve as it unfolds at greater altitudes.

Useful information

Practice : Summer hike

Duration : 10 h

Length : 24.2 km

Trek ascent : 1651 m

Difficulty : Very hard

Type : Aller-retour

Themes : Pastoralism, Géologie, Refuge, Sommet

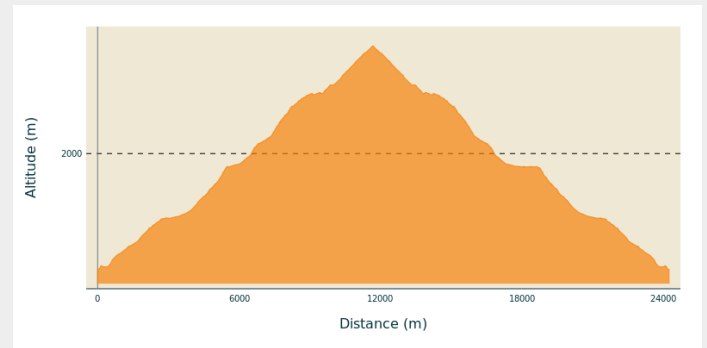
Trek

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

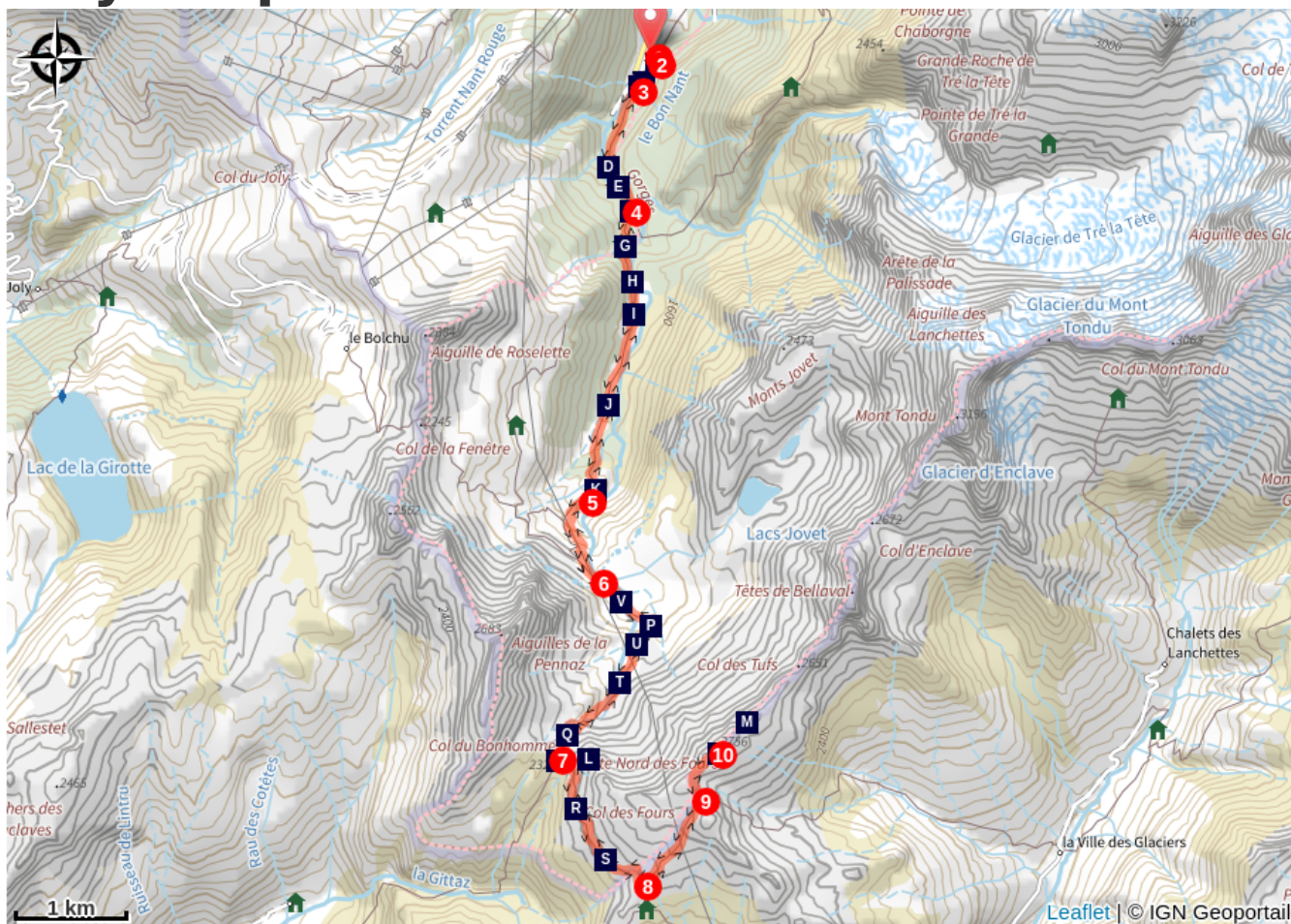
Altimetric profile

















Min elevation 1196 m Max elevation 2747 m

From the Notre-Dame de la Gorge car park in Les Contamines-Montjoie: Cross the footbridge over the stream to join the itinerary. Stay on the main route which goes upstream on your right. Stay on the Grande Route and take the Roman road that rises in front of you. Stay on the itinerary and cross the "Pont romain" (Roman bridge). At the crossroads, take the left-hand path towards "Col du bonhomme". At the crossroads, turn left towards "Col du bonhomme". At the Col du Bonhomme, take the footpath on the left which climbs towards the Col des Fours. At the crossroads, turn left towards "Col des fours". Continue along the path that rises on your left towards the "Tête Nord des Fours". You have now arrived. The return journey takes the same route.

On your path...



- | | |
|---|---|
|  The nature reserve (A) |  The Roman roads (B) |
|  Notre Dame de la Gorge (C) |  Rosière boglands (D) |
|  The round-leaf Sundew (E) |  The Roman bridge (F) |
|  The mountain refuge of Nant Borrant (G) |  The Stoat, a mountain chameleon (H) |
|  The mountain pasture (I) |  Cow mountains (J) |
|  The mountain refuge of la Balme (K) |  Bivouacking and swimming prohibited (L) |
|  The Bonhomme rock (M) |  Resistance at the top (N) |

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

Bus shuttle service from the village centre of Contamines-Montjoie (late June to early September).

Access

Go to 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

Zone d'hivernage de Tétràs lyre de la Balme, matérialisée par des fanions en décembre 2020 dans le cadre du POIA bidrski.

Ne pas y pénétrer lors des pratiques hivernales (ski de randonnée, raquettes).

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 nature reserve (A)

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



The Roman roads (B)

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!

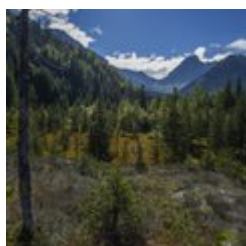
Attribution : Geoffrey Garcel - CEN 74



Notre Dame de la Gorge (C)

Find out everything you need to know about the history of the Notre Dame de la Gorge church, so that you can make the most of your visit later on.

Attribution : CEN 74



Rosière boglands (D)

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 (E)

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 (F)

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



🏠 The mountain refuge of Nant Borrant (G)

This classic mountain refuge dates back to the 1800s. In 1842, the municipality of Les Contamines gave permission to build an inn here. It was known as the " Mountain Hotel " until 1976. With the development of the " Mont Blanc Tour " long-distance hiking trail, it became a refuge. However, ever since its creation, it has always been in the hands of the same family! It is open from June to the end of September. The Nant Borrant refuge is at the gateway to the nature reserve that begins just beyond the stream...

Attribution : Geoffrey Garcel - CEN 74



🦦 The Stoat, a mountain chameleon (H)

White in winter and with brown backs and beige bellies in summer, stoats have black tail tips all year round. Often confused with the common weasel, the stoat differs in size. It is larger (17 to 33 cm) and has a two-coloured tail. A carnivore, its favourite prey are voles. Stoats are vivacious and playful. The Stoat often moves in leaps of up to 50 centimetres in height, covering great distances for its size of up to 15 km.

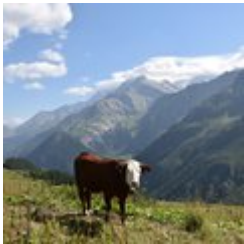
Attribution : @LionelRoux



🐄 The mountain pasture (I)

Alpine pastures are a landscape that have been shaped by humans since prehistoric times, during the Neolithic period, when livestock farming was first practised. Had it not been for the grazing of domestic animals at this altitude, the area would have been occupied by a few species of bush accompanied by few animal species. The mountain pasture is a rare example where human activity generates a biodiversity of animal and plant species that is more prolific than what would be produced by the natural evolution of the environment. Many species of plants, birds, invertebrates, mammals, etc. can be found here.

Attribution : Geoffrey Garcel - CEN 74



🐄 Cow mountains (J)

How can you tell which breeds of mountain cow can be found here? The Abondance breed originates from the village of the same name in the Chablais region of Haute-Savoie. It can be recognised by its distinctive mahogany coat and white head and belly. The 'Herens' cow comes from Valais in Switzerland. They are bulkier, with a single-coloured coat that is often black, sometimes dark red or chestnut. Its provocative, aggressive behaviour is used in the traditional "battle of the queens" in the 3 countries around Mont Blanc. But rest assured, no animals are harmed in such contests!

Attribution : Geoffrey Garcel - CEN 74



🏠 The mountain refuge of la Balme (K)

Situated at the foot of the Aiguilles de la Pennaz (2668 m) as part of the Mont-Blanc tour, this refuge has a strong heritage of family tradition. Three generations have welcomed hikers here. This former farmhouse is surrounded by mountain pastures that are still cultivated by mountain farmers. Just look at the height of the roof and little will be left to imagination; during winter, the only thing sticking out of the snow is the chimney! This refuge is open from June to September

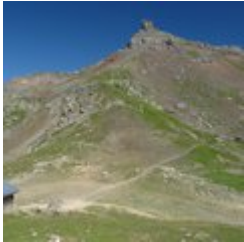
Attribution : Geoffrey Garcel - CEN 74



Bivouacking and swimming prohibited (L)

A familiar sight in the steep ravines and slopes of the mid-mountain regions of the Alps and Corsica, *Alnus alnobetula* has the unique ability to bend under snow and even rockslides without breaking. It grows rapidly, taking just a few decades to transform a meadow into a dense forest. This prevents the seeds of other trees from sprouting, thus blocking the natural evolution of the Alpine ecosystem. This plant improves soil quality: Green alder retains nitrogen in the soil and also strengthens the soil that is vulnerable to landslides thanks to its robust roots. However, Green Alder is also considered to be a threat to ecosystems: it colonises environments lacking other plant species by overgrowing fields that could be suitable for grazing and spreads nitrogen, nitrate and nitrous oxide, which in large quantities is harmful to the environment.

Attribution : @Asters-CEN74



The Bonhomme rock (M)

Over the "col du Bonhomme" mountain pass, located in the southern part of the reserve, the Aiguilles de la Pennaz mountains rise to the west and Bonhomme Rock to the east. Bonhomme Rock got its name because of its likeness to the shape of a man's face..... You must have seen it, right?

Attribution : Julien Heuret - CEN 74



Resistance at the top (N)

In June 1940, when the French army was losing the war against Hitler's Nazi forces and his Fascist ally Mussolini, the pass where you are standing was the scene of one of the first victories of the free world. A detachment of around thirty men under the command of Lieutenant Bulle defeated the Italians at an altitude of more than 2,600 m and a temperature of -10° , using machine-gun fire from the Italians' rear flank, after having rappelled down the cliff. This success allowed them to recapture Tête de l'Enclave!

Attribution : Inconnu