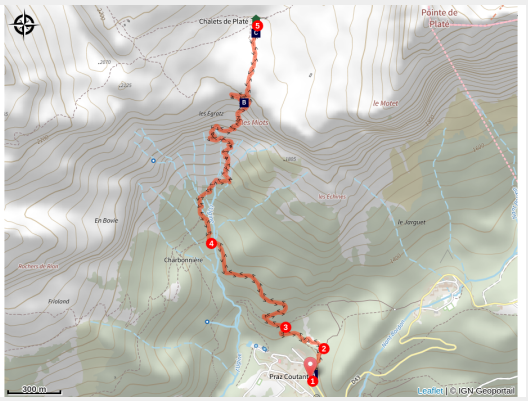
From Praz Coutant to Les Chalets de Platé

CC Pays du Mont-Blanc - Passy

Les chalets de Platé (Lucie Rousselot - CEN 74)



A steep trail through the Désert de Platé. On this hike, you'll discover many distinctive aspects of the local architecture, from sanatoriums to alpine chalets. But be careful! The passage through the exposed scree slopes of Platé is difficult and vertiginous.

A hike that plunges you into the mineral kingdom of the Désert de Platé, an enormous karstic formation.

Useful information

Practice : Summer hike

Duration : 5 h

Length : 8.1 km

Trek ascent : 1554 m

Difficulty : Hard

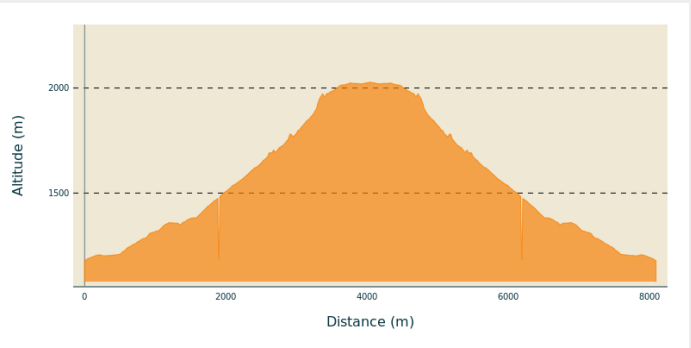
Type : Aller-retour

Themes : Fauna, Archéologie et histoire, Refuge

Trek

Departure : Praz Coutant
Arrival : Praz Coutant
Cities : 1. Passy

Altimetric profile



Min elevation 1178 m Max elevation 2028 m

From the Praz Coutant car park, head up to the Chalets de Platé. Follow the signs for Chalets de Platé - Refuge de Platé, marker 156. Stay on the path and head towards Chalets de Platé - Refuge de Platé. Marker 23. Stay on the path and head towards Chalets de Platé - Refuge de Platé. Marker 147. Take the path on the right. Head towards Chalets de Platé - Refuge de Platé. Marker 24. You are now at the Refuge de Platé. To go back down, take the reverse route.

On your path...

Sanatoriums (A)

The fibula or Roman safety pin (B)

The mountain refuge of Platé (C)

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

A hike with a tricky, exposed and vertiginous section. We recommend that you keep your dog on a leash. Bring water, as there is no pool or spring at the Platé chalets and the refuge does not provide water.

How to come ?

Transports

Bus SAT Mont-Blanc L85, stop : Praz Coutant.

Access

Go to the parking lot Praz Coutant located on road D43. Parking at the entrance with very few spaces at the kerbside. Bus line L85 (SAT Mont-Blanc), Praz Coutant stop.

Advised parking

Praz Coutant

Information desks

Maison de la réserve naturelle de Passy
Plaine-Joux, 74190 PASSY

contact@cen-haute-savoie.org
Tel : 04 50 90 23 07
http://cen-haute-savoie.org

On your path...

Sanatoriums (A)

A sanatorium was a health resort facility built in the days when antibiotics had not yet been invented and tuberculosis was rampant. In the 1920s, Plateau d'Assy, with its superb location and fresh air, was chosen as the site for many of these health resorts. The most daring architects of the day were called upon to design revolutionary facilities that made use of the warm sunshine to provide essential patient care. Their reputation was renowned the world over.

Attribution : Lucie Rousselot - CEN 74

The fibula or Roman safety pin (B)

As you take the path up to the Platé refuge, you'll come across a passageway that was already in use in ancient Roman times, as a way of crossing the "Fiz walls." In fact, a fibula - a type of fastener and precursor of the modern safety pin, which was used to fasten and secure garments - has been found here. It dates back to the High Roman Empire, i.e. between AD 10 and AD 80!

Attribution : Julien Heuret - CEN 74

The mountain refuge of Platé (C)

A green hollow in the immense lunar landscape of the Désert de Platé, a few cabins. You've arrived at the refuge of the same name. Managed by the CAF (French Alpine Club), its caretakers offer you the welcome that only they know and know almost too well: Italian cuisine, homemade bread and jams, a naturalist's library corner and a telescope for spotting ibex. But be very careful not to overindulge yourself in all this splendour! Water and energy are in short supply here!

Attribution : Lucie Rousselot - CEN 74