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**Mountain Bike Trekking:** From 7 years old, we have courses adapted to the desires and the levels of young riders. For the taller ones, it is possible to use the ski lifts to discover the fabulous Portes du Soleil mountain trails. — Introductory sessions, ½ Day, full day, and longer boot camp visits.

**Quadbikes:** – Featuring all-terrain wheelchairs with electric assistance. Access the mountain despite your handicap!

**Mini Bike Park:** Practice area for simple trails located in La Chapelle d'Abondance (junior jumps, bridge ways and banked turns) alongside the River Dranse. (River Valley Paths with 11 km of mountain bike trails open to all)

**The ATV Biathlon:** Combining dynamism of ATV (quad) riding with the calm of the laser rifle shooting! (Safe) Activity and strategy.

**Mini Challenge:** ATV/individual or team shooting contests. Activities open to groups and individuals – Potential to rent children's bikes.

**Enduro:**  
Enduro? What is this....?

It is simply mountain biking making use of the terrain to be more playful and more athletic, alternating ascents with downhill fun and technical sections.

Within the famous Passportes du Soleil biking event, the Abondance Valley is a "Mecca" for Enduro riders. We are therefore happy to take you on a playful trip on paths suited to your level in order to teach you all the enduro riding techniques needed to experience its thrills and exhilarations!



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### TAKE NOTHING BUT MEMORIES ...

- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

### ... LEAVE NOTHING BUT FOOTSTEPS

**MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS**  
**WEATHER: 3250 (€2.99/call + call charge) – [www.meteofrance.com](http://www.meteofrance.com)**

**INFORMATION**  
[ecolevttchatel@gmail.com](mailto:ecolevttchatel@gmail.com)



## WALKS AND HIKES



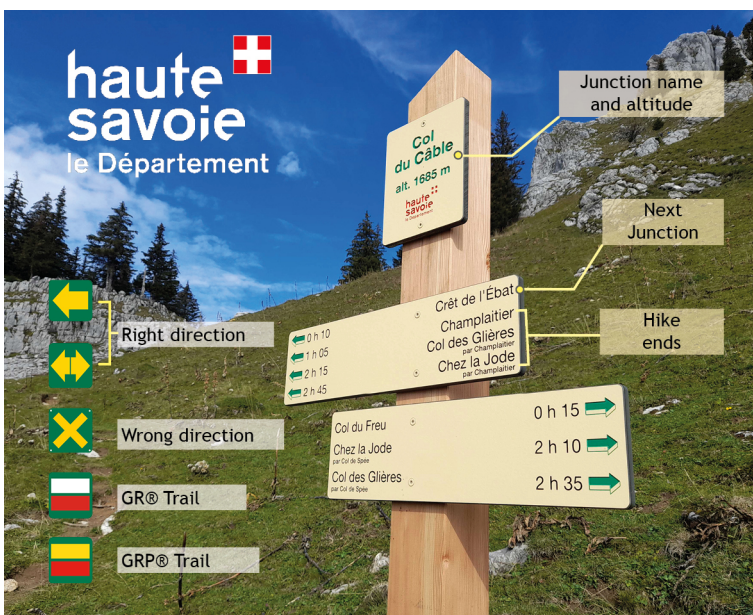
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## MOUNTAIN BIKING, DOWNHILL, ENDURO

**Introduction and trips on mountain bikes, quadbikes, cross country, and endurance riding... Discover all the various activities supervised by our qualified instructors and explore the mountain biking and bikepark trails in the Portes du Soleil area!**

No pets allowed

**STARTING POINT:** La Panthiaz



haute savoie  
le Département

Junction name and altitude  
Col du Câble  
alt. 1685 m  
haute savoie

Right direction

Wrong direction

GR® Trail

GRP® Trail

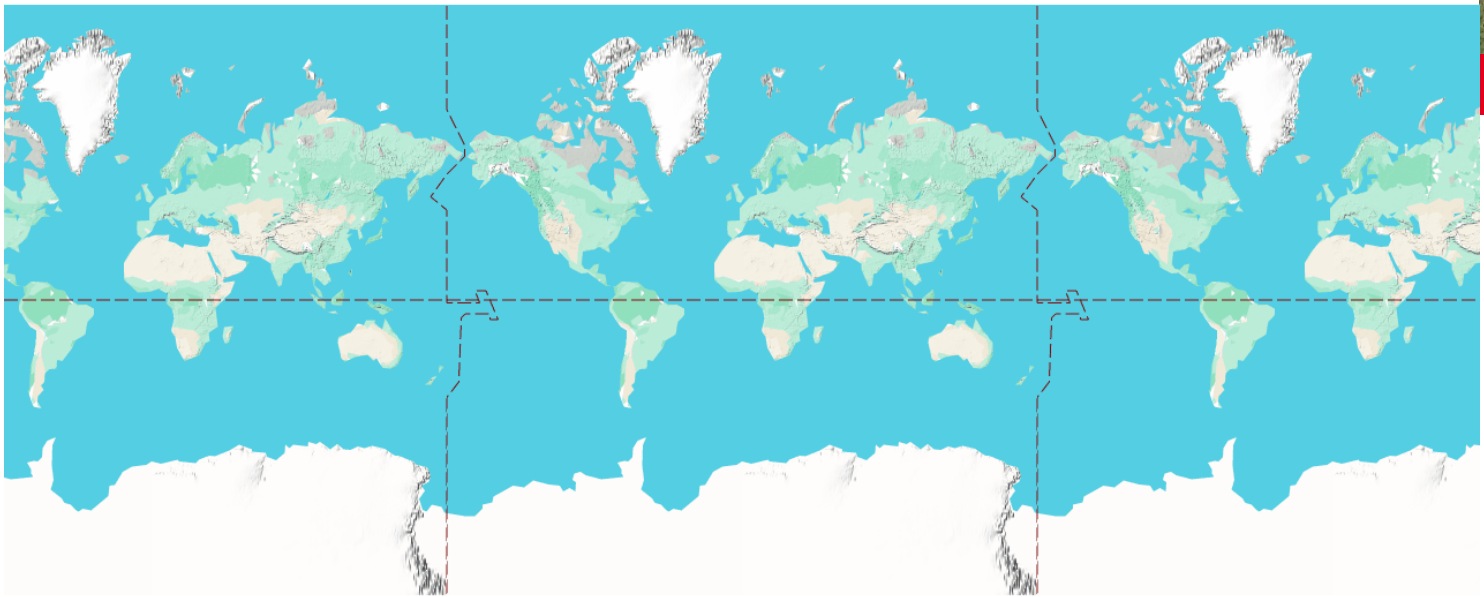
Crêt de l'Ébat  
Champlattier  
Col des Glières  
par Champlattier  
Chez la Jode  
par Champlattier

Col du Freu 0 h 15  
Chez la Jode 2 h 10  
Col des Glières 2 h 35

Next Junction

Hike ends

## LA CHAPPELLE-D'ABONDANCE



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**YOUR ROUTE**