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The Châtel mountain bike school labeled "French Cycling Monitor" is a group of mountain bike instructors holding a state diploma teaching the practice of mountain biking.

Road, cross country, e-bike, enduro, downhill ...! Whatever your discipline, our guides will be happy to help you discover the most beautiful corners of the Portes du Soleil. Alone, in a group, half a day, a day or even several consecutive days, our courses and prices adapt to your needs.



Téléchargez l'appli officielle  
**RANDO SAVOIE  
MONT BLANC**

Gratuit

Plus de 800 itinéraires  
randos et balades!



Apple store



Google Play

### 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

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



## WALKS AND HIKES



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## MCF MOUNTAIN BIKE SCHOOL

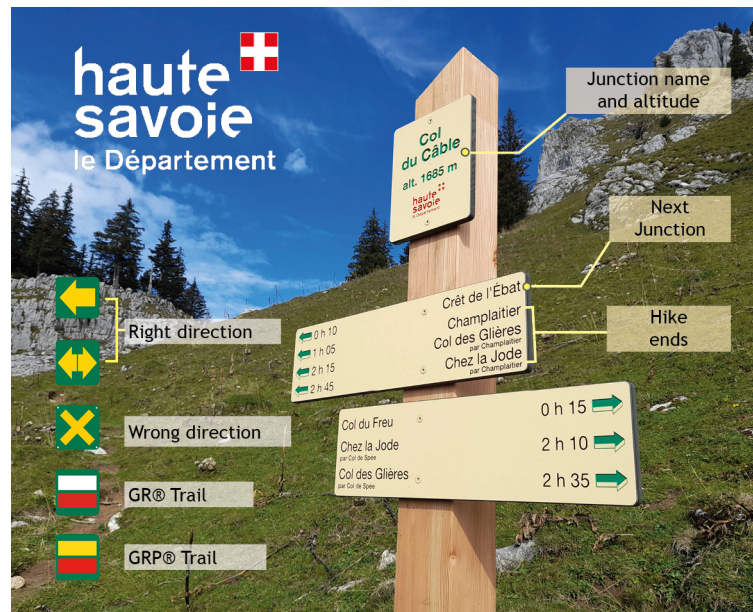
MTB, Quadrix, MTB Biathlon and enduro initiation sessions and excursions. Discover all types of bikes, supervised by our certified instructors on the MTB tracks and Bike Park in the Portes du Soleil!

No pets allowed

**STARTING POINT:** 1269 route des Frasses

### INFORMATION

ecolevttchatel@gmail.com  
**07 89 08 85 62**



haute savoie  
le Département

Junction name and altitude

Next Junction

Hike ends

Right direction

Wrong direction

GR® Trail

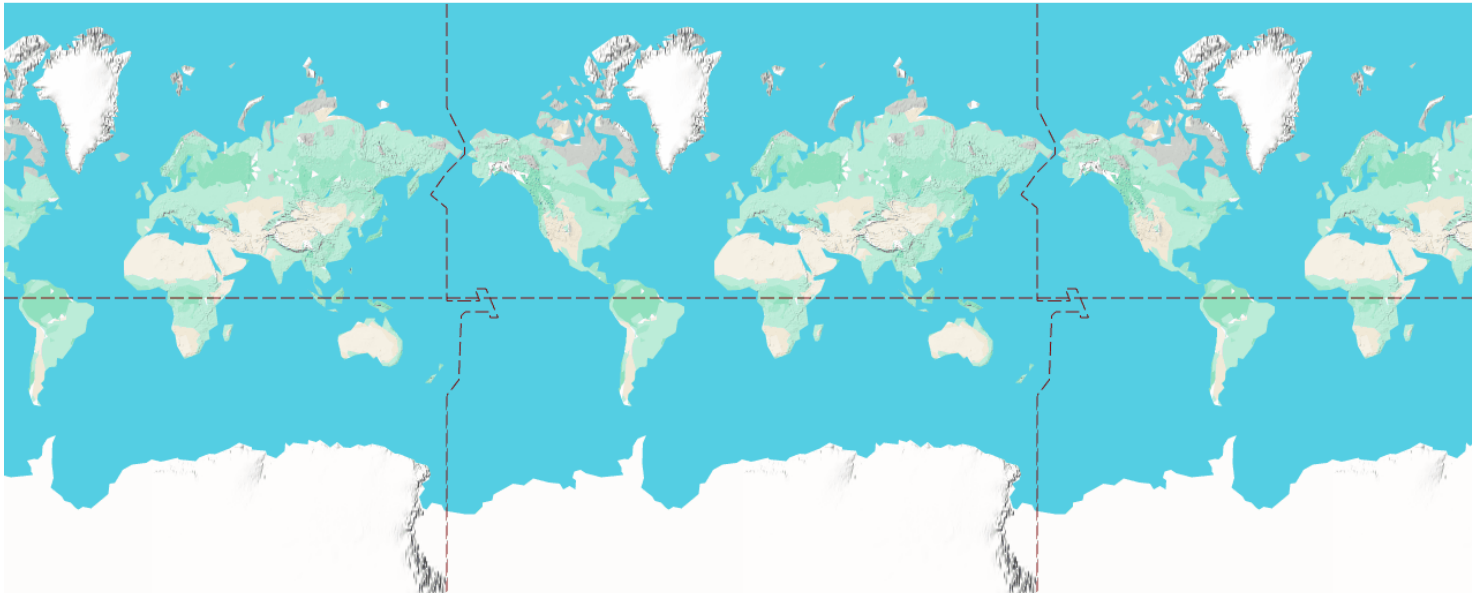
GRP® Trail

Col du Câble  
alt. 1685 m

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

## LA CHAPELLE-D'ABONDANCE



YOUR ROUTE