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From the Lac des Plagnes parking lot, head downhill towards Chapelle Saint-Anne, then follow the road to Chapelle Saint-Guérin.

Then follow the path behind the houses up to the Tetagottay chalets. Cross the bed of the "Cheneau de Grange" to reach Follebin.

At the crossroads, take the path up into the forest to reach the Tables oratory, then the Chapelle Saint-Théodule.

From here, head back downhill towards the Follebin farms and then back onto the path you took on the way up, this time towards Tetagottay.

Descend towards Chez Les Rouges, cross the road and join the path that follows the Malève stream to Lac des Plagnes.

Along the way, you'll discover the built heritage (farms, chalets, oratories, chapels) that makes the Vallée d'Abondance so rich.



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TAKE NOTHING BUT MEMORIES ...

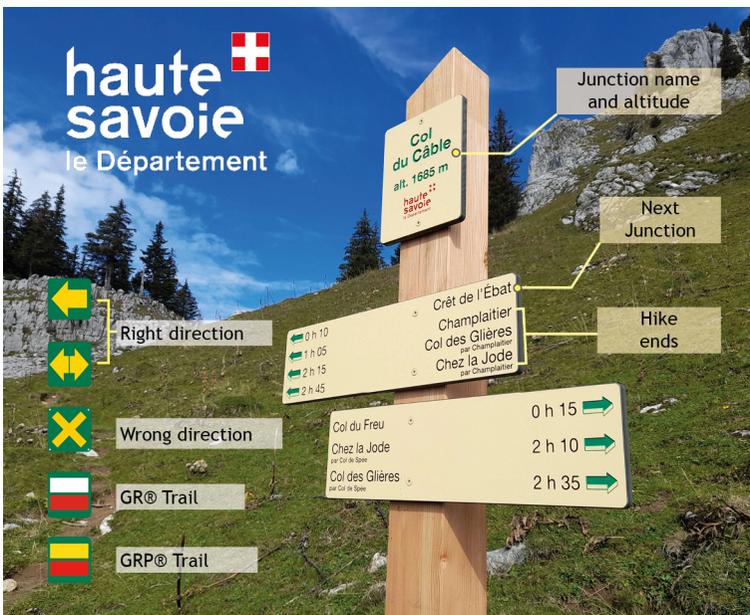
- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... LEAVE NOTHING BUT FOOTSTEPS

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

INFORMATION

abondance@ot-peva.com
04 50 73 02 90



WALKS AND HIKES



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SNOWSHOEING ITINERARY : CHAPELLES ET ORATOIRES

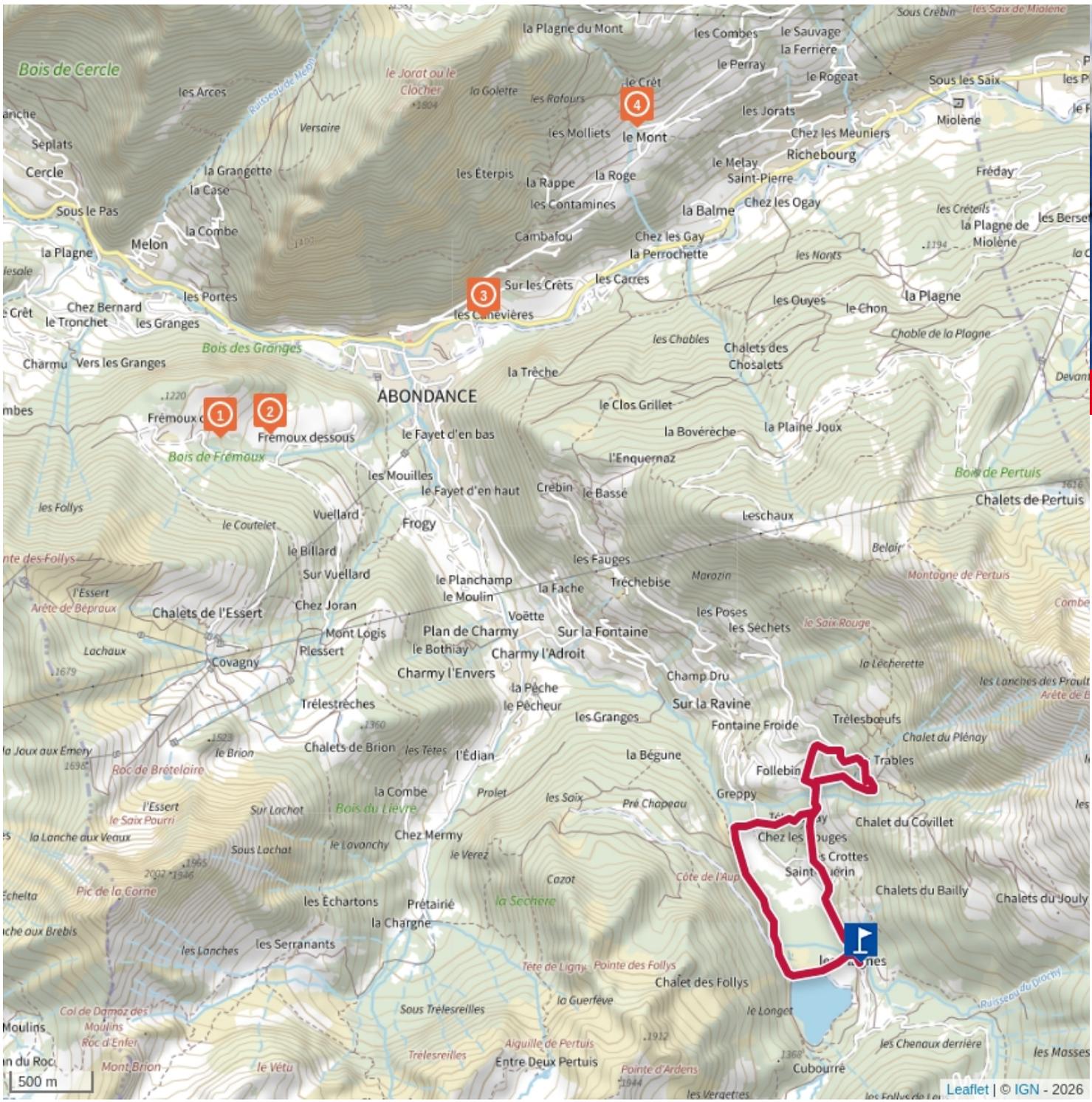
All along your itinerary, on this sunny side, you will discover the built heritage that makes the richness of the Abondance Valley. A breathtaking view of the Essert ski area and the Tavaneuse mountains.

Loop	MODERATE
2:15	4.5 km
+ 150 m	- 150 m
	1300 m

STARTING POINT: Parking du lac des Plagnes

HOW TO GET THERE: By car : From Thonon-les-Bains: take the direction of the Abondance valley by the RD22 road then Abondance. From Evian-les-Bains: take the direction of Plateau de Gavot / Vallée d'Abondance / Vinzier. In Vinzier, take the direction of the Abondance valley. From Monthey in Switzerland: take the direction of Col de Morgins - Châtel. Pass the villages of Châtel and la Chapelle d'Abondance. In Abondance, take the direction of the village centre - Lac des Plagnes. Coming from Thonon or Evian, turn right at the roundabout. From Châtel, turn left, cross the bridge and continue

ABONDANCE



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YOUR ROUTE

RECOMMENDATIONS: A guide to snowshoeing in the Abondance valley is available at the tourist office.