



©Patrick Brault

Many themes are proposed for individuals, families, groups and schools. A summer and winter programme is offered every week. You are bound to find an outing for you!



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

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

### INFORMATION

guidesvaldabondance@gmail.com  
**06 52 55 07 74 / 06 87 13 23 22 / 06 13 12 19 45**



## WALKS AND HIKES

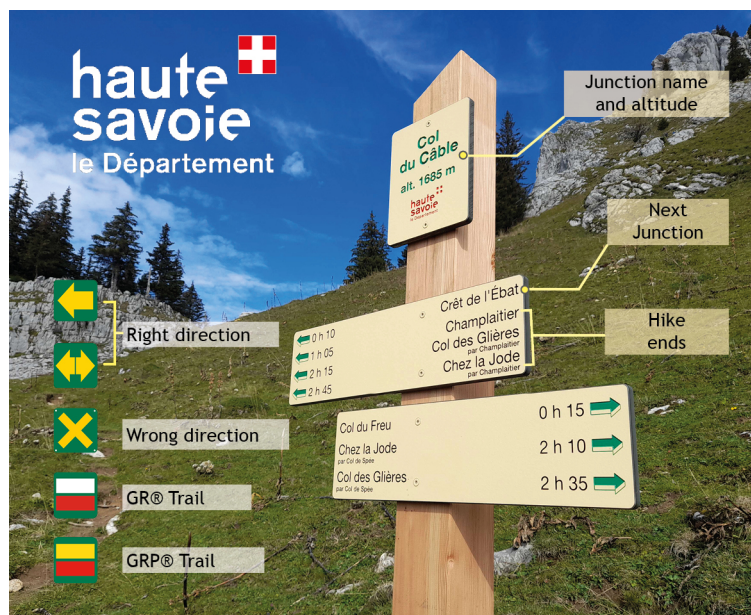


©Patrick BRAULT

## BUREAU DE LA MONTAGNE DE LA VALLÉE D'ABONDANCE - ASSOCIATION OF MID-MOUNTAIN GUIDES

Mountain guides will help you discover the mountains and their pleasures! Full day or half day hikes: discovery of the fauna and flora, yoga hikes, gourmet hikes, special hikes for children, groups and schools.

 No pets allowed



ABONDANCE

