

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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Neither too easy because having a moderate height difference, nor too difficult by its length, this course will be suitable for the regular runners wishing to confront the middle mountain.



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RANDO SAVOIE MONT BLANC

Gratuit

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MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS

WEATHER: 3250 (€2.99/call + call charge) – www.meteofrance.com

INFORMATION

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TRAIL CIRCUIT 44 BLEU – ABONDANCE VIA PLAINE JOUX

This blue loop leads to Abondance through the forests bordering Mont de Grange.

One-way walk/touring MODERATE

9.3 km

+ 430 m

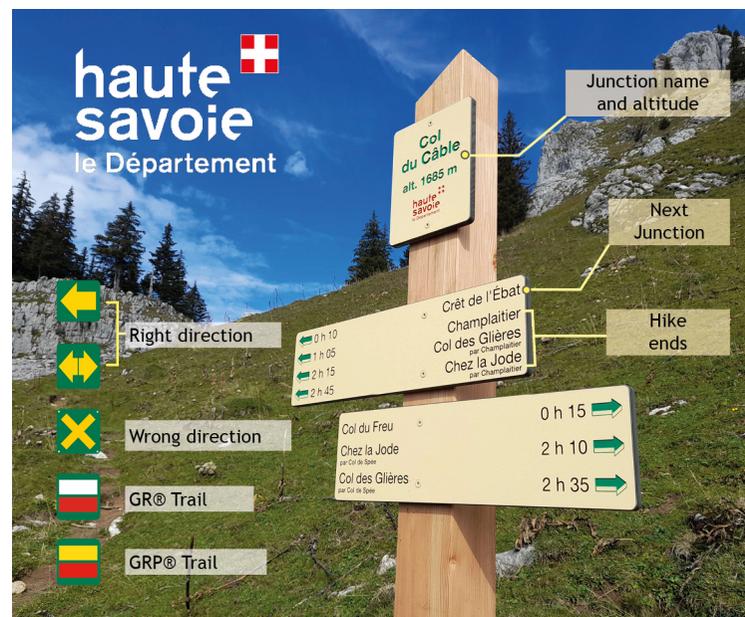
- 500 m

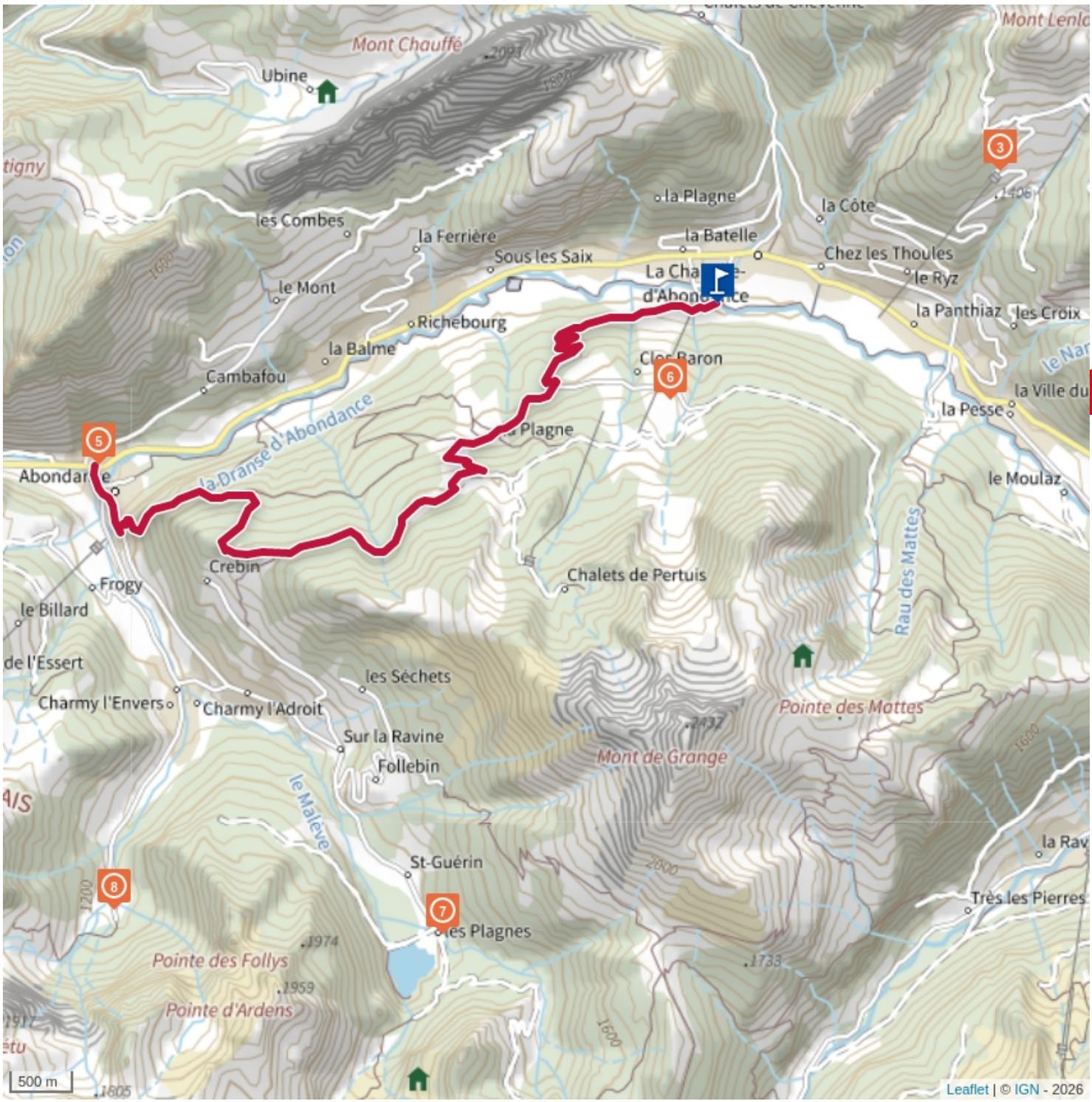
1415 m

Keep pets on a lead

STARTING POINT: Route du Clos Baron

HOW TO GET THERE: Accessible from the free Crêt-Béni car park or by shuttle (stop 10m away).





YOUR ROUTE