

## 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

©SavoieMontBlanc-Arnould

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

### INFORMATION

lachapelledabondance@ot-peva.com  
**04 50 73 51 41**

From the top of the La Panthiaz gondola lift (if you close the cable car, take the Rys road to the top of the gondola, about 4km), you will take a paved road for 1.5km, which is a good warm-up. The trail then continues gradually ascending to the ridge through the woods, to the Pass of Recon ... You will cross and continue in the direction of Plan de Croix downhill. You arrive at the foot of the Tronchey chairlift, where you have two options: the first is to take the ski lift to avoid the important drop in the path under the chairlift; the second option, for the more athletic, is to go up under the chairlift along the stream. The highest point of the route is the pass of the cross after 9km, at 1800m altitude. The descent to La Chapelle d'Abondance is done by the forest paths and paths through the Douert chalets, then Sevant front and Sevant behind before arriving at the foot of the gondola by the same tarred portion as departure.



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

Gratuit

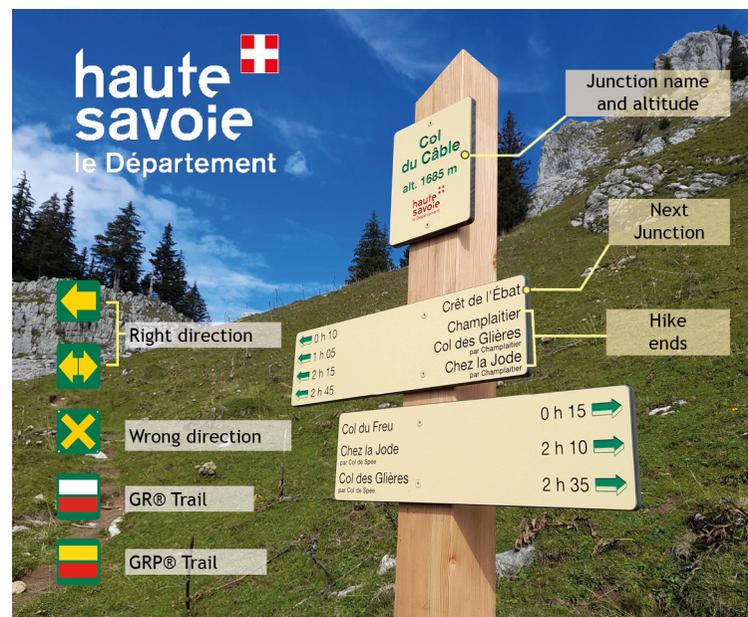
Plus de 800 itinéraires randos et balades!



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©Trail running Portes du Soleil

## TRAIL CIRCUIT 43 RED – SENTIER DU DOUANIER

**A red loop with a higher altitude, which offers you at its highest point a view of Aigle, Montreux and Lake Geneva.**

Loop

DIFFICULT

14.3 km

+ 870 m

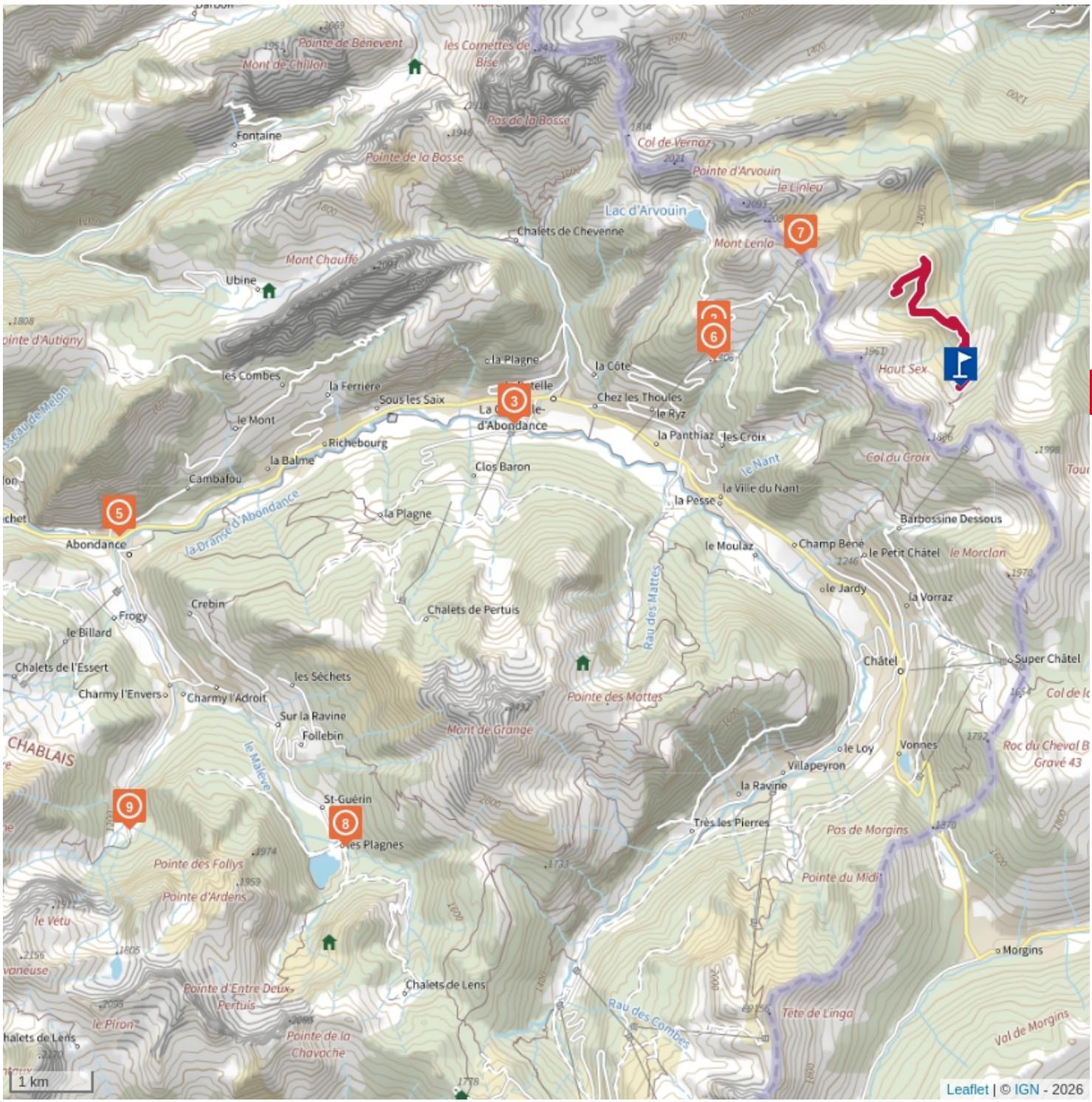
- 870 m

1807 m

Keep pets on a lead

**STARTING POINT:** Route des Frasses

**HOW TO GET THERE:** Accessible by the La Panthiaz gondola depending on the opening days and times or by the Rys road by car, to the arrival station of the said gondola. Free parking.



## YOUR ROUTE