

## 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**



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## ELECTRIC MOUNTAIN BIKE COURSE 23 - ABONDANCE

**Electric mountain bike route around Mont de Grange, starting from Lac des Plagnes in Abondance.**

Loop

36.9 km

+ 1300 m

- 1300 m

**STARTING POINT:** 417 rue de l'Abbaye

Leaving from Lac des Plagnes, follow route n° 23 to the chalets de Lens and the Lenlevay meadow. Then follow the direction of Col de Bassachaux then Chalets de Plaine Dranse. Go down to Pré La Joux and take the trail along the banks of Dranse. Then fork on the left towards the Plan des Feux then Plaine Joux. Continue to the chapel St. Theodule and join the Lac des Plagnes.

Possible variants:

- Possibility of departure from the center of the village by taking the direction of Lake Plagnes (addition 5 km one way)
- Possibility to go through the Chalet de Lens, cut a part of the route
- Possible route between the pasture of Lenlevay towards the Saint Theodule chapel. ( hard route).

### INFORMATION

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



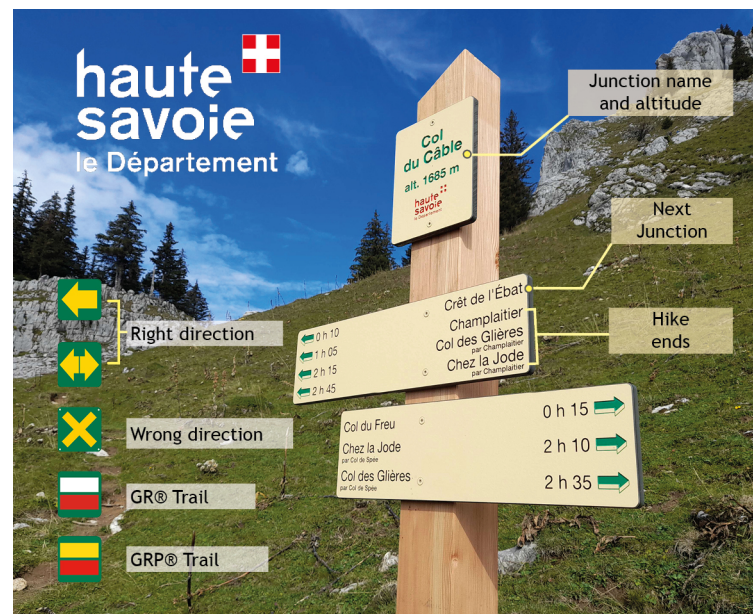
Téléchargez l'app officielle  
**RANDO SAVOIE MONT BLANC**  
 Gratuit  
 Plus de 800 itinéraires randos et balades!

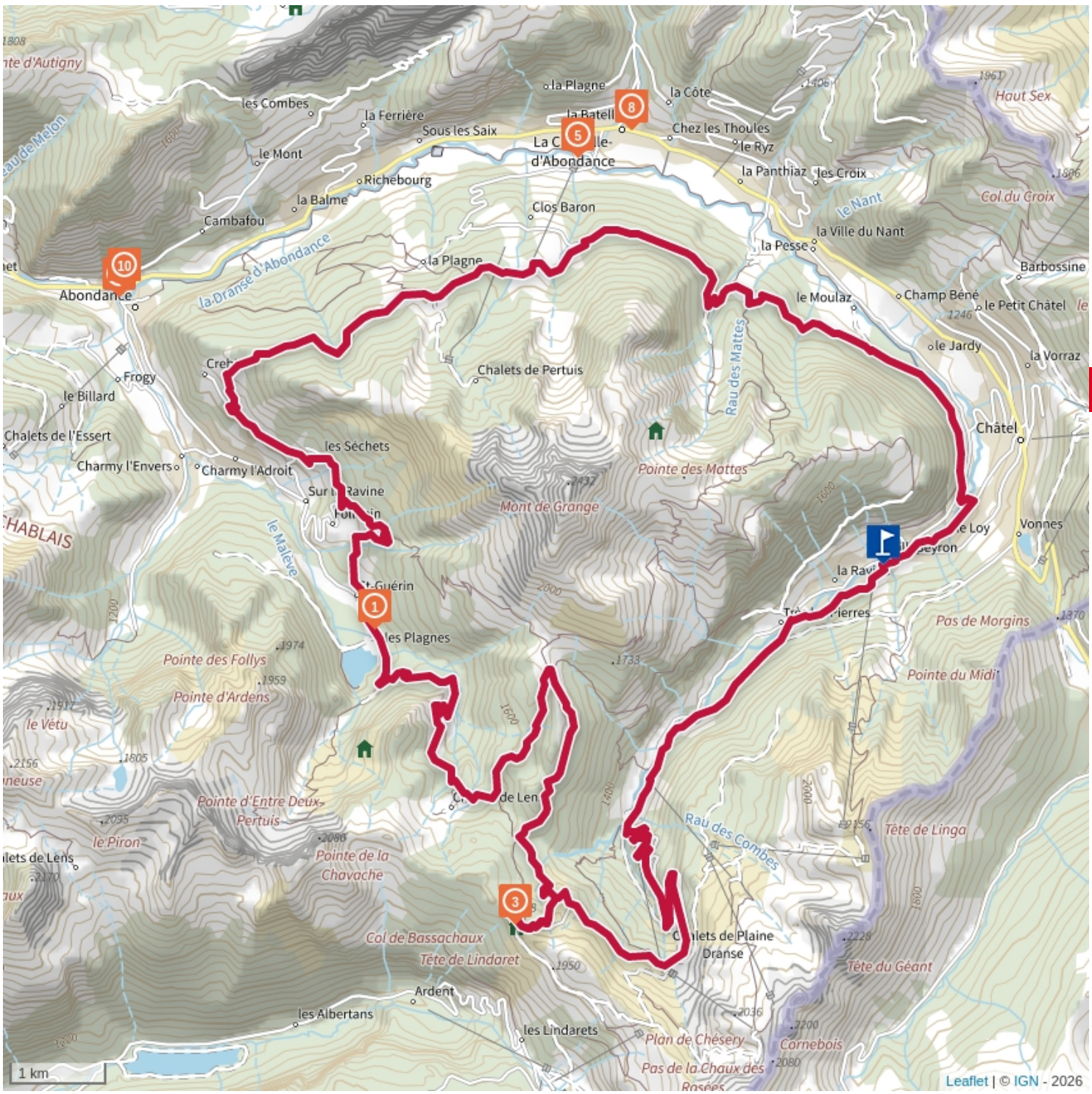


Apple store



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## YOUR ROUTE

**TRICKY SECTIONS:** Between the Rocher Blanc and the Plan des Feux.  
 Possibility of following the route 26 from Le Rocher Blanc direction Crêt-Béni then follow the route 26 direction Le Plan des Feux.