



©Patrick Braulf

Mont de Grange is a 3,000-hectare nature reserve, classified Natura 2000. It's also a hunting reserve where deer, chamois, roe deer, mouflons, marmots, black grouse, ptarmigan and golden eagles live side by side... You can easily observe them early in the morning.

This hike also invites you to discover wild flora such as martagon lily, paradise lily, alpine columbine, gentian and genepi.

This challenging hike starts at Saint Théodule, Follebin in Abondance. You'll walk alongside the Chapelle Saint Théodule. You then head for the Bailly and Jouly mountain chalets, on a carriage road overlooking Lac des Plagnes, with a magnificent view of Entre-Deux-Pertuis and Roc de Tavaneuse.

You'll then reach the Lenlevay chalets, where Abondance cows graze on the mountain pastures during the summer season.

You then take the GR5 path towards La Chapelle and the Crête de Coincon, a fairly steep path that leads to the summit of Mont de Grange. An orientation table shows you the various peaks of the French and Swiss Alps and the Jura.

Alternative: the climb can also be made from Pré la Joux in Châtel.

TAKE NOTHING BUT MEMORIES ...

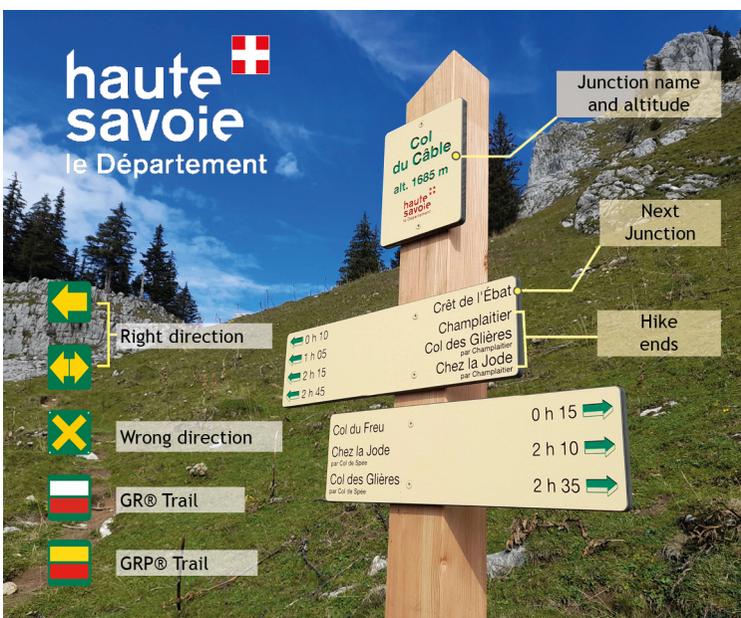
- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... 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



©Patrick Braulf

WALKING ROUTE: MONT DE GRANGE FROM ABONDANCE - SAINT THÉODULE CHAPEL

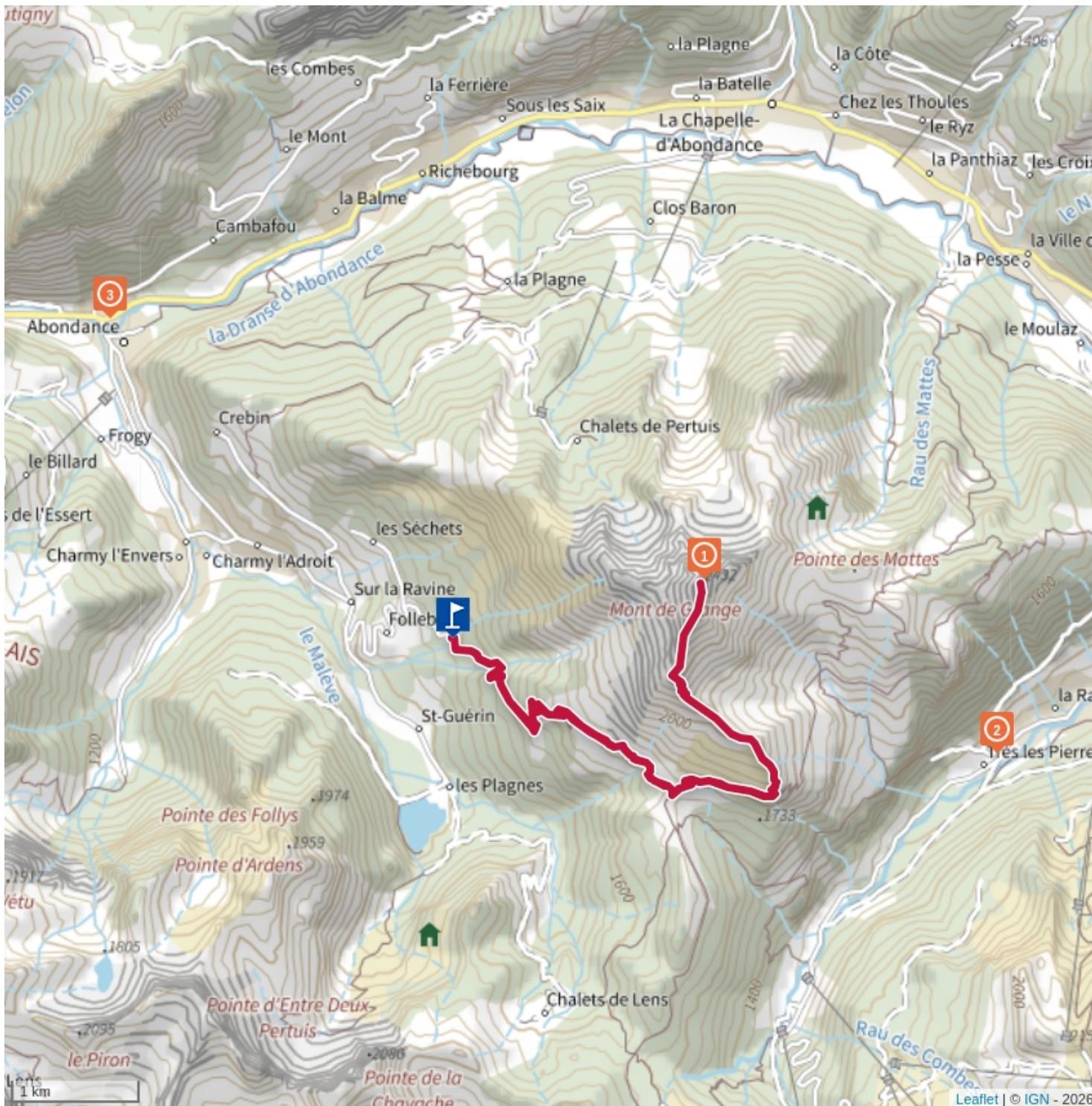
The Mont de Grange (2432 m) is one of the most famous of the Massif du Chablais. At its summit, you will discover a view on the whole valley of Abondance, the mountains of the region, the lake of Geneva and the Mont-Blanc.

Round trip DIFFICULT
 5:00 12.6 km
 + 1130 m - 1130 m 2432 m

Keep pets on a lead

HOW TO GET THERE: The departure is in Abondance, in the center of the village, take the direction of the lake of Plagnes. On the road, after a big bend, turn left towards Follebin. Go up a small winding road. You will reach a road that can be driven on, continue until you reach a small parking lot.

ABONDANCE



YOUR ROUTE

Car park of "Saint Théodule" at "Follebin" in Abondance.

- 1 Follow the path that leads to the Saint Théodule chapel and then take the direction of the "Chalets de Bailly" and the "Chalets du Jouly" by a carriage road.
- 2 Then join the chalets of "Lenlevay".
- 3 Take the path that goes up on the left, it is the GR5 in the direction of the "Crête de Coincon".
- 4 After about 200 metres, take the path that goes up in the forest on the left "Crête de Coincon".
- 5 Follow the path along the ridge, it will lead you to the top of the Mont de Grange.

RECOMMENDATIONS: Whatever your hike, remember to take cereal bars, sufficient water, sunglasses, sun cream, a small first aid kit, as well as clothes adapted to your outing according to the season and the weather forecast.