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The hike around the Pointe des Mattes is a hike that will satisfy good walkers.

Starting from the Panthiaz car park, you will first walk along the Dranse river before starting your ascent.

This summit is one of the satellites of the Mont de Grange, which culminates at 2432m, compared to 2100m for the Pointe des Mattes.

From the summit, you can enjoy a view of the Haut-Sex and Linleu, as well as the Swiss Alps and the Abondance valley.

On the way back down, you will arrive at the Trébantaz refuge, in the heart of a Natura 2000 classified site, enough to enjoy the environment that surrounds you for the end of the day and an evening and night in a refuge that is bound to be exceptional.



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RANDO SAVOIE MONT BLANC

Gratuit

Plus de 800 itinéraires randos et balades!



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TAKE NOTHING BUT MEMORIES ...

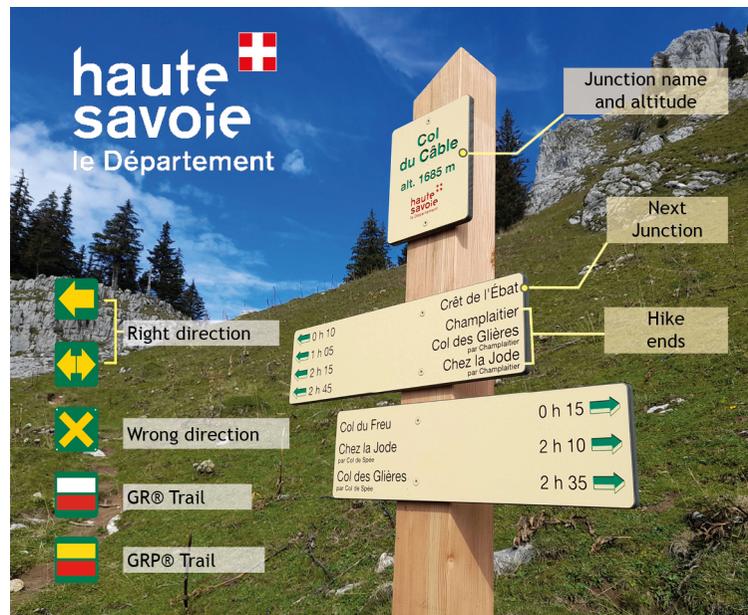
- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... LEAVE NOTHING BUT FOOTSTEPS

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

INFORMATION

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



WALKS AND HIKES



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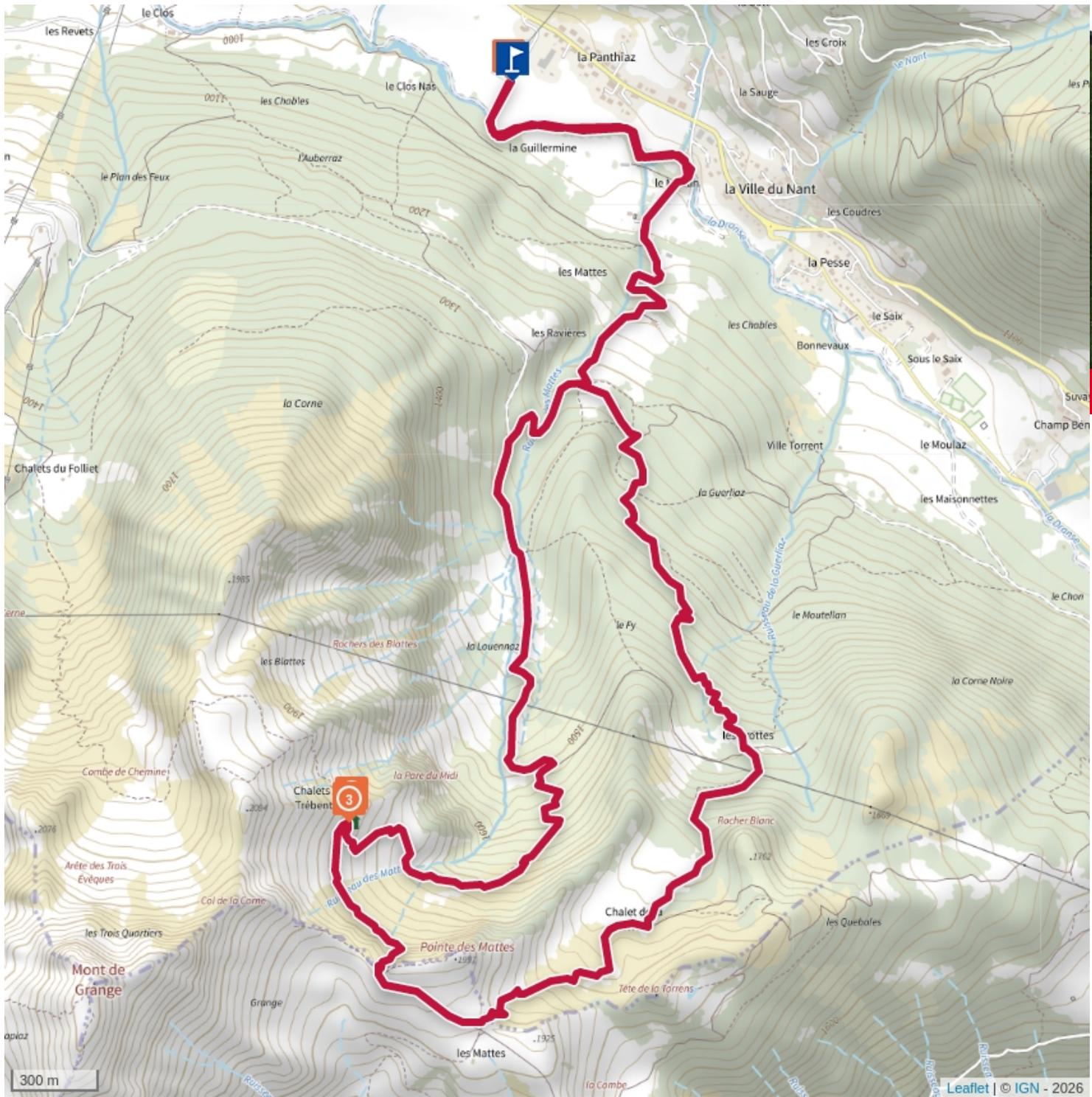
WALKING ROUTE: TOUR OF POINTE DES MATTES IN 2 DAYS WITH OVERNIGHT STAY IN A MOUNTAIN REFUGE

Short sporting itinerary from the Abondance valley. Exceptional landscapes in the heart of the protected natural area of Mont de Grange.

- Loop
- DIFFICULT
- 2 DAYS
- 11.3 km
- + 960 m
- 960 m
- 1913 m
- Keep pets on a lead

STARTING POINT: Route des Frasses
HOW TO GET THERE: Access (car) : After the centre of the village of La Chapelle d'Abondance, in the direction of Châtel, you will see the Panthiaz cable car. The car park is on your right.

LA CHAPPELLE-D'ABONDANCE



©C.PIERRON

YOUR ROUTE

- 1** DAY 1 - From Parking de la Panthiaz to Refuge de Trébentaz. Follow signs for "La Panthiaz". At "La Panthiaz" follow "Pont du Moulin". From "Pont du Moulin", follow "Les Mattes", then "Les Mattes par Chalet de Torrens". You will pass through "Sur Bayard", and "Les Crottes" before reaching the Chalet de Torrens. At "Chalet Torrens", continue towards "Les Mattes". At the top of Les Mattes, follow the signs for "Pont du Moulin par Les Ravières", to reach the "Refuge de Trébentaz".
- 2** DAY 2 - From the Refuge de Trébentaz to the Panthiaz parking lot. Follow "La Pare du Midi" and "La Louennaz". At "Les Ravières", continue towards "Pont du Moulin" then "La Panthiaz" to reach the parking lot and your starting point.

TRICKY SECTIONS: Some passages are steep, have good walking shoes.

RECOMMENDATIONS: Whatever your hike, remember to pack cereal bars, plenty of water, sunglasses, sunscreen, a small first-aid kit, and clothing appropriate to the season and weather forecast.