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This sportive hike starts in the centre of the village of Abondance. You will take the direction of the Essert cable car then you will discover the hamlet of Fremoux, its traditional houses and its mountain pastures. You will be able to admire the whole valley of Abondance from the top of Fremoux.

You will then reach the Col de l'Ecuelle through a pretty forest of fir trees and along the alpine chalets.

At the top of the Follys, the highest point of this hike, you will be able to appreciate the landscape: the Mont de Grange, the Dents du Midi, the peaks of the Chablais and the lake of Geneva. Picnic tables invite you to enjoy the panoramic landscape.

You can also enjoy the view of the Mont de Grange and the village of Abondance as you descend to the chalets de l'Essert.

Finally, you will head back to Fremoux Dessous to rejoin the trail back to the village centre.



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TAKE NOTHING BUT MEMORIES ...

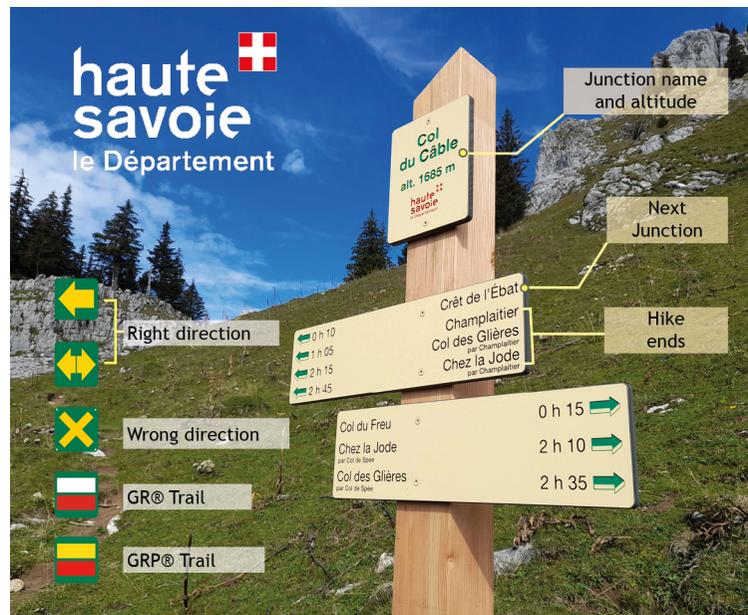
- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... LEAVE NOTHING BUT FOOTSTEPS

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

INFORMATION

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WALKS AND HIKES



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WALKING ROUTE: LA POINTE DES FOLLYS

A tour to discover the Abondance cheese and the goat cheese. From the Pointe des Folly, the landscape of the Valley of Abondance is very nice!

Loop

DIFFICULT

5:30

14.5 km

+ 880 m

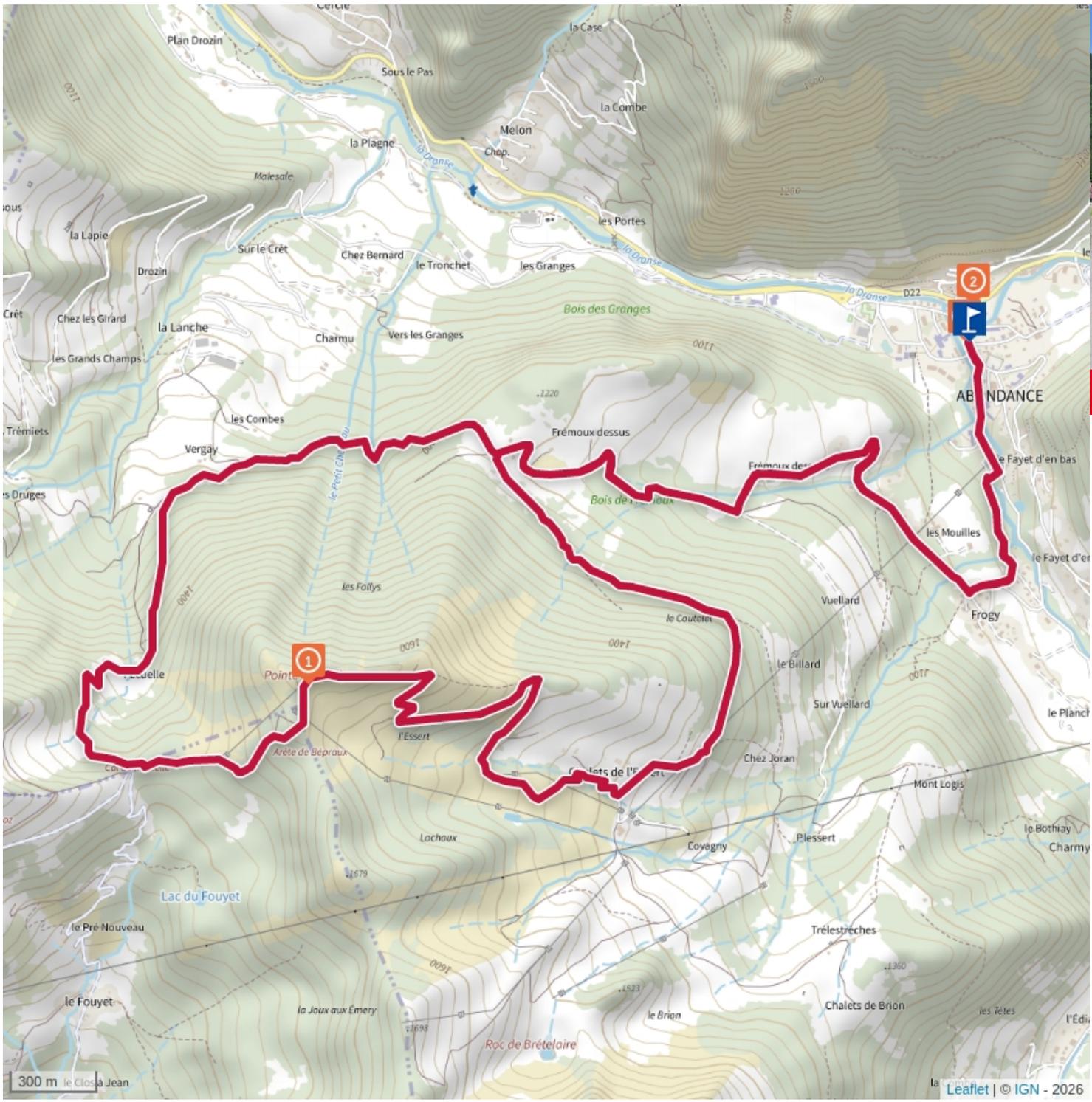
- 880 m

1674 m

Keep pets on a lead

HOW TO GET THERE: Centre of the village of Abondance, free parking on site.

ABONDANCE



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YOUR ROUTE

Centre of the village of Abondance

- 1** Follow the signs for the "Télécabine de l'Essert". At the Essert car park, just before the bridge on the right, take the marked path below the cable car. Follow the direction "Frogy" and cross the wooden footbridge, then follow the tarmac road on the right which takes you to "Frémoux Dessous".
- 2** After the last farm, the tarmac road stops. Continue on the trail for about 100 m and turn right towards the "Chalets de l'Essert". You will arrive at the "Frémoux Dessus" mountain pasture.
- 3** After the last chalet, take the direction of "Col de l'Ecuelle" and then the forest road towards "Vergay". Above the chalets of Vergay, take the small path on the left on the slope towards "Col de l'Ecuelle".
- 4** When you arrive at the Ecuelle, follow the direction of the chalet and follow the path that goes up to the "Col de l'Ecuelle".
- 5** Continue on the steep track to the top of the ski lift at the "Pointe des Follys". Gently go down to the TV relay antenna.
- 6** Take the direction "Chalets de l'Essert".
- 7** Turn left on the main path which goes down through the forest to « Frémoux Dessus ». From there, you find the route up to the town center.

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.