

## 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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## CIRCUIT N°7 LA GRANDE FORÊT - VTT FFC PAYS D'EVIAN BALCON DU LÉMAN

MTB circuit n°7 La Grande Forêt – Espace VTT FFC pays d'Evian balcon du Léman, located on the Gavot plateau. Can be done by mountain bike or electric mountain bike. Red level. Sporty, difficult.

Loop

DIFFICULT

16.23 km

+ 448 m

- 448 m

Departure from the Thollon-les-Mémises Tourist Office, via La Beunaz in Saint-Paul-en-Chablais, the north side of Mont Bénand, Col de la Creusaz and back to Thollon via Chez les Vesins. Some trails are shared with other users and run through agricultural areas, so please keep to the paths.



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

Gratuit

Plus de 800 itinéraires randos et balades!



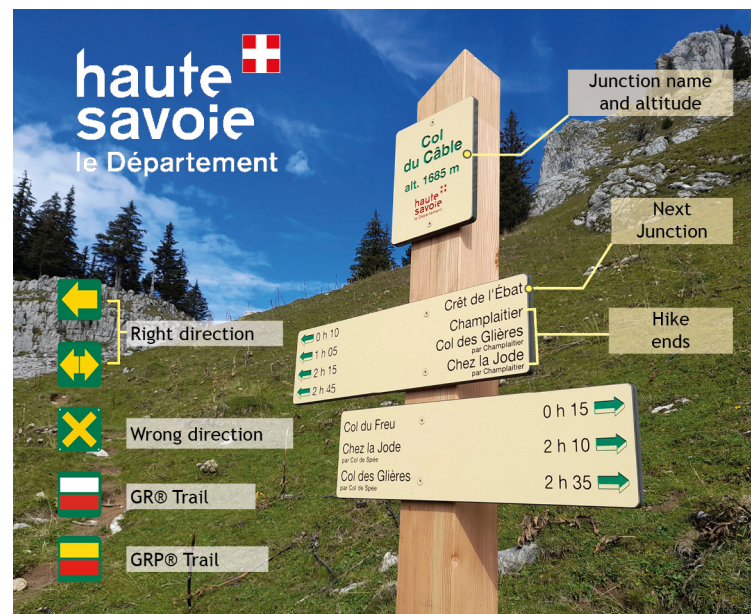
Apple store



Google Play

### INFORMATION

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## YOUR ROUTE

**RECOMMENDATIONS:** – Control your speed to respect other cyclists.  
 – Don't stray from the path – you're riding in a predominantly agricultural area. – Respect private property, close fences and get off your bike if necessary. If you encounter any problems with signposting, waymarking or conflicts of use, don't hesitate to report them to Suricate <https://sentinelles.sportsdenature.fr/>