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Starting from the La Panthiaz parking lot, you will first walk along the Dranse before beginning your ascent.

At the summit of the Pointe des Mattes, you can enjoy views of the mountains and villages of the Abondance valley and the Swiss Alps.

This first stage ends with a descent to the Trébentaz hut, a favorite stopover for GR5 itinerants.



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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



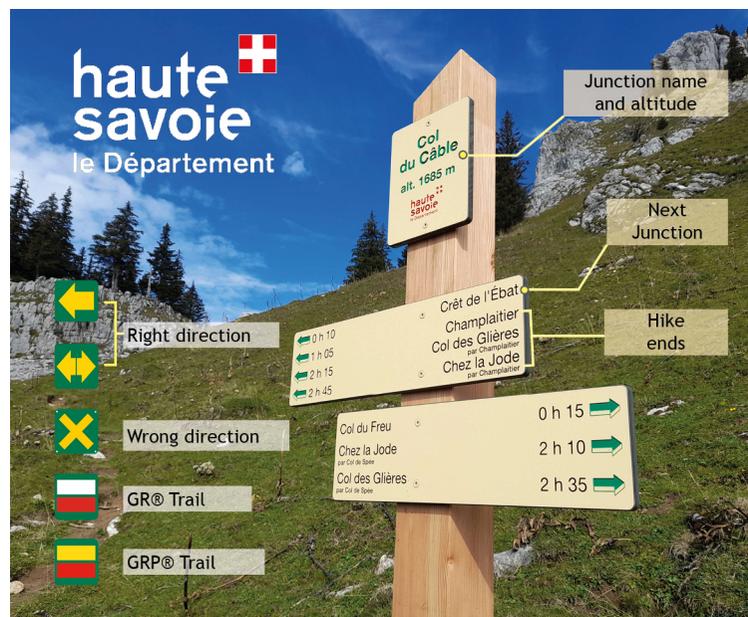
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MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS

WEATHER: 3250 (€2.99/call + call charge) - www.meteofrance.com

INFORMATION

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



haute savoie
le Département

Col du Câble
alt. 1685 m
haute savoie

Junction name and altitude

Next Junction

Hike ends

Right direction

Wrong direction

GR® Trail

GRP® Trail

Crêt de l'Ébat
Champlattier
Col des Glières
par Champlattier
Chez la Jode
par Champlattier

Col du Freu 0 h 15
Chez la Jode 2 h 10
Col des Glières 2 h 35



WALKS AND HIKES



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WALKING ROUTE: TOUR OF POINTE DES MATTES IN 2 DAYS - STAGE 1

This sporty first stage takes you to the Trebentaz refuge at 1900 m altitude, in the heart of a Natura 2000 site.

One-way walk/touring DIFFICULT

3:35

6.79 km

+ 956 m

- 97 m

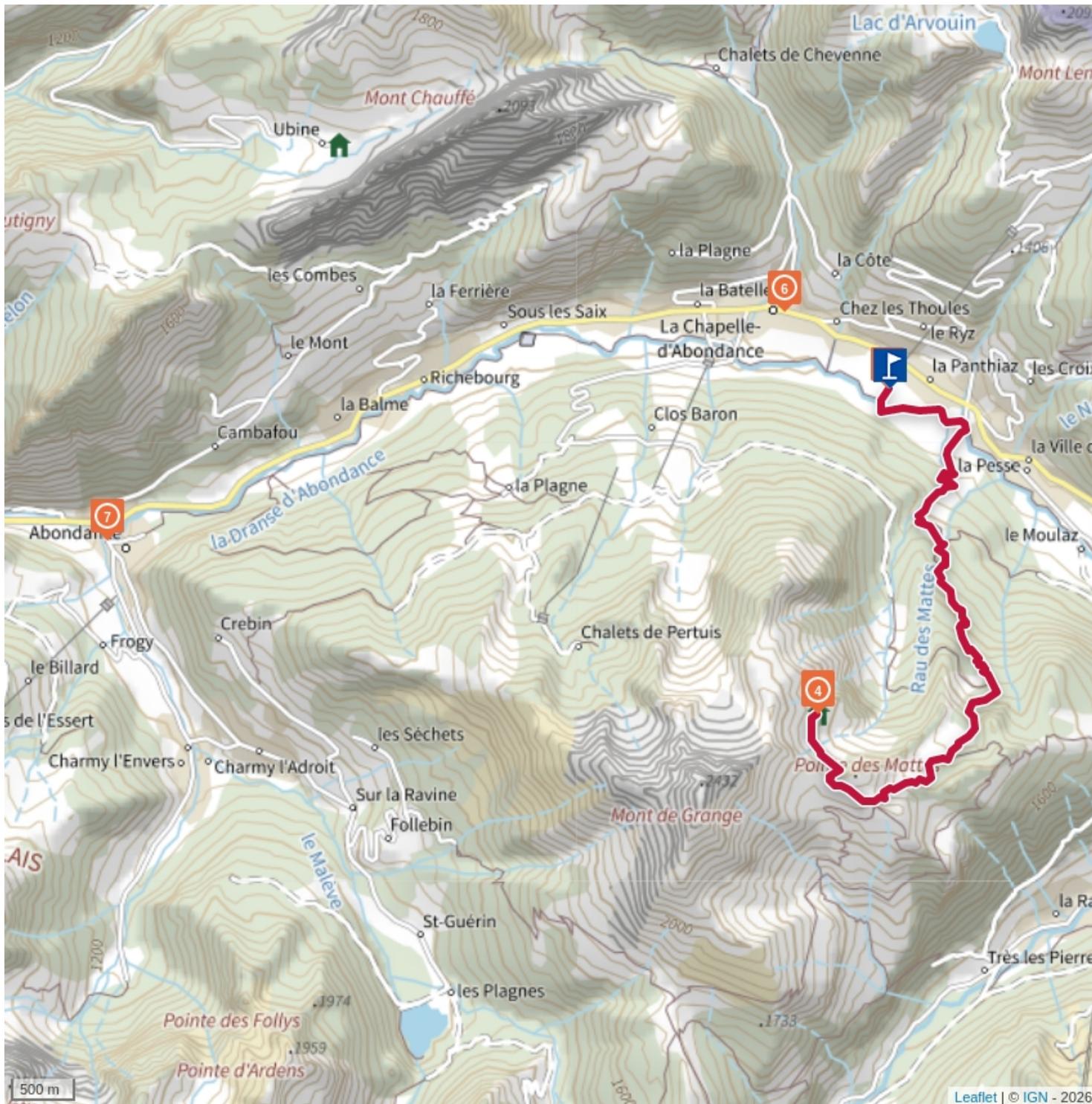
2120 m

Keep pets on a lead

STARTING POINT: Route des Frasses

HOW TO GET THERE: Access (by car): From Abondance, follow signs for La Chapelle d'Abondance (D22), then Châtel (D22). After passing through the village of La Chapelle d'Abondance, the Panthiaz gondola lift and parking lot are on your right.

LA CHAPELLE-D'ABONDANCE



YOUR ROUTE

- 1** From Parking de la Panthiaz, follow signs for "La Panthiaz".
- 2** At "La Panthiaz" follow signs for "Pont du Moulin".
- 3** 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.
- 4** At Chalet Torrens, continue towards Les Mattes.
- 5** At the top of Les Mattes, follow the signs for "Pont du Moulin par Les Ravières", to reach the "Refuge de Trébéntaz".

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.