

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



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ELECTRIC MOUNTAIN BIKE COURSE 42 – ABONDANCE

A lovely loop that reaches the Chalets de l'Essert and offers a magnificent view of Mont de Grange and the valley!

Loop

EASY

10.9 km

+ 480 m

- 480 m

1387 m

STARTING POINT: 417 rue de l'Abbaye

This itinerary offers a loop starting from the village center and climbing towards Fremoux Dessous via a place called Froggy. You reach the Chalets de l'Essert via a forest path, admiring the Mont de Grange.
 The descent is via Fremoux Dessus, with a lovely view of the Abondance valley.



Téléchargez l'app officielle
RANDO SAVOIE MONT BLANC

Gratuit

Plus de 800 itinéraires randos et balades!



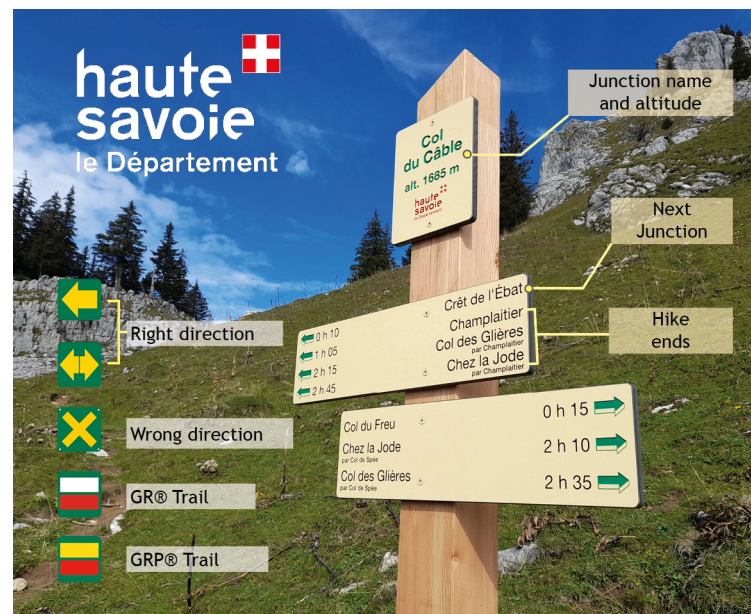
Apple store



Google Play

INFORMATION

abondance@ot-peva.com
04 50 73 02 90



haute savoie
 le Département

Junction name and altitude

Next Junction

Hike ends

Right direction

Wrong direction

GR® Trail

GRP® Trail

0 h 10
 1 h 05
 2 h 15
 2 h 45

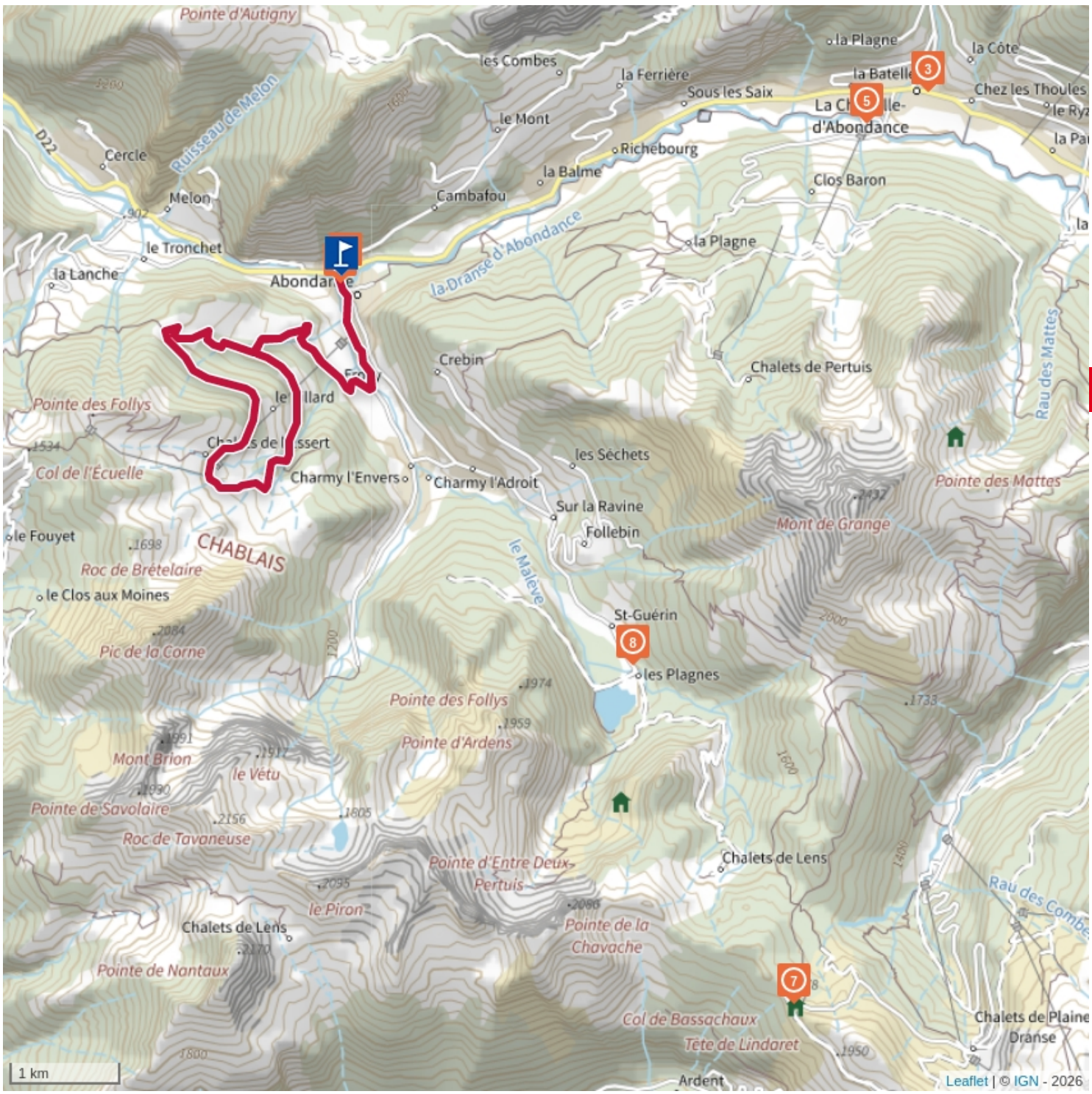
Col du Freu
 Chez la Jode
 Col des Glières

0 h 15
 2 h 10
 2 h 35

Col du Câble
 alt. 1685 m

haute savoie

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



YOUR ROUTE