



©Trail running Portes du Soleil

From the Plagnes parking lot, you follow the Lac des Plagnes towards Cubourré / Refuge des Tinderets for a gentle warm-up. The only difficulty is the climb to Cubourré, then follow the forest road to Chalets de Lens, then head for the Lenlevay mountain pasture. At the crossroads, head for the Jouly / Lac des Plagnes mountain pasture. At the oratoire des Trables, take the path towards Tettagotay. To finish this trail, follow the chemin des oratoires back to your starting point.

### 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

©SavoieMontBlanc-Arnould



## WALKS AND HIKES



©Florence Billoud - Mairie d'Abondance

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

## TRAIL CIRCUIT 40 ROUGE - BOUCLE DES ALPAGES DE CHARMY L'ADROIT



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### INFORMATION

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

Departing from Lac des Plagnes, this intermediate-level loop, with no technical sections, lets you discover the life of the mountain pastures.

Loop

DIFFICULT

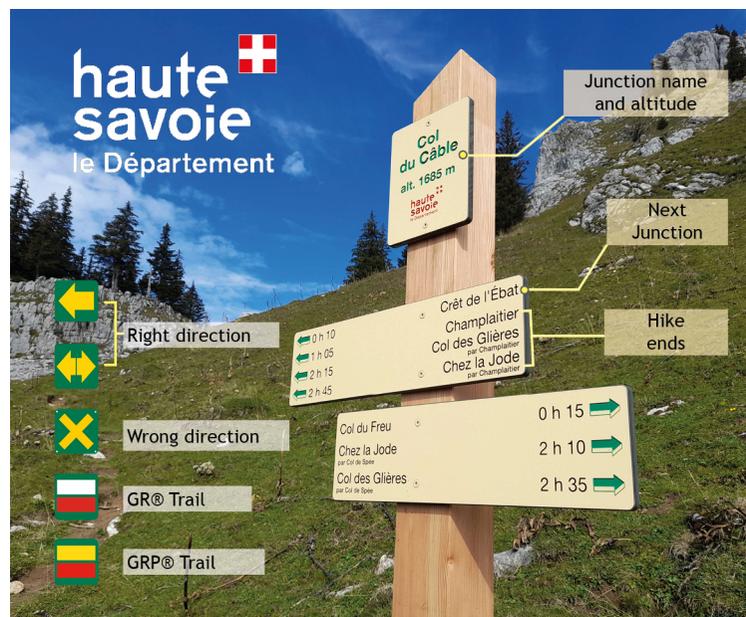
12 km

+ 730 m

- 730 m

1415 m

Keep pets on a lead



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

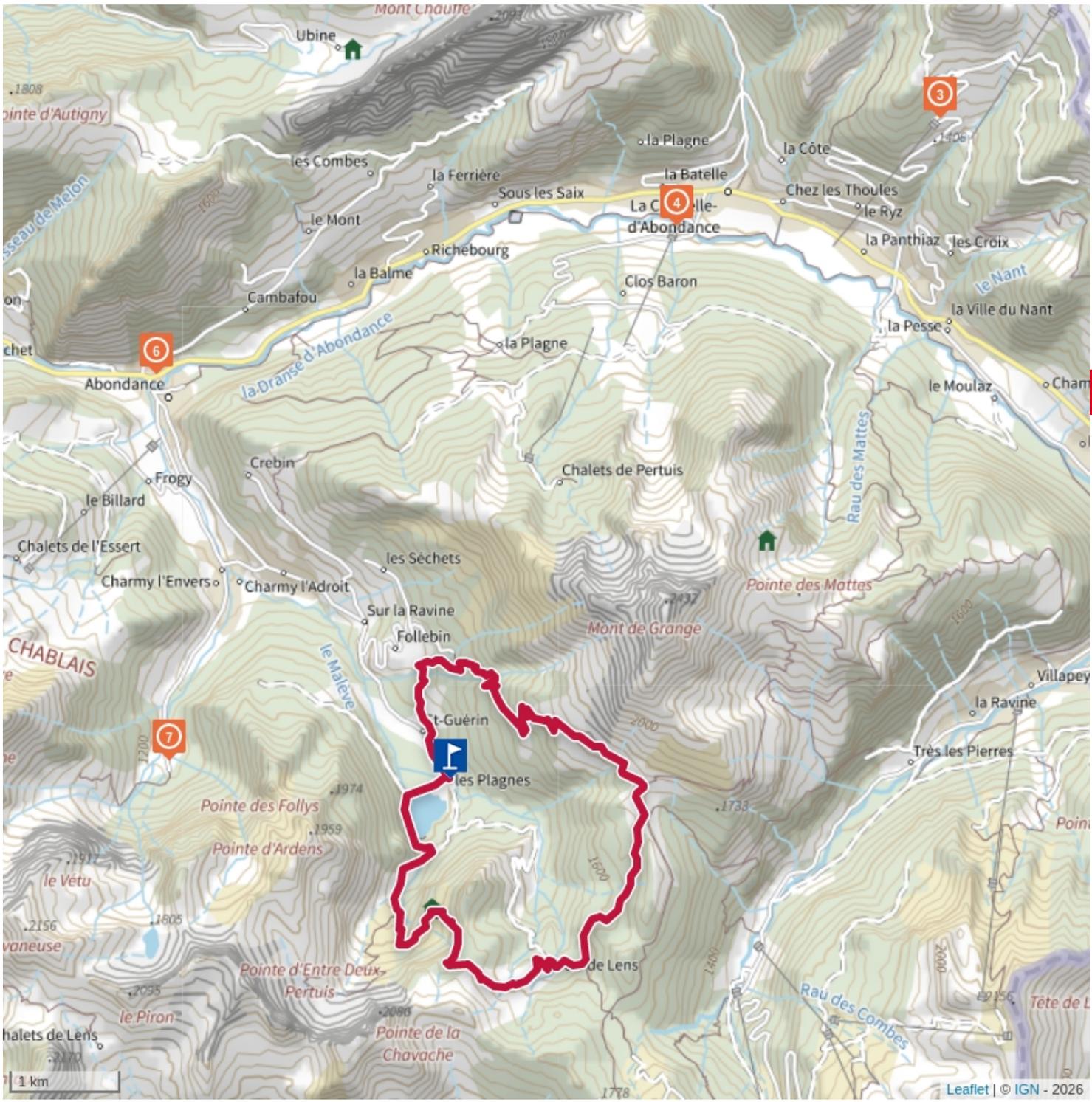
Col du Freu  
Chez la Jode  
Col des Glières

0 h 15  
2 h 10  
2 h 35

Col du Câble  
alt. 1685 m

Crêt de l'Ébat  
Champlattier  
Col des Glières  
chez la Jode

ABONDANCE



**YOUR ROUTE**