

INTRODUCTION



The region
Glaciers
Flowers and animals
How it all started
Mountain adventures
Other activities
When to go
Getting there and getting around
Accommodation
Tourist information
Language
Health and safety
Using this guide

1 WALKS

Classic Walks

Route 1 Mont Joly
Route 2 Le Prarion
Route 3 Aiguillette des Houches
Route 4 Montagne de la Côte
Route 5 Lac Cornu and Lacs Noirs
Route 6 Plan de l'Aiguille to Montenvers
Route 7 Grand Balcon Sud: La Flégère to Planpraz
Route 8 Aiguillette des Posettes
Route 9 Lac Blanc from the Col des Montets
Route 10 Mont Buet by the Normal Route

Family Walks

- Route 1 Lac des Ilettes
- Route 2 Lacs Jovet
- Route 3 Chalets Miage and Truc
- Route 4 Charousse
- Route 5 Lac du Brévent
- Route 6 Argentière via the Paradis des Praz
- Route 7 Le Chapeau
- Route 8 Montroc–Col des Montets–Vallorcine
- Route 9 Bérard valley and Sur le Rocher
- Route 10 Dinosaur tracks

Hut Walks

- Route 1 Refuge de Platé
- Route 2 Refuge de Tré-la-Tête
- Route 3 Refuge Moëde d'Anterne
- Route 4 Refuge Bel Lachat
- Route 5 Refuge du Lac Blanc
- Route 6 Refuge Albert Premier
- Route 7 Refuge de la Pierre à Bérard
- Route 8 Refuge de Loriaz

Adventure Walks

- Route 1 Pointe Percée
- Route 2 The Dérochoir and Désert de Platé
- Route 3 Aiguille du Belvédère
- Route 4 Mer de Glace Balcony Trail
- Route 5 Tré-les-Eaux Circuit
- Route 6 Loriaz to Emosson
- Route 7 Mont Buet by the North Ridge
- Route 8 Cheval Blanc

2 ALPINE MOUNTAINEERING

- Route 1 Champex to Le Tour
- Route 2 Grand Montets to Lognan
- Route 3 Aiguille du Midi to Helbronner
- Route 4 Petite Aiguille Verte
- Route 5 Aiguille Crochues
- Route 6 Aiguille du Tour
- Route 7 The Cosmiques Arête
- Route 8 Mont Blanc

3 MOUNTAIN BIKING

- Route 1 Les Contamines: Truc Miage circuit
- Route 2 Saint-Gervais-les-Bains: Prarion circuit
- Route 3 Pipeline descent: Saint-Gervais to Le Fayet
- Route 4 Tour des Ayères

Route 5 Promenade de l'Arve
Route 6 Petit Balcon Nord: Chamonix to Le Tour
Route 7 Montroc to Chamonix along the Arve
Route 8 Col des Montets to the chocolate shops
Route 9 Vallorcine–Col des Posettes–Le Tour–Montroc
Route 10 Vallorcine to Martigny

4 ROAD BIKING

Route 1 Chamonix to Sallanches
Route 2 Col des Montets
Route 3 Emosson Lake
Route 4 Col de la Forclaz



5 ROCK CLIMBING AND BOULDERING

Rock climbing

Area 1 Les Gaillands
Area 2 The Index
Area 3 La Joux
Area 4 Les Chéserys
Area 5 Aiguillette d'Argentière
Area 6 Vallorcine Slab (Rocher de la Saix)
Area 7 Barberine

Bouldering

Area 1 Col des Montets
Area 2 Pierre d'Orthaz
Area 3 Les Bossons
Area 4 Le Coupeau
Area 5 Le Médonnet

6 VIA FERRATAS

Route 1 Le Mont, Sixt Fer à Cheval

Route 2 La Curalla, Passy

Other routes in the Haute Savoie region

Route 3 La Yves Pollet Villard, La Clusaz

Route 4 La Roche à l'Agathe, Thônes

Appendix A Useful contacts

Appendix B Useful French words and phrases

Appendix C Further reading

Appendix D Glacier travel and rescue techniques