

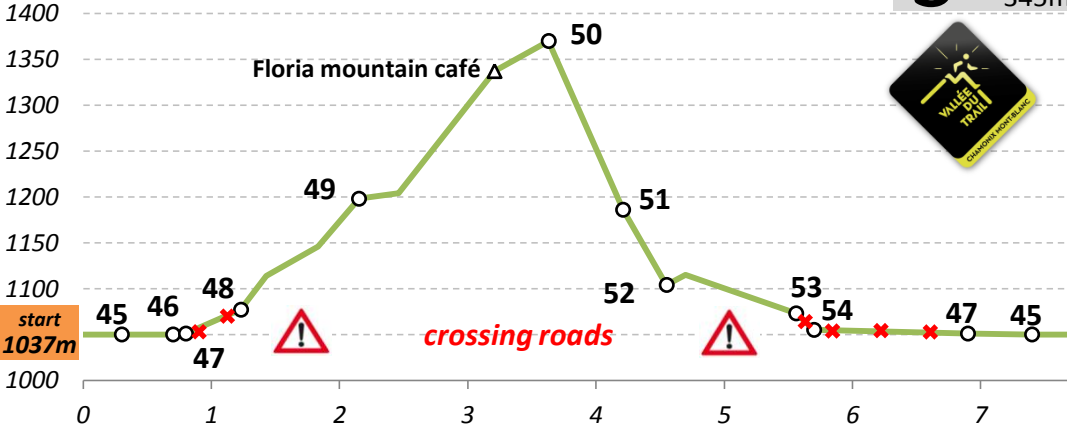
Circuit Chamonix-buvette de la Floria-les Praz

Quite undulating course over good tracks and footpaths. With a main climb and a short technical section of descent, this trail enables you to try out the particularities of trail-running over a "short" course.

Departing from the centre of Chamonix, after a kilometre of flat running, the slope becomes sometimes steep, but always follows a good path as far as the Chalet Floria. Having "cracked" the majority of the uphill, the track becomes a high footpath traversing the steep slope. Here it is once again possible to run, using poles. Then comes the descent down the Lanchers Couloir. Technical for the first few switchbacks, this descent links the zigzags without difficulty. Above the golf course of Les Praz, the path widens again. Meandering and rolling, it returns towards Les Praz and from there along the Arve to the centre of Chamonix.

Duration estimated depending on speed : ¾ hr to 1 hr ¾

Trail of **S**
7.7Km
+345m
-345m



Trail of **S**
7.7Km
+345m
-345m



Circuit Chamonix-buvette de la Floria-Les Praz, 7.7Km, height difference +345m/-345m

Start/Finish: Place du Mont Blanc (underground parking and bus stop) facing the Hotel Alpina, follow the pedestrian zone along the Arve river to the right (left bank) to signpost 45 (road crossing).

Signpost n° ► direction or instruction from this signpost

45 ► Les Praz	50 ► Les Praz
46 ► Les Praz	51 ► Les Praz
47 ► La Floria	52 ► Chamonix
	53 ► Chamonix

*At the top of the **Lacets du Belvedere**, cross the road and follow the little notice leading to signpost 48.*

48 ► La Floria	54 ► Chamonix
49 ► La Floria	45 ► Chamonix centre

*At the **road**, cross over and follow the left-hand pavement. Cross the bridge over the Arve. You will see signpost 54 immediately to your right.*

