

Circuit Vallorcine-les Mayens-les Parts

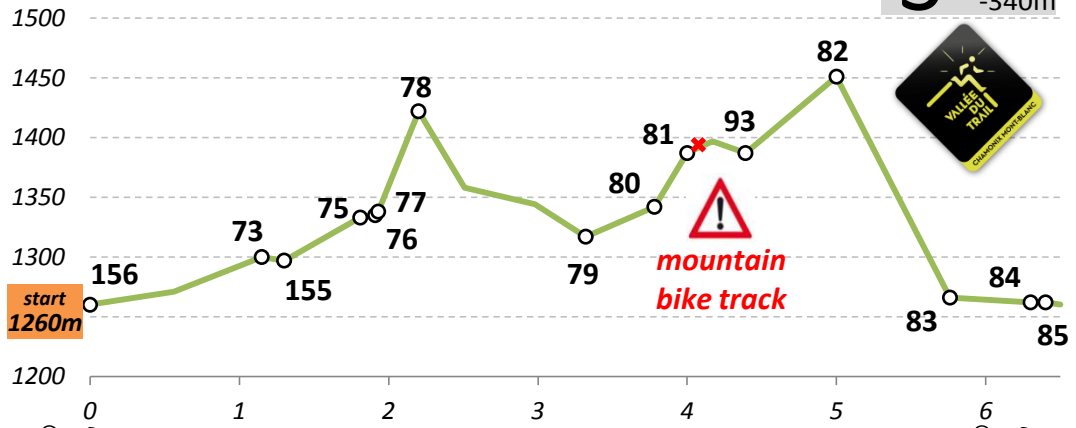
A trail offering a rolling first section followed by a succession of ascents and descents along a high traversing path. This "short" circuit is ideal for training or an introduction to the techniques of trail-running.

Departing from the station at Vallorcines, this circuit begins gently with a flattish ascent on path and then road. At Les Mayens the "difficulties" begin. The ascent which follows must be approached with care, because, although enjoyable, it steepens continuously to the summit. In the middle of the Larch forest, the way out is via a succession of descents and ascents on a high traversing path. After a section at the foot of a climbing rock and in the middle of the hamlet of Les Parts, comes the final push up the forest track. Welcome descent into Vallorcine is made along a good footpath in the middle of a forest.

Duration estimated depending on speed : 40 mins to 1 hr ½

Trail of **S**
6.5Km
+340m
-340m

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6.5Km
+340m
-340m

Circuit Vallorcine-les Mayens-les Parts, 6.5Km, height difference +340m/-340m
Start-Finish : SNCF station Vallorcine, facing the station go to your right to join the signpost 156, near the level crossing.

Signpost n° ► direction or instruction from this signpost

- 156 ► Le Montet
- 73 ► Le Nant
- 155 ► Le Buet
- 75 ► Col des Posettes
- 76 ► Col des Montets
- 77 ► Col des Posettes
- 78 ► Les Parts
- 79 ► Les Parts

- 80 ► Les Saix Blancs
- 81 ► Les Esserts. Be careful! Intersection of the mountain bike track - stay up on the path and do not descend under the cable-car wires.
- 93 ► Les Esserts
- 82 ► Vallorcine / Barberine
- 83 ► Plan d'Envers
- 84 ► Chemin des Diligences / Le Buet
- 85 ► Vallorcine Village

