



GUIDEBOOK FOR
hiking & walks



summer

visitmegeve.uk



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Mont d'Arbois – Princesse

Megève Le Mont d'Arbois Mont Joux

Lowest altitude: 1275 m

Highest altitude: 1958 m

Starting point: Car park of the
Mont d'Arbois Gondola

Arrival point: Mont Joux

Altitude change: 683 m

Uphill time: 2h25

Total time: 4h

**One can take the gondola for
the uphill sections.**

Points of interest:

Along the path admire one of the last farms in the middle of the meadows of alpine flowers, gentians, primroses, cowslips, buttercups and panoramic view over the golf course. Uninterrupted view of the Mont-Blanc massif. Viewpoint indicator at the Mont Joux.

Restaurants:

Club du Mont d'Arbois +33 (0)4 50 93 03 43

L'R Shot +33 (0)4 50 21 66 71

Leave from the Mont d'Arbois gondola and heading in the direction of the hamlet of Planellet, follow the "Mont d'Arbois" sign-posts (yellow and red) on the Mont-Blanc Tour route. From the arrival point of the gondola take the path that goes near the "Idéal 1850" restaurant and follow the line of crests that passes close to the Bettex gondola (viewpoint indicator) and rises towards Mont Joux.

Exceptional viewpoint over the Mont-Blanc, the Aravis, the Arly and Arve Valleys. From Mont Joux, the highest point of the hike at 1958 m, and after reaching the chairlifts, head down towards the Chalets de Joux toward Megève. Enter the forest by a path until you reach the "Alpages de Tornay Haut" and follow a well-marked path to the hamlet of Planellet.

From Planellet, it will take 10 minutes to reach the starting point. On the way, admire the magnificent wooden chalets. One can return to starting point by taking the Meg-Bus (timetable available at Megève Tourism or meg-bus.com).



Le Planellet Les Pettoreaux par le Stepan

Lowest altitude: 1285 m

Highest altitude: 1440 m

Starting points: Mont d'Arbois Gondola, car park or Meg'bus stop "Planellet"

(NB: there is no car park at Planellet)

Altitude change: 142 m

Uphill time: 30 min

Total time: 1h20

Points of interest:

A pretty walk across alpine pastures and meadows, the panoramic view of the golf course and an exceptional viewpoint over the Arly Valley and Megève village.

Follow the Mont d'Arbois signposts for the Tour du Mont-Blanc route. Follow the "Pettoreaux via Stepan" (50 min) itinerary. A pretty path that winds across meadows with a panoramic view of the golf course (crossing the green is strictly forbidden). The path turns into a dirt track that goes down to the hamlet of Pettoreaux. Cross the hamlet and meet up with the main road; there are two options to head back to Megève:

1. By foot, take the Chemin du Gollet on the other side of the road down to Megève (15 min walk)
2. Take the Meg-bus (timetable available at Megève Tourism or www.meg-bus.com), either to return to the car park, or to Megève (10 min ride).



Massif du Mont d'Arbois-Princesse

Megève Mont Joly



Starting point: several possibilities
Arrival point: Mont Joly 2525 m
One can take the Mont d'Arbois Gondola.

Points of interest:

Sporty hike for confirmed walkers only.
Chalets and forest of Hermance.
From the summit of Mont Joly, make the most of the views on the Mont-Blanc range, the Beaufortain, the Aravis and the Bauges.
Viewpoint indicator.

1. Take the Mont d'Arbois Gondola and head in the direction of Mont Joux/ Mont Joly, take the way back following the "Tour du Mont Blanc" itinerary (yellow and red), or come down by the "Tornay-Haut" (proposition n°2).

Altitude at starting point: 1840 m

Altitude change: 685 m

Uphill time: 2h45

Total time: 5h

2. At "Planellet", follow the path in the direction of Mont d'Arbois. At the summit follow the Mont Joux / Mont Joly direction. Come down by the "Alpage de Tornay-Haut" (passage near the "Etudiants" drag lift) or by the chalets d'Hermance.

Altitude at starting point: 1260 m

Altitude change: 1265 m

Uphill time: 4h30

Total time: 7h, via Hermance and le Planay an additional hour will be needed.

3. Round trip itinerary: starting from Planay, follow the direction of Mont Joly; go up through the woods and near by the Hermance chalets and "Alpage de la Coule".

Altitude at starting point: 1437 m

Altitude change: 1088 m

Uphill time: 3h45

Total time: 6h



Massif de Rochebrune – Cote 2000

Megève Rochebrune Cote 2000

Lowest altitude: 1098 m

Highest altitude: 1888 m

Starting point: Rochebrune car park

Arrival point: Cote 2000

Altitude change: 790 m

Uphill time: 2h10

Total time (to Cote 2000): 3h20

Total time: from the hamlet of Le Tour
to Rochebrune 1h30, from Roche-
brune to the Alpette 30 minutes.

Points of interest:

One can go to Lake Javen, (fishing spot),
with a restaurant and children's playgrounds.

Restaurants at Rochebrune:

Super Megève +33 (0)4 50 21 22 05

Le Staduel +33 (0)4 50 58 98 48

Saint Nicolas +33 (0)4 50 21 04 94

Isba +33 (0)7 86 44 88 77

Viewpoint indicator, paragliding take off area
and oratory, and Fauna discovery trail.

Direction Cote 2000:

A pretty walk, where you can see royal
eagles. In a little combe towards the "Pas de
Sion" a few marmots have made their home.
Enjoy a wonderful panorama over the Mont-
Blanc, the Mont Joly range and the "Monts
de Véry", in the middle of alpine flowers,
violets etc.

Altiport, accrobranche, paintball.

Restaurants at Cote 2000:

L'Alpage de Pré Rosset +33 (0)4 50 93 58 84

L'Altiport «Coucou Café» +33(0)4 50 21 31 57

Le Petit Lay +33 (0)4 50 91 91 26

Return by the Chemin du Maz: Chapel,
possibility to buy Savoy Tomme cheese at
the Morand farm.

Leaving from Megève, head in the direc-
tion of the Perchet/Lady. From the Lady
hamlet follow the signpost in the direction
of the rock climbing wall, and after 800 m
continue to Rochebrune direction toward
the Caboché. Leave the tarmac road and
follow a stone path to the hamlet of Le
Tour. Take the first path on the right which
climbs through woods and pastures in the
direction of the Alpette. You will then see
Lake Javen below on the left nestling in the
hills. Continue upwards while following the
direction of Rochebrune. When you reach a
fence, the path climbs suddenly to the right
into the woods, steep until the flat ledge of
Rochebrune. One can come back down to
the village by the Rochebrune Gondola
(5 min) or by the fauna trail or by retracing
your steps by taking up your initial itinerary
and following the dirt road track that goes up
diagonally in the direction of the
Alpette for about 30 min (highest point of
the hike). Continue toward the direction of
the Cote 2000, then take the path that fol-
lows the crest until Pré Rosset (restaurant),
then take the track on the left. It is possible
to return by Meg'bus (timetable available
at Megève Tourism or meg-bus.com), or
to reach Megève via the hamlet of Le Maz
(typical chapel), 1h10 walk downhill.



Massif du Jaillet

Megève Col du Jaillet Petit Croisse Baulet

Lowest altitude: 1098 m

Highest altitude: 2007 m

Altitude change: 909 m

Starting point: village

Arrival point: Petit Croisse Baulet

Uphill time: 3h40

Total time: 5h25

One can go up or down by the gondola.

Points of interest:

A lovely walk with varied landscapes (forests, alpine pastures, woods and rhododendrons...), without forgetting the granite Roman boundary stone at the Jaillet Pass, which was discovered in 1964 and which marks the limit of the Ceutrons' territory. Magnificent view over the Mont-Blanc range and the village below.

Restaurants:

Brasserie O'3 Garçons +33 (0)4 50 58 92 78

Auberge de Bonjournal +33 (0)6 20 66 46 17

Le Plein Sud +33 (0)4 57 27 70 04

From the village head uphill to the Chemin des Coteaux to the hamlet of Coin; go through the hamlet of Riglard (1280 m) until you reach the arrival point of the Jaillet gondola (restaurant). Follow the Tour du Mont-Blanc itinerary which rises up through the pastures towards the forest. At the first fork in the woods, turn left into a steep, uphill path that becomes a pleasant and undulating passage further up through the forest until the Jaillet Pass. The round trip from the arrival point of the Gondola to the Jaillet Pass takes 1h½. Follow the path in the direction of the Petit Croisse Baulet.

One can continue in the direction of the Grand Croisse Baulet (2236 m) - 1h10 uphill walk will be needed.



Megève Chalet de la Vieille

Lowest altitude: 1120 m

Highest altitude: 1575 m

Starting point: arrival point of the
Jaillet Gondola (1575 m)

Arrival point: the chalet de la Vieille
(1362 m)

Negative altitude change: 455 m

Total time: 1h30

Points of interest:

Easy walk for all the family with a slight
altitude change.

Restaurants:

La Petite Ravine +33 (0)4 50 21 38 67

Brasserie O'3 Garçons +33 (0)4 50 58 92 78

Le Plein Sud +33 (0)4 57 27 70 04

From the arrival point of the Gondola, follow the itinerary in the direction of the Petite Ravine (restaurant) and then toward the Chalet de la Vieille, starting in alpine pastures and finishing in woods. At the Chalet de la Vieille (immediately to the right) take the path that leads to the Fouettaz car park. Once you are on the tarmac road, admire the beautiful surroundings of Megève. After about 200m on la Fouettaz road, take the path on your right heading to Odier.

Admire the oratory on your left. Continue to the hamlet of Odier, then turn right on the path that will take you to the Chemin d'Allard. Return to the starting point of the Gondola by the tarmac road.



If you keep your eyes open, you may see marmots and badgers here! The panorama is magnificent: the Aravis, and Fiz ranges, the Arve valley, Megève, the Arly valley and the Mont Blanc. Look up; you may also see some buzzards!

LAB RANDO

THE BIODIVERSITY LABORATORY

The biodiversity laboratory takes you on a discovery of the mountain habitat and the local fauna and flora in a fun educational way.

THE LAB

INTRODUCTION TO SCIENTIFIC
DISCOVERY.

10 AM TO 12 PM, FROM TUESDAY TO
SATURDAY.

DURATION: 1H30 – 2H.

An animator introduces you to local biodiversity
and the soil microfauna and then will teach you
handling laboratory tools: binocular magnifier
and digital tablet.

Free

THE HIKE

WALK BY YOUR OWN WITH AN
EXPLORING PACK. DEPARTURE 2 PM,
RETURN 5 PM AT THE LATEST.

FROM MONDAY TO SATURDAY.

DURATION: 1H30 – 2H.

Practice your knowledge in the afternoon on a
self-guided hike with naturalist equipment, on a
forest path and around an educational pond.

Hire of a backpack (4 p. max.): €10. Deposit
requested

From 8 years old accompanied by an adult.

FROM JULY 6th TO SEPTEMBER 1ST 2023

Ermitage Museum on the Calvary

Information and booking: Megève Tourisme +33 (0)4 50 21 27 28
or Ermitage Museum on the Calvary +33 (0)4 50 21 59 15
megeve-tourisme.fr

La Région
Auvergne-Rhône-Alpes



Jaillet discovery trails

The Black Grouse (Lyrurus Tetrix) trail

Lowest altitude: 1550 m

Highest altitude: 1763 m

Altitude change: 213 m

Points of interest:

Thanks to a question-and-answer milestone along the path, discover the natural habitat and lifestyle of Hugo Black Grouse, through stations equipped with panels and reading tables.

The path then, climbs upwards until it forks off towards the rhododendron and blueberry moorlands. The pathway allows you to stand along the ridgeline and opens up to a wide panorama on the Aravis and the Mont-Blanc before returning down through the forest to the clay pigeon shooting (ball trap).

An alternative itinerary to the left leads to Christomet (1853 m) and the Oratory (30 min), offering a breathtaking 360° panorama!

Two itineraries:

1. Follow the direction of the Jaillet Gondola and then the road that leads from the right of the Gondola to its arrival point (clay pigeon shooting). Climb in the direction of the “Chalet des Frasses” or take the Jaillet Gondola and join the Black Grouse trail.

Total time: 2h50.

2. Take the Jaillet Gondola and follow the link path heading. At the first crossroads on the left, follow the direction of the Black Grouse (Tétras Lyre) trail.

Total time: 3h00 up and down.

Forest discovery trail

Points of interest:

This journey of discovery comes 2 alternate routes where identification plates of tree species and entertaining reading tables. It allows to observe and understand multiple riches of forest life around us: birds, insects, signs of the presence of animals ... (games, photos)

Access by the path on the left at the arrival point of the Jaillet gondola.

**Grand tour: 2300 m of trail,
160 m of altitude change, in 2 hours.**

**Little tour: 900 m of trail,
25 m of altitude change, in 45 min.**

The martelloscope

Fun, scientific and educational.

From July 11th to August 29th, 2023

Summer Tuesday afternoons at 2.30 pm on the martelloscope site in Le Jaillet.

Duration: 2h30

Distance: 200 m to walk inside the martelloscope at 2,5 km round trip from Le Jaillet gondola to the site. Possible access from the ball trap car park.

From 8 years old.

Price: 5 € (*Gondola ticket not included*)

Information and booking:

Megève Tourisme

+33 (0)4 50 21 27 28

megeve-tourisme.fr



MEGÈVE DISCOVERY ITINERARIES



The Saint Jean-Baptiste church is closed for work, but the virtual visit is still available.



FREE DOWNLOAD APPLICATION.

**EXPLORE THE HEART OF MEGÈVE AND
ITS MOST EMBLEMATIC MONUMENT**

VILLAGE ROUTE : 1H.

CHURCH ROUTE : 30 MIN.



— **SENTIER NATURE** —
du Calvaire
CALVARY NATURE TRAIL

A self guided interpretive trail that highlights the ecological and heritage wealth of the sector, the new Calvary Nature Trail is a looped circuit starting from the village centre. Lined with entertaining and interactive modules and information boards destined to families, it is an invitation to discover the Alpine habitat whilst having fun: read a landscape, discover the architecture of a traditional farmhouse, observe geological curiosities, enter into the secrets of the forest and its inhabitants, awaken the memory of former ski jumps...



Can be reached by the “Montée du Calvaire” (Calvary walk) or via the Chemin de Maz. The 1.8 km circuit takes about 1 hour and has a positive elevation of 80m.

Restaurants:

<i>Le refuge du Calvaire</i>	+33 (0)4 50 47 54 39
<i>La Yourte</i>	+33 (0)4 50 53 54 15



The water trails

8 fountains, 2 streams, 4 bridges

Time: 1h15 min

Start from the village square.

No altitude change.

On the right handside of the town hall, in front of the church, you will notice the first fountain next to “Le Café”. Cross the cobble stone square and walk up the “Quai de Prieuré” alongside the “Nant de Cordes/Le Planay”. At the end of this street, you will see the old Lorraine “Maz” bridge. Continue in the direction of the church, climbing (30 m or so) to reach the Saint Paul Square, where you will find the Church fountain on the side. Cross the old bridge and follow the Rue Saint Jean until you arrive at the corner of the Bistrot de Megève’s fountain. Continue on the right, along the same street until you reach the Resistance Square (steps) and follow the street that runs alongside the outdoor ice skating rink area. Take the rue Charles Feige, pedestrian zone. Near the “Bistrot de Megève” fountain follow the passage des Cinq Rues and then rue d’Arly where you will discover an old washhouse. Come back by the same itinerary. At the “Cinq Rues” Jazz Club, turn right and continue by the rue Comte de Capré. Just before the Megève Museum, cross the Cordes torrent and return to the village square by the town hall. Continue to the right by the rue Ambroise Martin, next to the town hall of Megève. Carry on until you reach the crossroads with the rue de la Poste, where you will discover the Maison de la Montagne’s fountain. Take the rue de la Poste for about 100 meters, turn left just before the Glapet stream, and take the little bridge where you will see the Glapet fountain opposite Megève



Tourism. Go up the cobble stone ramp by Megève Tourism. When you are close to the rue Monseigneur Conseil, you will see the Megève Tourism fountain. Continue along the rue Monseigneur Conseil in the direction of the church: cross over the little bridge and you will arrive the Traineaux’s fountain at the foot of the church.

The Creux Saint Jean & the Belle au Bois waterfall

Total time:

55 min (including 30 min uphill)

Points of interest:

A bucolic walk for the whole family, combining the beauty of the setting, geology and local history.

Restaurants:

Le refuge du Calvaire **+33 (0)4 50 47 54 39**

La Yourte **+33 (0)4 50 53 54 15**

From the village square follow Rue Charles Feige until you reach the Resistance Square. Take the stairs on the right handside of the Casino underground car park. Higher up, on a little esplanade, Notre Dame de Nazareth and Notre Dame des Vertus are characterised by a Byzantine dome; at an angle to the South-East is situated the Oratory of the “Adieux”.

To reach the “Creux Saint Jean”, take the little grassy path that departs horizontally,



just behind the restaurant on the right. After a short downhill slope, the statue of Saint Jean Baptiste will appear at the side of the path, watching over passers-by. Follow this winding path to reach an enchanting place: a waterfall, a little stone bridge, an oratory dedicated to Saint Jean; a haven of cool freshness and calm where the faithful comes to return to nature and think deeply.

Continue along the path until reaching the small tarmac road: Chemin du Maz. You can either climb up for about 15 min to discover the “Belle au Bois” waterfall (difficult path) or, go back down directly to the village centre. When you arrive at the old Lorraine bridge, climb up a few dozen meters on the left and, on your right, you will see the fountain between the church and the site of the old cemetery, the Presbytery, and the village square.



Moulin Contant

Lowest altitude: 1383 m
Highest altitude: 1459 m
Starting point: Chalet de La Livraz
(Cote 2000)
Altitude change: 76 m
Total time: 1h

Points of interest:

Remains of millstones. A refreshing walk along the Planay stream surrounded by forests, meadows and alpine pastures. Moulin Contant is the place where farmers used to gather to grind their wheat. Easy walk. It is possible to go there by Meg'bus (timetable available at Megève Tourism or meg-bus.com).

Restaurant Le Petit Lay: +33 (0)4 50 91 91 26

Follow the tarmac road for 200 m until you reach the first perpendicular fork on the road; the path then crosses two fields to arrive at the edge of the forest above the Planay stream. Descent slightly by 50 m, cross the bridge and this is Moulin Contant. Remains of millstones in the grazing lands on your left, not far from the former farm.

Walk along the path that goes beside the torrent in the direction of Planay following the signposts. The path rises into a meadow to reach the road that takes you to the picturesque hamlet of Planay. Continue on your right and cross the bridge. Follow the path to the right in the direction of Bacré farm. Continue by the hedge-lined path that will take you back to the starting point.

Lake Javen

Lowest altitude: 1098 m
Highest altitude: 1390 m
Starting point: Village centre
Arrival point: Lake Javen
Altitude change: 292 m
Time: About 1h walk (by the chemin du Maz).

3 options to reach the lake in the direction of Mont d'Arbois, then Le Tour:

1. Take the Meg-bus line Cote 2000, Planellet stop: 20 min walk to the lake.
2. Park at the hamlet of Le Tour (small car-park opposite the ski lift): 25 min.
3. Park at La Rée, after the bridge: 15 min.

Points of interest:

A family walk. At Lake Javen, you will find a restaurant, a children's playground (Javen Loisirs, fee apply), and you can go fishing. In the background, admire the Aravis massif, the Aiguilles de Warens and the fine line of the Aiguilles Croches.

Restaurants:

Javen d'en haut	+33 (0)4 50 91 92 66
Le Babotch	+33 (0)4 50 91 93 96
Petite Fontaine	+33 (0)6 69 65 30 93



From the village, in front of the Tourist Office, go towards the direction of the Haut Val d'Arly Museum. Continue on the "Route des Perchets" and after a short uphill climb, turn right in the direction of the "Chemin de Lady". Afterwards follow the directions for "Tour" and "Lake Javen". You will pass near the Caboche Gondola. Continue along the "Route du Tour" following the signposts. At the end of the road and with the Tour draglift located on your right, take the path opposite that leads up through the woods (the Babotch restaurant and the Petite Fontaine snack bar). After walking for about 30 min, you will find the lake (restaurant "Javen d'en haut", fishing, children's playground, Javen Loisirs, fee apply).

There are different options for the return path:

1. Take the same itinerary and/or the "Chemin de Fanou". At the hamlet of Le Tour, on the left by the last renovated farm-house, take the path that goes down to the centre of Megève by the "Chemin de Fanou" and the Perchets.
2. Take the road that is suitable for cars to the Rée Bridge, the path through the woods on your left leads to the hamlet of Tour.
3. At the Rée Bridge, meet up with the "Route du Tour", turn right in the direction of Maz (for 400 m), in front of the Chapel return to the village by the "Chemin du Maz".

1 hour needed to go down.

A stream toward "Lady" comes out of the ground at a constant temperature of 8°C and never freezes. This stream is called the "Bedire". The Benedictine monks changed the course of the water for nearly 2 kilometers to allow the sawmills and mills downstream to work throughout the year..

The Calvary Way

The Calvary way

Lowest altitude: 1125 m

Highest altitude: 1306 m

Altitude change: 201 m

Uphill time: 50 min

Total time: 1h15 for the loop

Points of interest:

Unique in France due to its history and characteristics, the Calvary Way is a pleasant cultural walk in a restful setting.

The Hermitage Museum traces the history of the construction of Calvary, illustrated with old postcards. Guided tours of Calvary and the center of Megève.

Further information at Megève Tourism.

Restaurants:

Le Refuge du Calvaire +33 (0)4 50 47 54 39

La Yourte +33 (0)4 50 53 54 15

Take the stairs at the right of the Casino underground car park. Steep but short, this stairs will takes you to the Saint Michel Cross. Continue on a little street that climbs uphill. On the right you can see H.J. Le Môme's house, Le Corbusier architecture style.

You will soon arrive on a little esplanade where you will discover the magnificent group of 2 chapels dedicated to the Virgin Mary and the 14 Stations of the Cross.

Inside these little edifices, you will find life size statues retracing the different scenes of Christ's Passion, in a blend of Gothic, Baroque, Rococo and Tuscany styles. Note the similarities, deliberately intended by the priest Father Martin, between the Calvary in Jerusalem and this replica: dimensions, proportions, distances...

Return to the village by the same path



or take a Meg'bus (timetable available at Megève Tourism or meg-bus.com).

An alternative route: by "Maz" and the "Belle au Bois" waterfall.

On the plateau, continue on the right for 1km in the direction of Cote 2000, until you arrive at the hamlet of Maz (chapel with the red and green sundial). In front of the chapel go down for about 800m by the "Chemin du Maz", then fork to your right by the path (10 min) to reach the "Belle au Bois" waterfall (delicate path). Finally, climb back up the same path and come back down to the village by the "Chemin du Maz" or continue to the "Creux Saint Jean" and go down by the Calvary.

Pushchairs walks



Maz Hamlet Cote 2000

Total time: 1h

At the bus station, take the Meg-bus line Mont d'Arbois-Cote 2000 and get off at the Planellet. Walk to the hamlet of Le Maz, and take the road in the direction of Cote 2000 just after the typical chapel with a red/green sundial. At mid-way admire the mas-sifs of the Aravis, the Aiguilles de Warens, the austere and imposing side of the Aiguilles Croches and the Mont-Joly range. If you think that the walk back is too long, take the Meg-bus from "Cote 2000" or the "Livraz".

8 fountains, 2 streams, 4 bridges

see page 16

The Calvary way

see page 20

The Planellet and Planay hamlets

Total time: 50 min

Take the Meg-bus line Mont d'Arbois-Cote 2000 at the bus station, and get off at Planellet. Walk in the direction of the Planay admiring the old wooden farmhouses and chalets along this calm stretch of road. Return by the same road.



To go further...

Megève Tourism also sales a wide selection of maps and hiking guides, giving plenty of precious information.

If you may like to see some exceptional panoramic views, we advise using the lifts and taking advantage of the numerous restaurants and “Alpage chalets” which are opened throughout the summer time.

Theme hikes:

Fauna, flora, animal tracks, orientation, hikes with overnight stops in a hut...

Bureau des Guides +33 (0)4 50 21 55 11

Apérigloo +33 (0)6 11 51 98 74

Evolution 2 +33 (0)4 50 55 54 55

Lifts:

Rochebrune +33 (0)4 50 21 01 51

Mont d'Arbois +33 (0)4 50 21 22 07

Jaillet +33 (0)4 50 21 01 50

Megève Tourisme

70 rue Monseigneur Conseil

74120 Megève

+33 (0)4 50 21 27 28

megeve@megeve.com

megeve-tourisme.fr



Megève has a network of shuttle busses that run between the different massifs: the Meg'bus. To avoid taking your car and to conserve your summer hiking playground we strongly advise using them without moderation.

www.meg-bus.com

and via the Pysae app



DOWNLOAD
OUR FREE APP



Book your stay and activities on
megeve-booking.com

The hiker's rules & security tips

Before starting off, remember the following points

- Study your itinerary and take advice from competent organisations on local conditions and choose a hike that corresponds to your physical and technical abilities.
- Never start hiking without an adapted equipment and a first aid kit.
- Check out the weather forecast, as conditions can change very quickly in the mountains (Tel: 32 50)
- Avoid hiking alone and inform your family or friends of your intended itinerary and the time you expect to be back.
- Ask a professional for advice or guiding you.
- Take note of existing signs and markings
- If you have any difficulties or if there is a change in atmospheric conditions, don't carry on, come back!
- Assistance: in case you witness an accident, react efficiently to protect, alert, rescue... (Call 15 or 112 from a mobile phone).

BE VIGILANT WITH YOUR CHILDREN

- They tend to put all their energy into sports activities and can very easily find themselves in a state of over exhaustion without any warning signs.
- Avoid drastic changes in altitude (risk of otitis).
- Carrying babies and small children, who remain immobile, on your back over long periods of time exposes them to the effects of certain phenomena which may be dangerously aggravated (sunburn, sunstroke, dehydration, heat stroke, chills...). Avoid taking toddlers above 2500 m.
- Remember to protect your children from the sun (sunglasses, cap or hat, sun cream...).

NOTE

- Rule of measure: on a map with the scale of 1/25.000, 4 cm represents 1km.
- Distance between contour lines represents 10 m of altitude.
- Estimation of walking time:
 - 1 hour for 300 m of altitude change uphill.
 - 1 hour for 400 to 500m of altitude change downhill.

Together, respect nature

- Do not leave waste in the mountains even if they are biodegradable. Bring them to place of recovery.
- Close gates and stockyards doors.
- Stay on marked trails (warning: different markup for summer and winter trails).
- Do not trample the grass in the meadows.
- Respect private properties.
- Do not pick protected or rare flowers.
- Keep your dog on a leash in order not to disturb livestock and wildlife.
- Learn how to be discreet for other hikers and also for animals.
- Do not camp without permission, do not campfire.



FIND THE GUIDE TO GOOD PRACTICES IN ALPINE PASTURES

ON **ECHOALP.COM**



**HEADING
« SENSITIZATION AND
MEDIATION » OR BY
FLASHING THIS CODE:**
in French





Megève ExplorGames®

*Sources of the
forgotten goddess*

START IN FRONT
OF THE TOURIST OFFICE.
ROUTE AROUND 1H30.



Free download application.