

6-Nature outing to Tueda National Nature Reserve

Vanoise - LES ALLUES

Le lac de Tueda (Sylvain Aymoz)



A multifaceted outing taking you through the villages of the valley's ski resorts to the heart of Plan de Tueda National Nature Reserve and its lake.

Vanoise National Park is never far away on this outing. Begin by riding through the resorts of Méribel and Le Mottaret, where you can learn more about their history, before reaching Tueda National Nature Reserve where you'll be able to go around its lake. Along the way you'll pass a little farm where you'd be welcome to stop and find out how Beaufort cheese is made.

Useful information

Practice : Mountain bike (electric)

Duration : 1 h 30

Length : 9.3 km

Trek ascent : 322 m

Difficulty : Very easy

Type : Loop

Themes : Fauna , Flora , Lake and glacier, Pastoralism

Accessibility : Chien autorisé

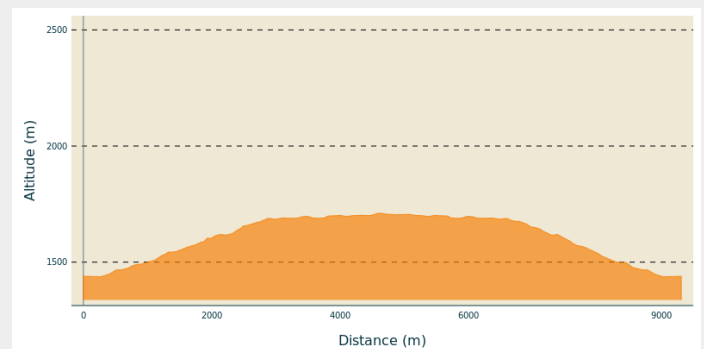
Trek

Departure : Méribel Parc Olympique,
Chaudanne district, 73550 Les Allues

Arrival : Méribel Parc Olympique,
Chaudanne district, 73550 Les Allues

Cities : 1. LES ALLUES

Altimetric profile



Min elevation 1437 m Max elevation 1711 m

Setting off from Méribel centre, this route mainly runs along woodland trails, but there's also a wonderful stretch that takes you out on a single-track ledge path. At Tueda National Nature Reserve you can enjoy going round its lake.

Point 1 : adapt your speed accordingly

Follow the green waymarks: Tueda.

E-bike rental shops:

Méribel Centre

Chaudanne Sport

Route de la Montée

73550 Méribel

+33 (0)4 79 08 89 12

Ecole VTT MCF

Sport Boutique

Place de l'Office du Tourisme

73550 Méribel

+33 (0)4 79 08 59 90

Altiport :

Olympic Sport

Méribel - Rond Point

73550 Méribel

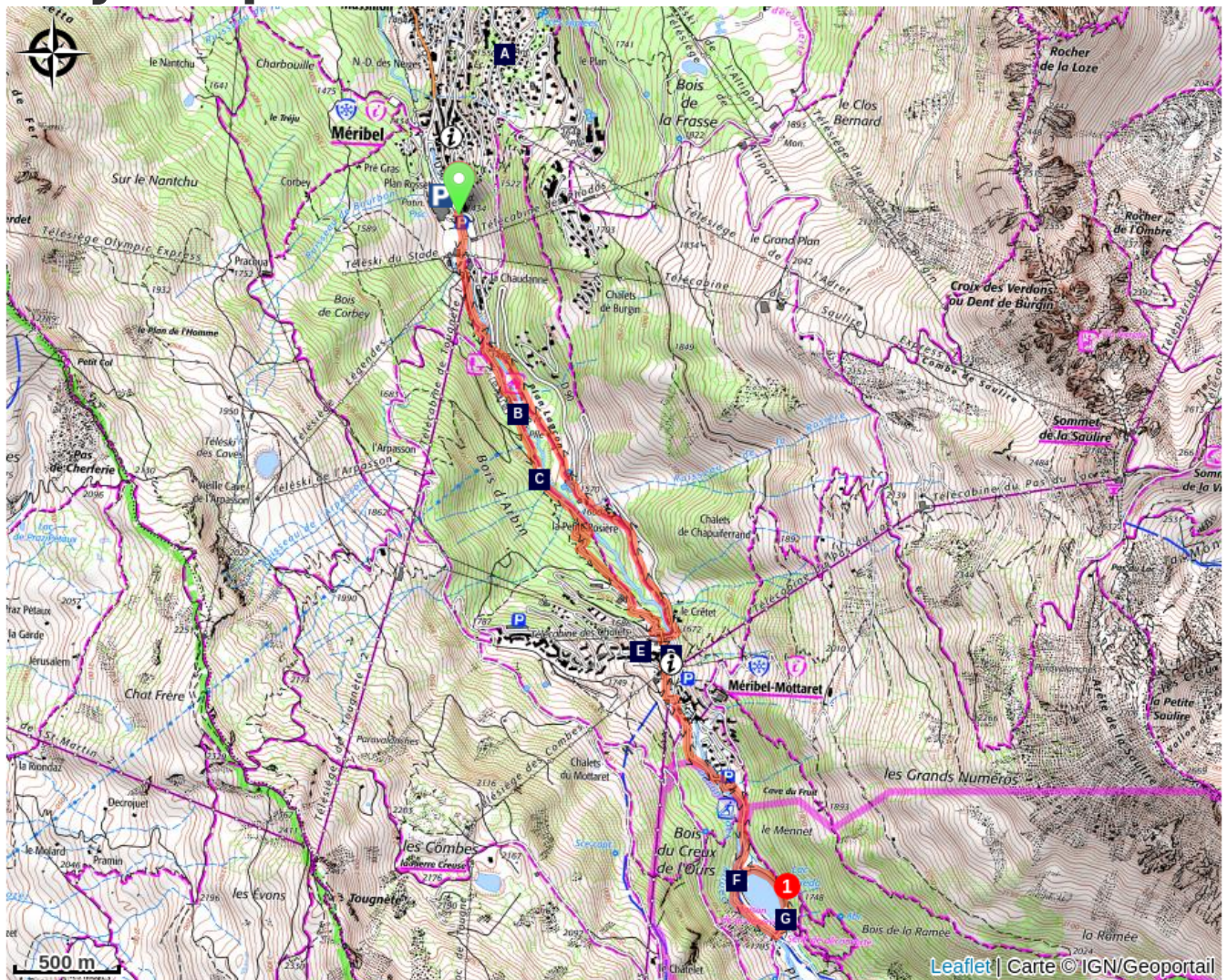
+33 (0)4 79 08 56 89

Mottaret :

Superski/SKISSET Mottaret

+33 (0)4 79 00 43 27

On your path...



-  E-bike rental Sport: 1600 Méribel Mottaret (A)
-  Méribel Adventure park (C)
-  E-bike rental: Intersport le Chatelet (E)
-  Plan de Tueda National Nature Reserve Centre (G)

-  Coeur équestre des 3 Vallées Riding Centre (B)
-  Resort of Méribel Mottaret (D)
-  Tueda Lake (F)

All useful information

Advices

Rando Vanoise has been designed to help you pick and choose your outings, but cannot be held liable where they are concerned. The mountain offers up a wide range of routes and trails for cyclists of all levels, but remember, it is a living, unpredictable environment and it is important that you head out suitably equipped. Ask advice from cycle rental operators.

If in doubt, you can take an introductory lesson in how to ride an electric bike with an instructor.

If you see a herd ahead, slow down and go round it. If there is a patou, a guard dog, climb down from your bike and walk, pushing it alongside you. Avoid making any sudden or aggressive gestures towards the dog and move away from the herd slowly and calmly. The dog will only be checking that you do not pose a threat to its herd. Respect the parkland and close gates behind you after you've gone through them.

The mountain is living, please respect it by staying on the paths and tracks.

How to come ?

Transports

Train services run as far as Moûtiers-Salins-Brides-les-Bains. Find out more at: www.oui.sncf.com

You can then get a coach to Méribel Centre

Find out more at: www.transavoie.com

Have you also thought about car sharing?

Access

From Moûtiers, take the RD915 road as far as Méribel centre, La Chaudanne district.

Advised parking

Méribel Parc Olympique car park

Accessibility



Chien autorisé

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Réserve naturelle nationale de Tuéda - haut

Sensitivity period: January, February, March, April, May, November, Decembre

Contact: Nicolas Gomez - conservateur de la réserve naturelle nationale de Tuéda - nicolas.gomez@vanoise-parcnational.fr

04 79 08 60 81 ou 04 79 01 04 75

Cette zone est sensible pour le Tétrasyre notamment.

En période enneigée, quelle que soit l'épaisseur de neige, la pénétration des zones de quiétude de la Réserve naturelle nationale de Tuéda est interdite par l'arrêté préfectoral n°2018/88, en application du décret du 12 juillet 1990.

Ainsi, le ski et la raquette sont interdits sauf sur certains couloirs (piste de l'Ours, itinéraires, plateau de Tuéda).

Cette interdiction ne s'applique pas :

- aux activités cynégétiques réglementées par le décret de création de la réserve et le plan de chasse de la réserve.
- aux agences de l'OFB, ONF, gendarmerie nationale ainsi qu'aux agents de la réserve dans l'exercice de leurs missions.
- aux services de secours ou de sauvetage aux personnes, hors exercices

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- aux services de secours ou de sauvetage aux personnes, hors exercices

Information desks

Méribel Tourisme - Bureau de Mottaret

Front de neige Méribel-Mottaret, 73550
Méribel

info@meribel.net

Tel : 04 79 08 60 01

<https://www.meribel.net>

Méribel Tourisme

27 Place Maurice Front, 73550 Méribel

info@meribel.net

Tel : 04 79 08 60 01

<https://www.meribel.net>

On your path...



E-bike rental Sport: 1600 Méribel Mottaret (A)

Sport 1600 Méribel Mottaret

Altitude 1600, quartier du Morel

73550 Meribel 1600

+33 (0)4 79 08 51 45



Cœur équestre des 3 Vallées Riding Centre (B)

Here, Anne, who has loved horses ever since she was little, would be delighted to welcome you and share her experience with you. The welfare of her 10 horses is of the utmost importance to her – you'll see that they live freely outdoors here! In addition to horse- or pony-riding lessons, Anne can also take you out to explore the beautiful scenery of the 3 Vallées, and even organises special moonlight outings. For beginners, what better than a ride to get the feel of the horse around the arena. If you're here in wintertime, there's a whole host of activities to choose from, including pony sledding, skijoring and outings amidst snowscapes!

Blacky, Veline, Oby, Ouriken and the other horses can't wait to meet you!

Prices: please go to the Cœur Equestre website for more details.

Times:

Open all year round

Daily, from 9:00 to 20:00, please book ahead

Getting there:

In the winter: On skis, go down the Truite green run in Mottaret to Chaudanne. On foot, climb back up along the edge of the piste from Chaudanne or the bridge on the road to Mottaret.

In summer: direct from the road to Mottaret.

Contact details:

Cœur Equestre des 3 Vallées

Route de Mottaret 73550 Méribel

Tel.: +33 (0)4.57.37.17.21

Mob: +33 (0)6.09.15.65.54

E-mail: anne@coeurequestremeribel.com

Attribution : Sylvain Aymoz



* Méribel Adventure park (C)

Test your agility and your appetite for risk-taking at this Adventure Park! More than 80 treetop trails can be tackled in the scenic natural surroundings of Arbin Wood: bikes, zip wire, tree house, snowboarding and more! Five 30-minute routes are available: "Minis aventuriers" for 3-6 year olds, Green (beginners + 2 zip wires), Blue (adventure further off the ground at 10m), Red (more challenging, for experienced users), Black (1 x 150m zip wire, requires strength and agility, designed for fit athletes).

Prices:

Mini-Aventuriers: €10

Green: €10

Green + Blue + Red: €24

Green + Blue + Red + Black: €32

Groups can be welcomed if booked beforehand (10 people minimum)

Times:

Open from June until September, Mondays to Saturdays

Closed in stormy weather.

Regulations: find out more at: <http://www.meribel-aventure.com/>

RICHARD BLANCHE

+33 (0)6 10 47 12 36

Le Bois d'Arbin

73550 MERIBEL

contact@meribel-aventure.com

Attribution : Sylvain Aymoz

Resort of Méribel Mottaret (D)

Within easy reach of Tueda Nature Reserve and boasting a friendly, cosy feel amidst its contemporary mountain residences, Méribel-Mottaret is an ideal destination for family walking holidays no matter your level! Outings you can enjoy alone or with professional guides, easygoing thematic trails for everyone (botany or at the water's edge for example), outings over the peaks with breathtaking views, set off in search of marmots, the ibex "locals" of Vanoise Park ... or how about spending a night at the fully renovated Refuge du Saut! Fishing enthusiasts will love Tueda Lake, which is organised for their exclusive use! Sports pitches for playing beach volleyball or tennis, mini golf and dévalkart non-motorised go karts are just some of the leisure activities you can have a go at in Méribel-Mottaret. Méribel Valley also boasts plenty of mountain biking tracks, a bike park and a bike slope, some of which can be accessed directly from Méribel-Mottaret. Get the Méripass and you'll be able to enjoy unlimited access to a whole range of activities.

E-bike rental: Intersport le Chatelet (E)

Intersport le Chatelet

Galerie marchande Méribel Mottaret
Immeuble Plan du Lac, Le Châtelet
73550 Méribel-Mottaret
+33 (0)4 79 00 45 91



Tueda Lake (F)

At the entrance of Plan de Tueda National Nature Reserve is a 3-hectare lake surrounded by Swiss pines: these form one of the finest Swiss pine forests in the Alps. This is a popular fishing ground as the lake is home to brown and rainbow trout. In winter, this is a great spot for cross-country skiing. It harbours a wealth of wildlife, including Royal Eagles and Black Grouse. Flowers are equally well represented, with the famous twinflower, a plant that thrives on rocky screes and can now only be found in five places across France. Services on-site: picnic area, public toilets, educational trail, car park
Certified site: family-friendly, Vanoise National Park, Nature Reserves of France

Attribution : Sylvain Aymoz



✿ Plan de Tueda National Nature Reserve Centre (G)

The National Nature Reserve was created in 1990 and is managed by Vanoise National Park. Plan de Tueda National Nature Reserve is located downstream of Vanoise National Park in the municipality of Les Allues. It extends from Lake Tueda all the way to the Gébroulaz glacier, encompassing both riverbanks of the Doron des Allues: in total there are 1,100 protected hectares of outstanding natural scenery to explore (and respect)! You can find out all about the secrets of the reserve's biodiversity and the Swiss pine and its forest through a free exhibition and a range of activities all year round. Your host at Vanoise National Park can also answer any questions about the park, forthcoming events and walks in the area if you'd like to extend your outing (you can book guided outings with the Park's warden-instructors). There is also a shop, where you can pick up a little souvenir of the Park to take home with you! And if you still want to find out more, head to the nearby glaciological trail for a fuller understanding of the landscape and the valley's history. In the summer only, there's also a botany trail to enjoy and tours of the reserve are organised by the warden.

The centre is located in the Nature Reserve, so please follow the regulations. Dogs are not allowed in the Reserve, and may only be taken around the lake on a lead.

Open in the summer.

Maison de la Réserve de Tueda - Mottaret
Meribel Mottaret - Lac de Tuéda
73550 Les Allues

Tel.: +33 (0)4 79 01 04 75

<http://www.vanoise-parcnational.fr/>
Free

Attribution : Sylvain Aymoz