

Explore the wilderness of the Avals valley

Vanoise - SAINT-BON-TARENTEISE



La vallée des Avals avec vue sur le Mont Blanc (Hervé Franchino)



This route combining resort ski slopes and a much wilder side takes you through two completely different settings.

This original route takes you through two very different settings: the first crossing the mountain pastures of Courchevel, the second, more wild, set within a secret valley at the edge of Vanoise National Park. Start by heading to Col de la Platta (altitude of 2,408m) along a pretty track through mountain pastures. Then pass over to the wild side, dotted with flatter areas perfect for picnics, along a narrow track, with a handful of typical farmhouses gracing the scenery as you go.

Useful information

Practice : Mountain bike (electric)

Duration : 3 h 30

Length : 22.3 km

Trek ascent : 921 m

Difficulty : Difficult

Type : Loop

Themes : Pastoralism , Refuge, Viewpoint

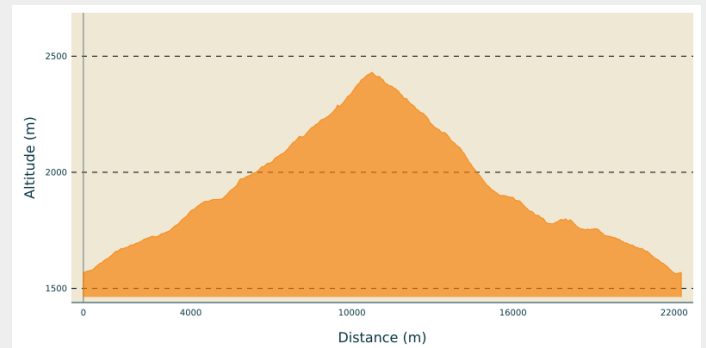
Trek

Departure : Courchevel Moriond Tourist Office, 73120 Courchevel

Arrival : Courchevel Moriond Tourist Office, 73120 Courchevel

Cities : 1. SAINT-BON-TARENTEISE

Altimetric profile



Min elevation 1563 m Max elevation 2430 m

You'll begin by climbing the Courchevel's resort slopes and continue steadily on up a wide mountain pasture track as far as Col de la Platta (altitude of 2,408m) not far from Vanoise National Park. Then you'll cross over to the wild side and head down via the "secret" valley dotted with flatter areas.

Follow the red waymarks: Les Avals.

E-bike rental shops :

Izibike Courchevel Moriond






17 rue de l'Aiguille du Fruit
73120 Saint-Bon-Tarentaise
+33 (0)6 35 10 75 09

Espace VTT

Croisette Courchevel 1850
73120 Courchevel
+33 (0)6 18 08 18 41

On your path...



-  L'Ariondaz farm & restaurant (A)
-  Alternative round trip towards Col des Saulces (C)
-  E-bike rental Izibike Courchevel Morion (E)
-  Biol cellar (B)
-  Mountain pasture - Les Avals (D)

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 Courchevel 1650.

Find out more at: www.transavoie.com

Have you also thought about car-sharing?

Access

From Moûtiers, take the RD915 road as far as Courchevel Moriond 1650

Advised parking

Free car park: Les Clmes Blanches in Courchevel Moriond.

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.

Black grouse

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

Contact: Observatoire des Galliformes de Montagne

Virginie Dos Santos : virginie.dossantos@asso-ogm.fr

Chloé Mathieu : ogm.mathieu@gmail.com

Zone de refuge hivernale pour le tétras lyre. Merci de veiller à respecter le balisage.

Information desks

Courchevel Tourisme

info@courchevel.com

Tel : 04 79 08 00 29

<https://courchevel.com>

On your path...



L'Ariondaz farm & restaurant (A)

This typical mountain pasture chalet, at an altitude of 2,000m, is set back from the track and managed by two mountain pasture farmers, Emilie and Bernard Chardon. As an ideal stopover, they'll look forward to unveiling the region's best specialities to you as well as their own traditional recipes made from the farmhouse produce. Settled comfortably on the south-facing terrace, enjoy a sweeping view over Mont Blanc and La Grande Casse (the highest peak in Vanoise and Savoie, at 3,855m). If you'd like to find out more about the milking process and how cheese is made from the milk of their Tarine herd, the couple also organise tours with commentary.

LANGUAGES SPOKEN
English, French, Italian

Contact details:
+33 (0) 611 45 26 63
Rue de l'Ariondaz
73120 Saint-Bon-Tarentaise

Open:
From 27/06/2020 to 30/08/2020, daily from 10:00 to 19:00.
Lunch and afternoon snacks served, as well as occasional evening events.

Attribution : Courchevel Tourisme



Biol cellar (B)

An old cheese cellar to start the maturing of the Beaufort cheese wheels during the summer period, which were then taken down into the valley to finish their maturing. The building dates from the 19th century and was renovated in the 2000s. Nearby is the cellar and the chalet de la Grande Val, still used nowadays to make the beaufort "chalet d'alpage"; with a tool renovated in the years 2010

Attribution : D. Dereani



Alternative round trip towards Col des Saulces (C)

For those who fancy it, there's an alternative round trip up to the Col des Saulces pass, at an altitude of 2,456m. From there you'll be rewarded with lovely panoramic views over Pralognan-la-Vanoise valley. To the left of the pass is the Petit Mont Blanc (2,677m) and to the right, the Rocher de Plassa (2,867m). You'll also be able to glimpse the Aiguille du Fruit peak (3,051m) and the Avals Valley.

Attribution : Hervé Franchino



Mountain pasture - Les Avals (D)

Along this wilder stretch of your route is a mountain pasture where Beaufort, "the prince of the gruyères", is made!

Arguably the best-known cheese of the Savoie region, Beaufort is a hard, pressed cheese. Its heel is concave-shaped, its texture smooth and its colour ivory (pale yellow). One round weighs about 40kg. There are 3 types of Beaufort: winter Beaufort, summer Beaufort and "Chalet d'Alpage" Beaufort.

The pasture was once referred to as "the big mountain", a place where the shepherds would live for 100 days over the summer (generally from mid-June to mid-September). Back then, the locals talked of going up to or down from the mountain pasture: emmontagner (in Saint-Jean) and démontagner (in Saint-Michel).

These days, the farmers keep this livestock-rearing tradition alive according to a precise calendar. Courchevel's pastures are still home to several herds which help look after the mountain and you can buy delicious cheese from there too.

Attribution : Courchevel Tourisme

E-bike rental Izibike Courchevel Morion (E)

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73120 Saint-Bon-Tarentaise

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