

Following the flow of hydroelectricity in La Coche

Tarentaise - LES AVANCHERS-VALMOREL



Retenue d'eau de la Coche (aptv_redac)

A surprising mix of educational farm, mountain pasture chalets and scenic viewpoints. The highlight of your ride: La Coche dam!

This route along a small woodland track offers up a wonderful mix of educational farm, mountain pasture chalets and scenic viewpoints. And a surprise awaits on your arrival: an impressive dam and its lake! There are various picnicking spots as well as a mountain restaurant along the way, so you'll have plenty of opportunities to rest and refuel.

Useful information

Practice : Mountain bike (electric)

Duration : 3 h

Length : 27.1 km

Trek ascent : 1100 m

Difficulty : Easy

Type : Return

Themes : Fauna , Lake and glacier, Viewpoint

Accessibility : Chien autorisé

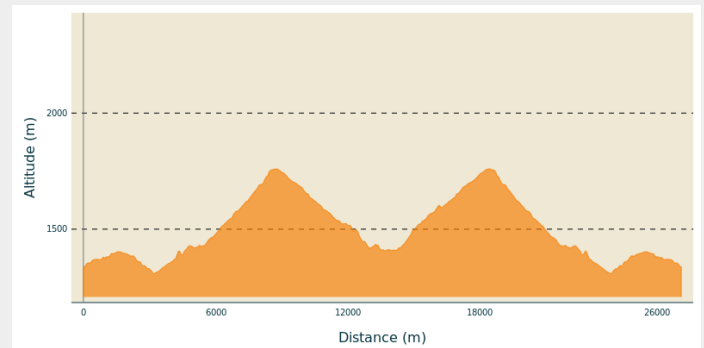
Trek

Departure : multi-storey car park P0, Le Bourg

Arrival : multi-storey car park P0, Le Bourg

Cities : 1. LES AVANCHERS-VALMOREL
2. LE BOIS
3. SAINT-JEAN-DE-BELLEVILLE
4. SALINS-FONTAINE

Altimetric profile



Min elevation 1308 m Max elevation 1760 m

From the resort of Valmorel, head up towards Le Pas de Pierre Larron along an easygoing woodland trail. At the highest point of the route (1,800m), treat yourself to a break while admiring the breathtaking view. The next stretch takes you down towards La Coche dam. After cycling round the dam, continue through the woodland and climb up to Le Pas de Pierre Larron. You can then head back down towards Valmorel along the same route.

Follow the blue waymarks: La Coche.

E-bike rental shops:

La Trace Sports

Immeuble Les Pierres-Plates
hameau Crève-Coeur
73260 VALMOREL
+33 (0) 4 79 09 81 07

Sun Bike Shop

Bourg Morel
73260 Les Avanchers
+33 (0) 6 50 77 62 09


Valmo'Bike

Bourg Morel
73260 Les Avanchers
+33 (0)6 09 94 23 47

On your path...




 E-bike rental shop: Valmo'bike (A)

 E-bike rental shop: La Trace Sport (C)

 Le Bouc Blanc equestrian farm (E)

 Les Bachals Chalet (G)

 La Coche dam (I)

 E-bike rental shop: Sun Bike Shop (B)

 Valmo'bourricot Farm (D)

 Plan Parc Plateau (F)

 Le Pas de Pierre Larron panoramic viewpoint (H)

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

Desserte ferroviaire jusqu'à Moûtiers Salins Brides-Les-Bains, renseignements : www.oui.sncf.com.

Puis transport en autocar jusqu'à Valmorel Bourg Morel.

Renseignements : www.transavoie.com

Pensez également co-voiturage

Access

From Moûtiers, take the RD95 road towards Valmorel.

Advised parking

multi-storey car park P0, Le Bourg

Accessibility



Chien autorisé

Information desks

Office de Tourisme de Valmorel et des Vallées d'Aigueblanche

Bourg Morel, 73260 Valmorel

info@valmorel.com

Tel : 04 79 09 85 55

<https://www.valmorel.com>

On your path...

E-bike rental shop: Valmo'bike (A)

Valmo'Bike
Bourg Morel
73260 Les Avanchers

+33 (0)6 09 94 23 47

E-bike rental shop: Sun Bike Shop (B)

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Valmo'bourricot Farm (D)

All sorts of animals live on this mini-farm - hens, geese, pigs, goats and rabbits ... Come and learn more about how they are reared in the mountain environment. You can even go for a donkey ride and take away some soap made from the milk of a jenny (female donkey). An ideal family outing!

Open in summer.

Price: €5. Free for under 3s. Admission included in the Pass'Aventure.

Children must be accompanied by a responsible adult.

Valmo Bourricot, 73260, LES AVANCHERS VALMOREL
Tel: +33 (0)6.81.17.11.51 / +33 (0)6.77.61.49.65
<https://www.valmorel-ane.fr/la-mini-ferme-de-valmo-bourricot/>

Attribution : Scalp-OTWA 7



Le Bouc Blanc equestrian farm (E)

Do make a point of visiting this little farm where Shetland ponies and Comtois draft horses are reared, as you can enjoy a ride on one of them while you're there!

Plan Chevron - La Charmette
73260 Les Avanchers-Valmorel

Attribution : aptv_redac



Plan Parc Plateau (F)

Admire the stunning panoramic view over the Morel Valley and the whole of La Lauzière mountain range from this sweeping grassland dotted with picturesque chalets!

Attribution : CCVA



Les Bachals Chalet (G)

In Savoyard dialect, bachal means a basin that is used as a trough or washing point.

This is a lovely place to stop for a picnic with a wonderful view over the La Lauzière mountain range before you. It also lies along an easygoing circular walking route that the whole family can enjoy - "Les Bachals": Takes: 2.5 hours / Distance: 5km / Elevation gain: 360m

Attribution : CCVA



Le Pas de Pierre Larron panoramic viewpoint (H)

For the best view, head a bit further down the road. There is a picnic table and from there a lovely view out towards La Lauzière, Les Bauges, Tournette, Aravis, Beaufortain, Mont Blanc, Alpes Grées and the lower and upper Tarentaise Valley towards the Col du Petit Saint-Bernard...with Aigueblanche below.

Attribution : CCVA



La Coche dam (I)

This route culminates at the impressive La Coche dam, which is 33 metres high. Its major reservoir is supplied by 28km worth of galleries which capture the affluents of the Isère; water intake is particularly high during snowmelt season. The dam is connected to the lower Aigueblanche reservoir and La Coche hydroelectric power plant, according to the innovative principle of a STEP, which stands for Pumped Energy Transfer Station. The principle is straightforward: to generate electricity, the water from the lake upstream (La Coche) is channelled through turbines then delivered to another lake downstream (Aigueblanche). In low water periods, the water is pumped back up to the reservoir upstream thanks to reversible turbines. Potential energy reserves are thus re-established, which can be harnessed at any time to meet peaks in consumption.

The new power plant, fitted with a Pelton wheel, the most powerful turbine in France, which was inaugurated in 2019, can increase its power by 25%. It has an annual output of about 100 GWh, the equivalent of 265,000 inhabitants' energy consumption (i.e. covering more than 60% of Savoie's population).

Attribution : CCVA