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A beautiful sporty hike to discover one of the sections of the GR5, but also the geological and natural sites of the Abondance valley.

This itinerary starts from the Alpage de Bise, classified as a UNESCO Geopark. Its landscapes offer a real journey through time, from the history of the formation of the Alps to the history of the people who lived in this mountain environment with their herds.

After a short climb through the pastures to the Pas de la Bosse (1816 m), you will continue with a long descent of 800m to the Chapelle d'Abondance with the Mont de Grange, the emblematic summit of the Chablais, as your sight.

At La Chapelle d'Abondance, you can stop and admire the beautiful traditional wooden farmhouses, whose vast surface area made it possible to meet the needs of the winter: sheltering men, their animals and the food reserves for each of them. You will also have the opportunity to stock up on cheese and other regional products at the "fruitiere" before climbing up the slopes of the Mont de Grange, a peak culminating at 2432 m and a Natura 2000 site. This reserve is home to numerous species: red deer, chamois, ptarmigan, black grouse, peregrine falcons... Keep your eyes open!

Your arrival at the Trébentaz Refuge will also be full of surprises, with a magnificent panorama of the Valais, Chablais and Bernese Oberland!

TAKE NOTHING BUT MEMORIES ...

- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... LEAVE NOTHING BUT FOOTSTEPS



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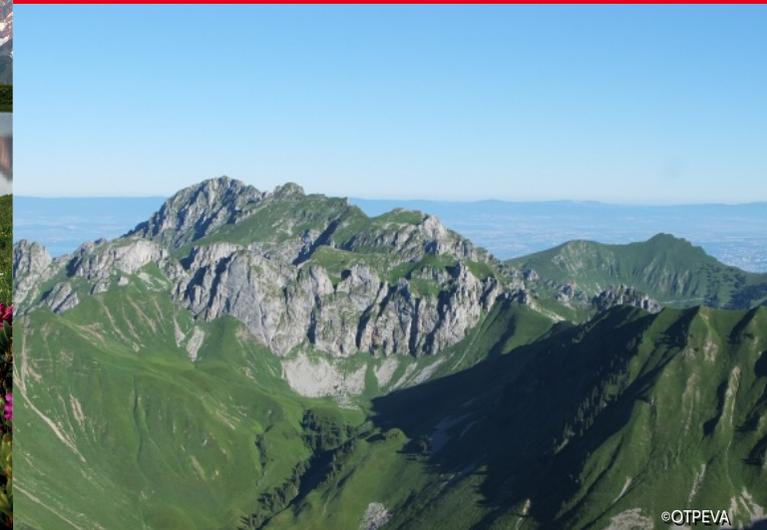
MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS
WEATHER: 3250 (€2.99/call + call charge) - www.meteofrance.com

INFORMATION

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WALKS AND HIKES



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GR5 ALPES (2): BISE – TREBENTAZ (LA CHAPELLE D'ABONDANCE)

This section of the GR5 reaches the Trébentaz refuge from Bise. It crosses the Natura 2000 nature reserves of the Cornettes de Bise and the Mont de Grange, emblematic peaks of the Abondance valley, and the village of La Chapelle d'Abondance.

One-way walk/touring DIFFICULT

5:30

12.8 km

+ 1171 m

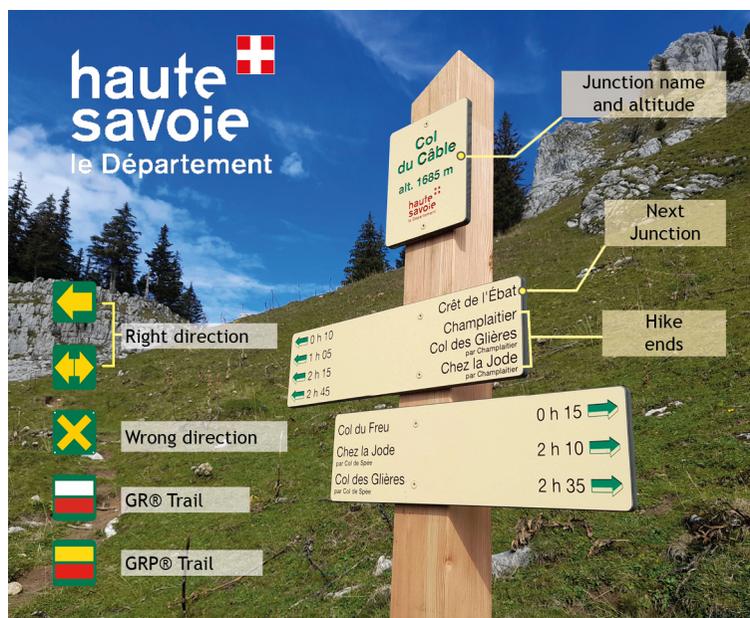
- 807 m

1866 m

Keep pets on a lead

STARTING POINT: Alpage de Bise

HOW TO GET THERE: In the Abondance valley, at Vacheresse, take the direction of Bise. Large car park on arrival at the Bise mountain pasture. No public transport service.



haute savoie
le Département

Right direction

Wrong direction

GR® Trail

GRP® Trail

Col du Câble
alt. 1685 m
haute savoie

Crêt de l'Ébat
Champlattier
Col des Glières
par Champlattier
Chez la Jode
par Champlattier

0 h 10
1 h 05
2 h 15
2 h 45

Col du Freu
Chez la Jode
par Col de Bise
Col des Glières
par Col de Bise

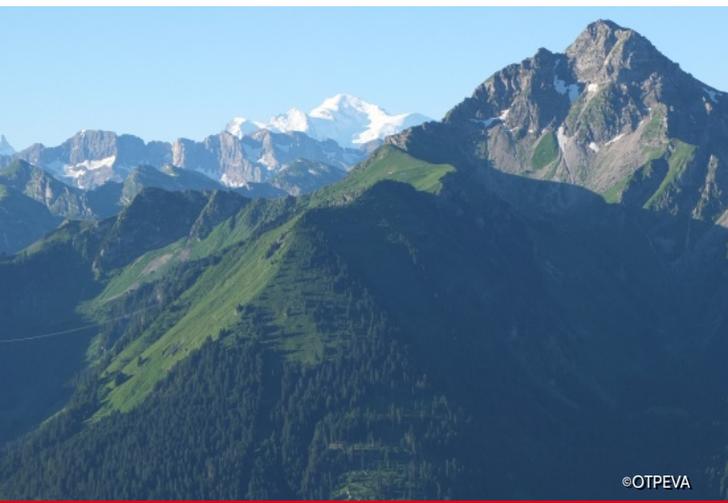
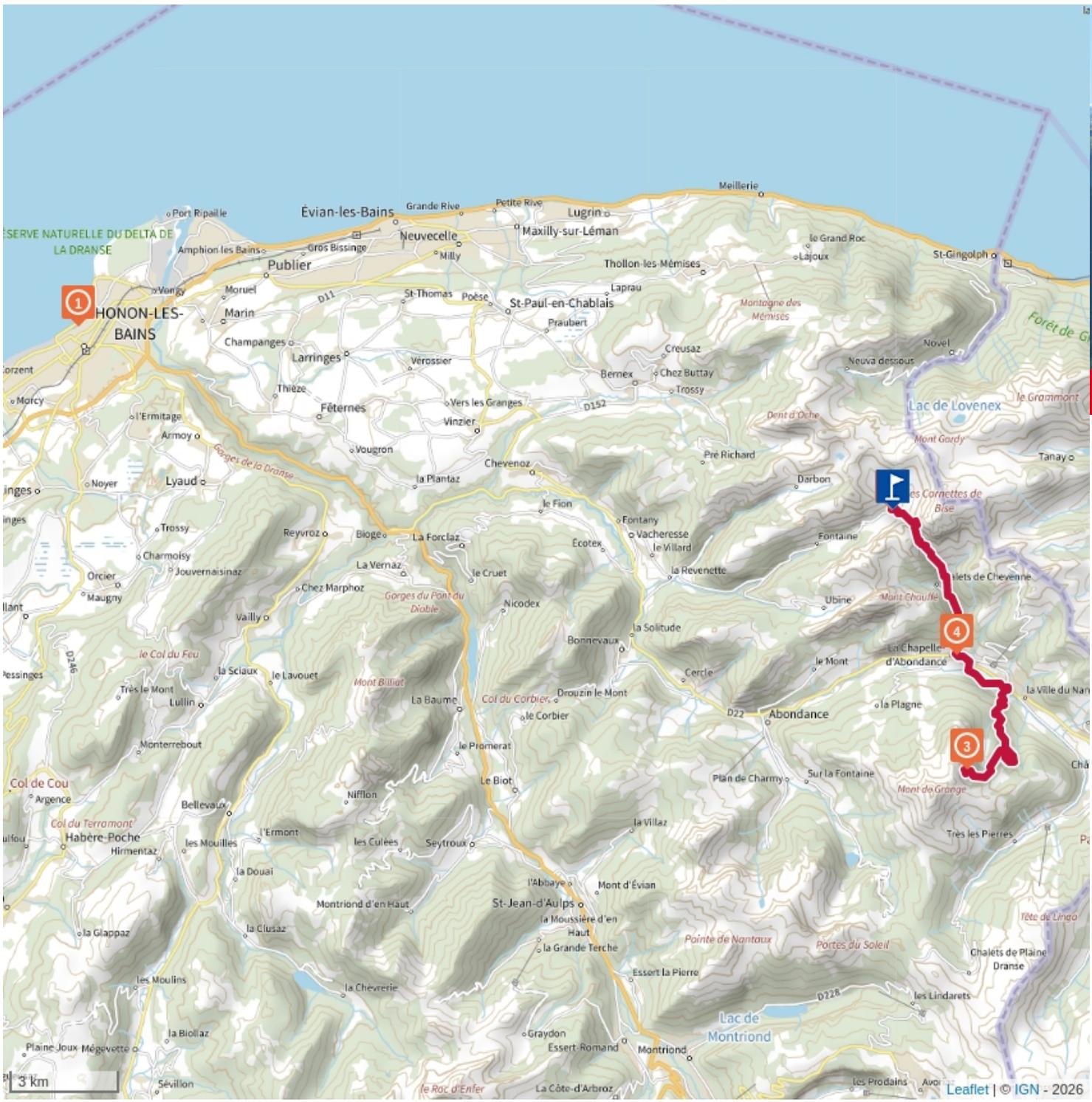
0 h 15
2 h 10
2 h 35

Junction name and altitude

Next Junction

Hike ends

VACHERESSE



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YOUR ROUTE

Start: Alpage de Bise, Vacheresse.

- 1** Take the path towards "Pas de la Bosse" (1816 m),
- 2** At the Pas de la Bosse, take the direction of "Chalets de Cheneau" and "Chalets de Chevenne" by a long descent of 800 m.
- 3** Turn left and cross the centre of the village of La Chapelle d'Abondance to reach the "Pont de Banfin".
- 4** Cross the "Pont du Banfin" and head towards the "Moulin" and the "Cascade sur Bayard".
- 5** Join "Sur Bayard" and then the "Crottes".
- 6** Leave the GR5 and take the path on the right which goes up towards the "Chalets de Trébentaz".
- 7** You will arrive at the Trébentaz refuge.