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This hike starts in the center of the village of Abondance. Head for the Essert gondola, then discover the hamlet of Fremoux, with its traditional houses and alpine pastures.

From the top of Fremoux, you can admire the entire Abondance valley.

Join the forest path leading to the Chalets de l'Essert. A panoramic view of Mont de Grange and Charmy l'Adroit awaits you.

After the Essert restaurant, head back towards Frémoux Dessous to rejoin the path back to the village center.



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## 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

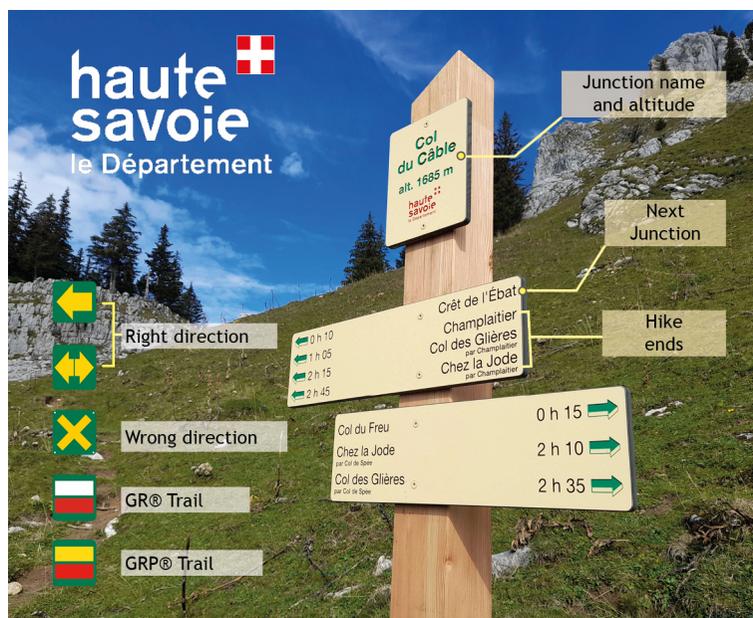
## ... LEAVE NOTHING BUT FOOTSTEPS

**MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS**

**WEATHER: 3250 (€2.99/call + call charge) - [www.meteofrance.com](http://www.meteofrance.com)**

### INFORMATION

abondance@ot-peva.com  
04 50 73 02 90



## WALKS AND HIKES



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## LES CHALETES DE L'ESSERT (LOOP)

This hike takes you through the **Alpage de l'Essert**, where **Abondance cheese and goat's milk tomme** are made in summer. **Beautiful views of Mont de Grange and Abondance** await you along the way.

Loop

MODERATE

3:30

9.5 km

+ 470 m

- 470 m

1400 m

Keep pets on a lead

**STARTING POINT:** Centre du village

**HOW TO GET THERE:** Centre of the village of Abondance, free parking on site.

ABONDANCE



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## YOUR ROUTE

Abondance village center.

- 1** Follow signs for "Télécabine de l'Essert". At the Essert parking lot, just before the bridge on the right, take the signposted path below the gondola. Follow the signs for "Froggy" and cross the wooden footbridge, then follow the asphalt road to the right, which takes you to "Frémoux Dessus".
- 2** After the last farm, the asphalt road ends. Continue along the trail for about 100 m, then turn right towards "Chalets de l'Essert". This brings you to the "Frémoux Dessus" mountain pasture.
- 3** Follow signs for "Chalets de l'Essert".
- 4** Once you've reached the chalets, head downhill towards "Chalets de Brion".
- 5** Then join Le Mont Logis, and turn left towards "Plessert" and "Frémoux". 7/ From here, you return to the uphill route to the village center.
- 7** From here, you return to the uphill route to the village center.

**TRICKY SECTIONS:** The last part of the path up to the Chalets de l'Essert includes a steep section with small stones: bring good walking shoes.