

# MOTTARET

## MORNING OR AFTERNOON

### SUNDAY



"ON THE HEIGHTS OF THE TUÉDA NATURE RESERVE"

We will take the height to enjoy the nature reserve and its landscapes.  
A magical place not to be missed!

MEETING POINT: ESF Mottaret, 9:15 am or 2:15 pm

### MONDAY



"DISCOVERY AND BREATHTAKING VIEWS OF MERIBEL"

We will go off trail to Granges with the most beautiful views of the ski resort of Meribel.

MEETING POINT: ESF Mottaret, 9:15 am or 2:15 pm

### TUESDAY



"DISCOVERING THE VALLEY HAMLETS"

(Les Allues or le Plantin depending on snow conditions)

Walk around the villages and hamlets to discover the history of the valley.

MEETING POINT: ESF Mottaret, 9:15 am or 2:15 pm (limited to 8 people maximum)

### WEDNESDAY



"A WALK ALONG THE WATER"

After a descent into the Bois d'Arbin forest, enjoy a walk along the "Doron" of Les Allues - a change of scenery guaranteed.

MEETING POINT: ESF Mottaret, 9:15 am or 2:15 pm

### THURSDAY



"ON THE TRAIL OF ROE DEER AND WHITECOATS" (Altiport sector)

Let's walk on the footprints of the Blanchot in the forest of the altiport, let's follow those of the doe, the squirrel, the roe deer, ... Other clues await you!

MEETING POINT: ESF Mottaret, 9:15 am or 2:15 pm (limited to 8 people maximum)

### FRIDAY



"EFFORT AND COMFORT" (Ramées sector)

Take the height above the resort of Mottaret on the Chemin des Ramées.

After the effort, a small tasting of local products: wine of Savoy and Beaufort!

MEETING POINT : ESF Mottaret, 9:15 am or 2:15 pm



Accessible to all



Average walker

## ESF MÉRIBEL SNOWSHOE PROGRAMME

Indicative programme : depending on the weather conditions and the number of people, the outings may be modified.

WINTER 2024/2025

# SNOWSHOE PROGRAMME



**esf** MÉRIBEL



# CHAUDANNE

## MORNING

### SUNDAY



#### "DISCOVER THE JOY OF SNOW"

We will go off-piste to Les Granges to discover nature, the first glides and the snow cover.

MEETING POINT: Chaudanne, 9:15

### MONDAY



#### "HISTORY OF A VILLAGE"

Walk through the mountain pastures to the pretty village of Le Raffort on the theme of rural heritage, from the grain to the mill, and life in the past. Return by shuttle bus.

MEETING POINT: Chaudanne, 9:15

### TUESDAY



#### "MOUNTAIN PASTURES AND CHEESE"

On the shepherds' paths at Nantchu: you will learn all about Beaufort and the mountain pastures ! Very nice view on the valley.

MEETING POINT: Chaudanne, 9:15

### WEDNESDAY



#### "EFFORT AND COMFORT: APERITIF!!"

After a climb in the forest towards an old chalet, a little tasting of Savoie wine and Beaufort : Cheers ! You will love the descent!

MEETING POINT: Chaudanne, 9:15

### THURSDAY



#### THE "CRÊTES DE TOUGNÈTE"

After an ascent by the ski lifts, we will leave on the crests with an incredible panorama on the 3 Valleys.

MEETING POINT: Chaudanne, 9:15 with your pedestrian pass (2 sections).

### FRIDAY



#### "NATURE RESERVE"

We will go to the lake of Tuéda to meet the speckled nutcracker and the Arolles. A magical place not to be missed!

MEETING POINT: Chaudanne, 9:15

# ALTIPORT

## AFTERNOON



#### "THESE ARE THE TREES THAT DO US GOOD"

Who are they? A walk in the heart of the Dos des branches forest to discover these beautiful trees under the snow. A great way to disconnect and relax.

MEETING POINT: Chaudanne, 14:15



#### "ON THE TRACKS OF THE ANIMALS"

Let's follow the footprints of the Blanchot in the forest, the doe, the squirrel, the wild boar... Other clues are waiting for you ! It's up to you to keep your eyes open!

MEETING POINT: Chaudanne, 14:15



#### "SNOW IN ALL ITS FORM"

From the drop of water to the snow crystal, we will go and see the beauty of snow and water in the mountains, in the forest of La Frasse.

MEETING POINT: Chaudanne, 14:15



#### "IN THE HEART OF THE GIANTS"

Spruce, birch, mountain ash, maple, aspen, who are you? Take the time to relax at the foot of the giants to recharge your batteries.

MEETING POINT: Chaudanne, 14:15



#### "WINTER COAT AND PLUMAGE"

How does wildlife adapt to the harshness of winter?

MEETING POINT: Chaudanne, 14:15



#### "PATH OF THE DEER"

Further up the mountain, in the Fontany forest, roe deer are hiding : keep your eyes open !

MEETING POINT: Chaudanne, 14:15

Prices : from 44€ for a half day and from 149€ for 5 half days.  
Please refer to the ESF "Snowshoeing" price list.



Accessible to all



Average walker

Private outings : we can organise full day or half day trips.

Information and registration in the ESF offices  
Phone : +33 (0)4 79 08 60 31

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### THURSDAY



Day : « DELICES DES SOMMETS » :

Further and further into the magical world of winter. Savoyard meal in the refuge or picnic in a preserved valley, in a majestic setting, near a chalet. Depending on the weather conditions. Minimum 5 people.

\*Other possibilities for walks: Tuéda nature reserve, Saut refuge, Champagny, Pralognan, ....

Registration required the day before with the ESF.



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Average walker



To go higher

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