

Jura, Burgundy & French Alps

Regional Activity Guide

This guide provides details on various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, terrain, start/finish points, where to hire bikes, where to buy bait and so on, all the information at your fingertips. There is golf information with details of some of the area's finest courses.

Canvas Active ... something for everyone



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Cycling Routes

Our thanks go to Chris, Helen, Josh and Amelia Sugars and to Kieth Richardson and Lynn Haxton who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research and at the time of printing. We recommend that you obtain a large scale map of the area to accompany the routes described here.

Cycling in France Guidelines

What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. When not available on site, you can hire bikes from many tourist offices, and some railway stations.

Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
 - A spare inner tube.
 - A pump to re-inflate the tyre with a connection that fits the tube valve.
 - Quick release fastenings on wheels or spanner to release the wheel nuts.
 - A set of tyre levers to take off the tyre.
7. Try the brakes and make sure they work. Check the tyres are inflated enough.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels (either 2 or 3) there should be at least 5 and up to 8 sprockets.

Remember the hirer just wants to hire bikes as quickly as possible, it's up to you to check these points yourself.

French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths wherever available.

- Major routes are marked in red. These are best avoided as have much traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the ordnance survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Col Fermé	Road/Pass closed
Priorité à Droite	Give way to right
Route Barrée	Road closed
Sens Interdit	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

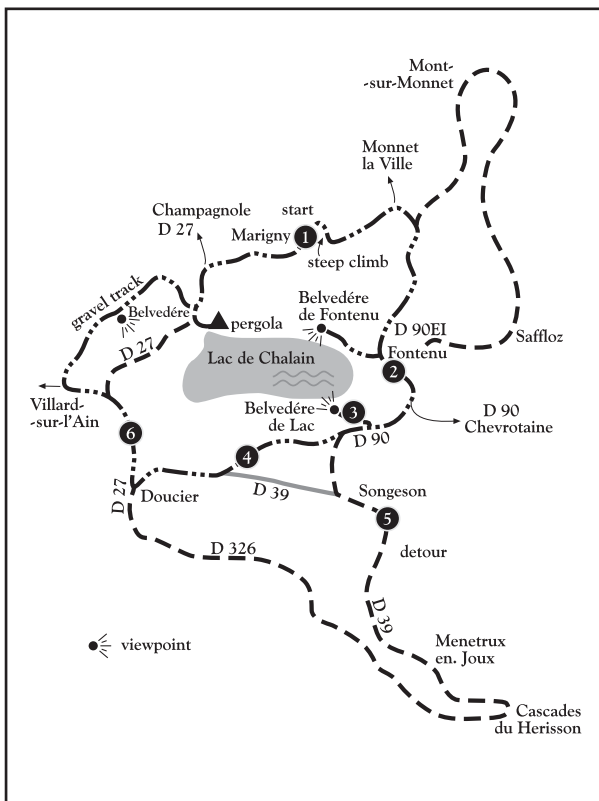
Jura

Route One from 13mils/21km (3hrs+)

The Fontenu Circuit

This route leaves from Camping la Pergola. It is a gentle ride that takes you on a wonderful circuit through forest and open scenery, through the Fontenu village and past good viewpoints of Lac de Chalain. Make a detour on your return to the beautiful Cascades de Hérisson.

"This route encompasses superb views of Lac de Chalain & the quaint village of Fontenu. The roads are generally very quiet, but steep in places as they twist & turn through some beautiful forest & open scenery. This ride can be best enjoyed in the early evening when the light reflects off the lake & cornfields."
Chris and Helen Sugars, Suffolk.



Directions to start point from other campsites by car:

From Domaine de Chalain follow the road out of the campsite to Doucier and join the route there or on the D27 until you reach Camping la Pergola. You can park on the campsite for a small fee, or in a small car park on the left just past the entrance.

Route Description

1 From Camping la Pergola, follow the D27, and take the first right up the hill to Marigny. When you reach this rather sleepy village, you can either continue on right up the hill or turn left to explore the village. If you continue left at the church it will bring you back to rejoin the route. Pass café 'Chez Marcelle' on your right, and an off road track on your left.

2 Continue your ride along the quiet road as it winds its way up steeply around several hairpin bends. Follow the road through the forest, until you reach a junction where you turn left. Turn right to exit the forest and cycle through fields to the village of Fontenu. If you turn left at the second junction it is possible to make a loop, which takes you into Mont-sur-Monnet, a small village. This road will take you onto Fontenu via Saffloz on the D74.

3 As you near the end of Fontenu, follow the sign to the viewpoint at Belvedere de Fontenu. The view from here is excellent, and the sunlight which bounces off the lake in early morning or late afternoon is quite spectacular. This is a wonderful place to picnic, where you can see Domaine de Chalain nestling below. Another good picnic site is the other viewpoint Belvedere de Lac, on the other side of the amphitheatre.

4 Rejoin the road and follow it back to the D90E1, which leads you onto the D90 where you turn right. Cycle through the forest and down a long and fast hill following the signs for Doucier. Beware of the junction with the busy D39 at the bottom as traffic there has priority.

Detour to the Cascades de Hérissou

5 Turn left before the hill to Songeson and take the D39 to Menetruux-en-Joux, which makes it about a 27mils/43km round trip. You can cool down in the waterfall when you arrive. (See Cascades de Hérissou walking Route Two).

6 Otherwise follow the D39 for a short stretch into Doucier and the D27 towards Marigny. At a sharp right turn, bend left to Les Grandes Chaux and follow the Circuit du Lac signs along a gravel track back to the D27. Turn right by the small car park in to Camping la Pergola.

Cycle Notes

Distance 13mils/21km from Pergola. 6mils/10km additional detour to Cascades de Hérissou.

Grade Medium grade, with some steep hill climbs and potentially fast downhill sections.

Terrain Mainly tarmac, some gravel.

Suitable Family with teenage children.

Time Three hours plus including time for picnic.

Start/end Camping la Pergola.

Map Itinéraires pédestes équestres et VTT informations touristiques – Jura. 1:50000. IGN 3327 OT 1:25 000 Saint Claude. Lac de Vouglans and 3226 ET 1:25 000 Lons de Saunier. Poligny are the recommended maps of the area.

Facilities The Sarrazine restaurant in Doucier is good. Fontenu has a bar on the left hand side as you pass through & 'Chez Marcelle' in Marigny is popular.

Picnics There are some lovely places in Belvedere de Fontenu.

Bike Hire You can hire bikes onsite at Domaine de Chalain and these can be reserved in advance. Some bicycles are available with children's seats and you can also hire tandem bicycles. If you plan to do a lot of cycling then you need to bring your own repair equipment, although some spares can be found in the surrounding towns.

Route Two 10mils/16km (2hrs excl. stops)

Circuit of Lac de Chalain

This route leaves from the café at Domaine de Chalain, Doucier. The ride takes you on a circuit of this beautiful lake along quiet back roads. There is every opportunity for experiences cyclists to extend the route with some hard off-road sections.

"This is the biggest natural lake in the Jura and one of the most spectacular settings for walking and cycling in the area. There are plenty of opportunities to swim & pause to take in the views."
Chris and Helen Sugars, Suffolk.

Directions to the start point

From Camping la Pergola - leave the site by the main gate, and turn right towards Marigny, following the gravel track beside the road. After 100m there is a Lac du Chalain sign to the right. Alternatively, you could start and end this route at point 6.

Route Description

1 Take the road from Domaine de Chalain to the lake and follow the Lac de Chalain tour sign along the cycle track. From here you have two options;

2 First option; Continue to follow the 'Tour de Lac' signs, taking the lower road on the right, through the school camp and past Doucier beach.

3 When you come to a T-intersection, turn left onto the D27, then at the first corner turn right onto the D150, again following the 'Tour de Lac' signs. Now follow the directions from point 5.

4 Second option; At the end of the track follow the road towards Doucier for about 1500m. At the T-intersection in Doucier turn right onto the D27 and follow the road for a short distance. At the sharp right bend in the road, go left onto the D150 towards Villard sur l'Ain.

5 A sign points to the right just at the village sign, take this right on the gravel track through fields. You have a lovely view of the lake and valley to your right.

6 The track comes out by a small car park to the left of the entrance to Camping la Pergola. Turn left at the main road and almost immediately on the right you will see a signed track leading up to another steeper gravel track. At a junction take the right track up hill until you pass a blue house on your left. Continue on until you come to a large stone on the left with a metal pole on the right. The track narrows temporarily and opens up into a field before entering woodland. At the next junction, turn right, passing the barrier.

7 After a short time you will emerge at the edge of Domaine de Chalain and back at the campsite. Follow the shore back to the café.

Cycle Notes

Distance 8mils/13km around the Lac de Chalain.
Grade Easy ride, experienced cyclists can extend the route with some hard off road sections in the forest.
Terrain All on tracks and quiet back roads.
Suitable Family with teenage children.
Time One and a half hours plus excluding times for stops.
Start/end Café at Domaine de Chalain.
Map Routes are clearly marked and sign posted.
Facilities The Sarrazine restaurant in Doucier is good. Fontenu has a bar on the left hand side as you pass through & 'Chez Marcelle' in Marigny is popular.
Bike Hire Bike hire is available on site at Domaine de Chalain and can be reserved in advance. Some bicycles are available with children's seats and you can also hire Tandem bicycles. If you plan to do a lot of cycling then you need to bring your own repair equipment, although some spares can be found in the surrounding towns. Champagnole has the closest good quality cycle shop.

Walking Routes

Our thanks go to Chris, Helen, Josh and Amelia Sugars (walks 1-3), to Richard and Judy Meade (walks 4-6) and to Kieth Richardson and Lynn Haxton who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research and at the time of printing. We recommend that you take a large scale map of the area to accompany the route descriptions listed here.

Walking trails in France

France has an extensive network of trails throughout the country and more than 36,041 miles/58,000 km of long distance footpaths and 74,568 miles/120,000 km of local footpaths have been created. The organisation that established and maintains the trail system is called the Fédération Française de la Randonnée Pédestre (FFRP) or French Long Distance Walking Association. The FFRP also publishes over 200 walking guidebooks called Topo guides.

National long distance paths

Sentier de Grande Randonnée (GR: national long distance path). These are numbered - GR 3, GR 76 etc. There is 38,000mils/61,153km of GR trails in France, which are laid out to connect one point with another. They are fully signposted and way marked with white over red blazes.

Regional paths

Sentier GR de Pays (GRP: regional long distance path). There are 25,000 miles/40,225 km of GRP trails in France and each covers one region thoroughly, often in a circular layout. Individual GRP trails can be well over 100 miles/160 km long. They are marked with yellow over red blazes.

Local paths

Sentier de Petite Randonnée (PR: local path). These trails radiate out from many towns and villages in France, offering the visitor the opportunity for an hour to a day's walk to a local beauty spot or to a place of historical interest. These paths are marked with a single yellow blaze or, if there are many paths that intersect as is usually the case, a single blaze of any colour.

A useful website is www.franceonfoot.com which has an index, updates and current information about walking in France.

Maps

The best maps to use if you plan to walk or cycle are the French IGN maps. The green IGN maps (1:100 000) provide the smallest scale available (which have the contours marked), and are essential for the cyclist who may cycle off the 1:25 000 map in a few hours. Walkers will use the more detailed blue (1:25 000) map where an entire map covers roughly 16-20km (less than 12 miles). These maps show land contours, trails, cattle tracks, rail lines and more. IGN maps are available from most major supermarkets, and the local tourist office will usually have copies of those relevant to the local area. Alternatively, visit www.ign.fr, for details on all of the maps and ordering.

Don't Forget

- o Wear good strong shoes or walking boots.
- o Take plenty of food and drink with you.
- o Do not wander off the paths.
- o Do not trample on, or pick any of the plants.
- o Lighting fires is prohibited.
- o Throw your rubbish in the dustbins provided along the way.
- o Beware of sunstroke and take plenty of sunscreen and a sunhat.
- o Always close barriers/gates behind you.
- o When going on a walk, always tell someone where you are going and when you are planning to return.

Useful Walkers Phrases

- Sauf Rivierians – Access only for residents, cyclists and walkers
- Sauf Pieton – Pedestrians only
- Défense d'Entrer – No Entry
- Propriété Privé – Private Property
- Sentier – Footpath
- Sentier Côtier – Coastal footpath
- Itinéraire de Délitage – Alternative Route
- Quartier – Part/district
- Coteau – Hill/hillside
- Centre Ville – town centre

For more useful phrases, please see your Canvas Holiday Guide

Jura

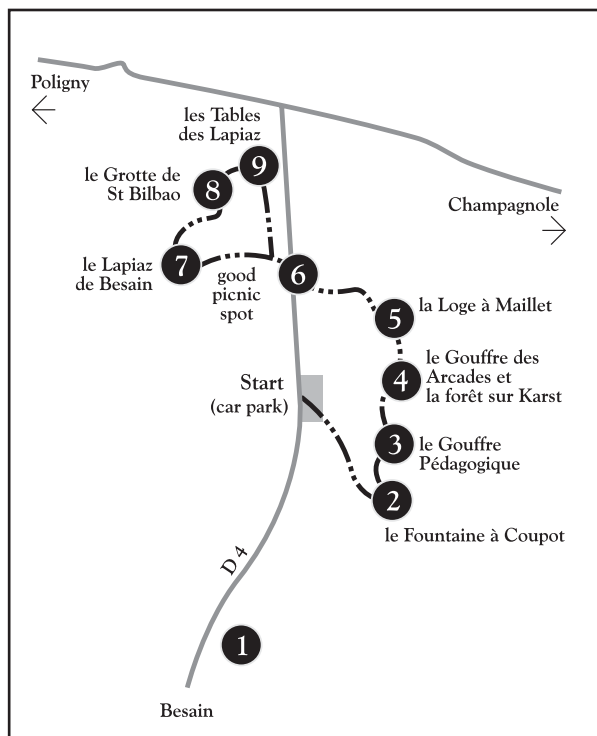
Route One 3mils/6km (2-3hrs inc excursions)

La Sentier Karstique des Malrochers

Within a short drive from all the Jura campsites, this circular walk along rough paths takes you to a series of eight cave systems. It is possible to explore most of the caves, or you can take a short cut back down a quieter road if you prefer.

"This is a varied and unusual circular forest walk within a short drive of all the Jura campsites. It is a good retreat in hot weather, or a good place to escape the rain. This walk is well signposted and there is a short cut back down a quiet road if required."

Chris and Helen Sugars, Suffolk.



Directions by Car to the start point

Follow the D4 from Besain in the direction of Molain. Continue for approximately 1 mile/2km, and as you approach the junction with the N5 you enter a small car park on the right. The car park is marked by a large rock at the entrance and an information board written in French. Allow 15-20mins drive from Lac de Chalain.

Route Description

- 1** Go to the rear of the car park to find a sign for the first cave - Le Fontaine à Coupot. Follow signs with a cartoon drawing of a Neolithic man, which are attached to trees along the way, as well as red stripes on the rocks.
- 2** A 10min walk will bring you to Le Fontaine à Coupot. There is a handrail to assist you to the bottom of this damp and chilly cave. Take care as water can make the rocks quite slippery. Retrace your steps from this cave, turn right and follow the caveman signs to the next one. As you wander along, you will notice over 70 strange faces painted on unusual rocks along the way.
- 3** You'll come to the Gouffre Pédagogique, a spectacular entrance into a cave system, only visible from behind a handrail.
- 4** The Gouffre des Arcades is the next cave en-route, and you are allowed to enter and explore. As you enter, be sure to note a couple of magnificent naturally eroded limestone arches.
- 5** Continue along the path, and you will next come to La Loge à Maillet. You will need a torch in order to explore the inside, but it is a dry walk into and through this cave. Children will enjoy this cave as a taster to "real caving".
- 6** From here you follow the caveman signs to the D4, where you can double back down the road for approximately 400m to the car park. Alternatively you can follow the route across the road, which will take you the full distance of this walk. The path now passes through a section of broken forest with a couple of pleasant clearings to picnic in.

7 The next point of interest along this route is a patchwork of limestone clints called the Lapiaz de Besain. It is easy here to confuse the way, so take care when you follow the caveman signs.

8 Take a sharp left turn after the large unmarked cave and follow the path to Le Grotte de St Bilbao. There is a hand rail for support as you enter.

9 Retrace your steps to Les Tables de Lapiaz, which owes its name to the erosion of the softer soil, that left behind some fascinating limestone tables. Continue along the path which now enters some deep limestone clints, and may involve a bit of a scramble. Just off the path you will notice a collapsed cave system of some considerable size, now just a large rubble strewn hole.

The path narrows, and after a short while you arrive back at the car park.

Trail Notes

Distance 3mils/6km for the full walk.

Grade Easy.

Terrain Along rough paths & scramble over slippery rocks.

Suitable All the family, although very young children are safer and easier in a backpack.

Time Four hours including excursions into the caves.

Start/end Car park on approach to junction with N5.

Map Jura – 'Itinéraires pédestes equestes et VTT informations touristiques – Jura'. 1:50000.

IGN 3327 OT 1:25 000 Saint Claude. Lac de Vouglans and 3226 ET 1:25 000. Lons de Saunier. Poligny are the recommended maps of the area.

Facilities There are no refreshments within easy reach so bring your own provisions.

Note You need good trainers and preferably boots, as the limestone caves can be slippery underfoot. Take a hand torch, or preferably a head torch to leave your hands free. Due care must be taken along this route as small sump holes are some times unguarded and within easy reach of the path.

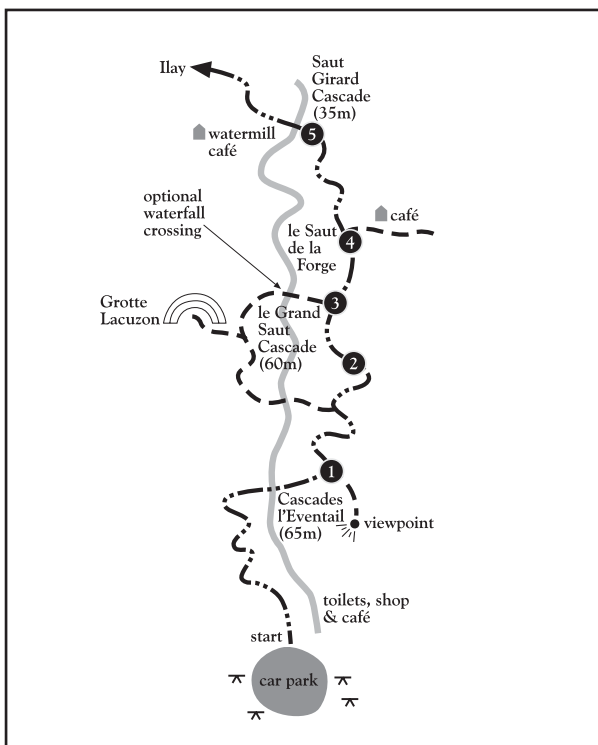
Route Two 7mIs/12km (2-3hrs)

A walk up to Les Cascades du Hérisson

Within easy reach of the campsites, the set of waterfalls known as Les Cascades de Hérisson are especially spectacular during wet weather.

"In early summer the banks of the river in this area are bordered with a carpet of wild flowers."

Chris and Helen Sugars, Suffolk.



Les Cascades du Hérisson

This popular set of waterfalls are spectacular in the wet weather. However, due to the proximity to the Hérisson river source, they can dry up exposing a series of caves and 'giant cauldrons' carved into the riverbed. A gravel car park provides ample parking. At weekends and during the high season your fee includes a route leaflet. The car park is in a pleasant spot in a beautiful wooded valley and you will find sheltered and shady picnic benches around the car park.

Directions to start of walk at the car park at bottom of Les Cascades du Hérisson

Take the D326 from Doucier, and follow the signposts for the Cascades. The walk starts from the car park at the bottom of the Cascades. Allow 10-15 mins drive from Lac du Chalain.

Route Description

1 The approach to the Cascades l'Eventail is spectacular, and a multi-tiered waterfall comes into view as you walk through the trees. You can take a three-wheel buggy or wheelchair this far. The 500m walk is well worth the effort.

2 From the waterfall the path climbs up steep steps through woodland to the top of the waterfall. As soon as you cross the river over a little bridge, you can take a track off to the right to a view point and a great view.

3 Head back following the path along the river until you reach the vertical waterfall, Le Grande Saut Cascade, which is slightly smaller than the first fall. Take the steep path to the right, which will take you away from the fall, and make use of the handrail. There is an extra small circuit here where you can explore the Grotte Lacuzon and walk behind the waterfall, be prepared to get a little wet.

4 On the main path and wind your way to the top. You will pass the ruined settlement of La Saut de la Forge, on the way to the riverbed, which is an excellent place to picnic. There is a café on the right, which sells ice creams, crêpes and drinks.

5 Make sure you follow the river path which leads to the right, and do not to cross the bridge, which will take you towards one of the Grandes Routes. Continue up the path to the final fall, which finishes at Saut Girard. This is a welcome place to dip your toes after a hard climb.

From here you can turn around and see the beauty of the valley from the other direction. Retrace your steps to Le Grande Saut where you can take the path towards the waterfall. This waterfall is great fun and very refreshing on a hot day. Please take care, as it can be quite slippery on the sharp rocks.

Follow the route back to the car park

Trail Notes

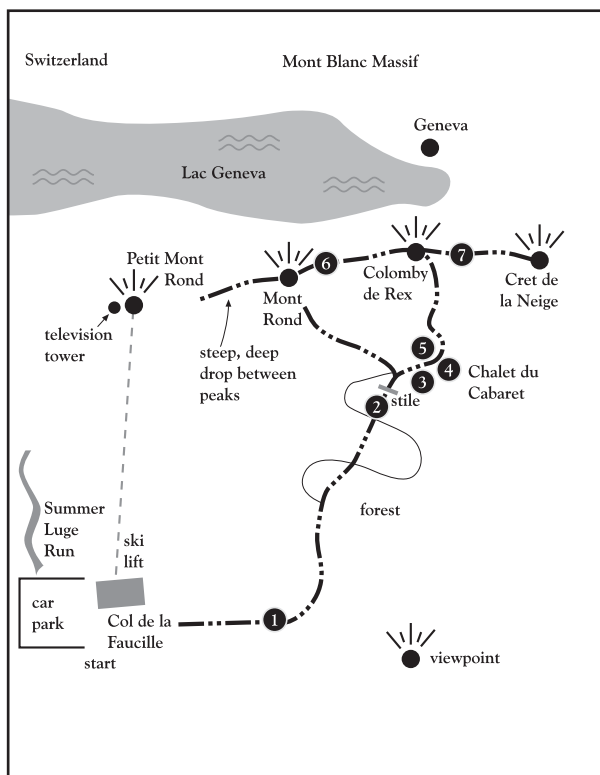
- Distance Approximately 7mils/12 km.
Grade Easy grade; steep and slippery nearer the top.
Terrain Some steep tracks The route is well hand railed in places due to some steep cliffs around the water falls.
Suitable A confident adult will be able to negotiate this with a sure-footed child. Younger children will especially enjoy paddling.
Time Approximately three to four hours.
Start/end Car park at bottom of Les Cascades du Herisson.
Map Michelin Green Guide Burgundy/Jura page 206. Michelin Map 70. IGN 3327 OT 1:25 000 Saint Claude. Lac de Vouglans and 3226 ET 1:25 000 Lons de Saunier. Poligny are the recommended maps of the area.
Facilities A small café at Saut de la Forge serves drinks, ice cream and good crepês. More substantial food can be bought at Saut Girard at the watermill and at the start of the walk. Alternatively, bring along your own picnic and choose a spot beside the river.

Route Three 3-9mils/5-14km (2-3hrs)

A superb view of Mont Blanc from the Grande Mont-Rond

The path from the Col de Faucille car park winds its way up into the rugged Haut Jura, through mixed woodland and open meadows. From the top there are superb views of Mont Blanc and Switzerland. There are possible extensions from here, suitable for experienced walkers with map reading and compass skills.

"You'll reach the top and be rewarded by the most spectacular view of Mont Blanc and Switzerland you are ever likely to get."
Chris and Helen Sugars, Suffolk.



Area description

The Haut Jura is the most rugged part of the Jurassic massif and is in easy reach of all the campsites. The drive to the Haut Jura is magnificent, with plenty opportunities to stop and admire the views. The city of Saint-Claude is a good journey break & worth it for the view of the close by Flumen Gorge. The route from the Col de la Faucille winds its way through woodland and open mountain meadows, which are covered with alpine flowers. At the end of your energetic excursion you will be rewarded with a breathtaking view of the Massif du Mont Blanc, the mountains of Switzerland & Lake Geneva.

Directions to Col de Faucille by car

From the Lac de Chalain sites take the D39 to St Laurent. At Ilay take a left followed by a sharp right to continue on the D39 to St Laurent. At the next junction take a left onto the N78 to St Laurent. At St-Laurent follow the N5 through Morez, Les Rousses & La Dole to the Col de Faucille. If you want to break at Saint-Claude take the D437 at St-Laurent to Saint-Claude, then the D436 to the Col de Faucille. NB: driving time to Col is approximately 1 hour 15 minutes.

Route Description

1 From the car park head towards the main chairlift and follow the road to a split. Follow the gravel track to the left for about 1000m and you will see a sign up a fairly steep path to Mont-Rond, cutting through the forest on your left. This path cuts out the long winding bends of the track; you will rejoin the track after a while.

2 Another path is signed after several hundred metres and you will follow this to a stile, which then leads into open Alpine meadows.

3 You can go off to the left a little further on & up to Petit Mont-Rond & Mont-Rond to the ridge. See 'Possible Extensions'.

4 Please note that the ridge dips down and Mont-Rond and Colomby de Gex give you a steeper climb.

5 Take the left path and follow the track for 1 mile/2 km until you reach Chalet du Cabaret, which is used both by mountain rescue and for storage during the winter. Leave the track and follow a worn path, which winds through boulders up the mountainside. You may still find pockets of snow in June, which is great for distracting the children!

6 Eventually you will reach the top with fantastic views of Mont Blanc and Switzerland on a fine day.

7 From here you can retrace your steps back down to the track and to the Col, or carry on along the ridge to Cret de la Neige 1717m (5636 ft) for what is a much longer & harder route (see 'Possible Extensions'). From the Cret you can drop down into the forest onto the GR9 route back to the Col.

Possible Extensions

A Combine Petit Mont-Rond, Mont-Rond and Colomby de Gex following the ridge on the GR 8. The length of this extension is 6m/9.5km of medium/hard grade.

B Extension to Cret de la Neige -Follow Extension A, but continue along the ridge for another 3m/5km. This can be combined with a circular walk back through the forest for the more experienced walker with good map reading & compass ability. This walk extension is graded hard/extreme.

Trail Notes

Distance	Petite Mont-Rond 3m/5km. Mont Rond 4m/6km. Colomby de Rex 5m/8km. Combination 6m/9km. Cret de la Neige 9m/14km.
Grade	Easy - Extensions A - Medium, B - Hard.
Terrain	These peaks are higher than anything in the UK so take precautions. The ridge has a steep drop on 1 side.
Suitable	Adults and children (extensions confident children.)
Time	Approximately 2-3 hours; longer for extensions.
Start/end	Car park at Col de Faucille.
Map	Michelin Green Guide Burgundy/Jura page 206 Michelin Map 70. IGN 3327 ET 1:25 000
Facilities	There is a restaurant at the Col de Faucille car park.

Route Four 6mls/10km (3hrs)

The village of Lac de Chalain

This route leaves from Domaine de Chalain campsite and is a combination of various existing walking and cycling routes around the lake. Apart from the initial steep climb away from the lake the route is fairly easy and a pleasant way for a family to spend an afternoon. There are some fabulous views of the lake and surrounding area with its quaint villages and wooded hillsides.

Directions to start point from other campsites

Although this route starts from Domaine de Chalain you can join the route near Camping la Pergola at point 9 and continue the circuit from there. To reach point 9 from Camping la Pergola exit the campsite entrance and turn right following the D27. After a short distance you will see the gravel track of Chemin de Chatelet off to the right.

Route Description

1 Start at the main entrance to Domaine de Chalain facing the direction of the campsite, by the flag poles. Follow the yellow route markers off to the right alongside a small stream, turning right across a small wooden bridge just before 'The Lagoons'. Continue for a short way and cross the stream for a second time over a metal bridge. Turn left and follow route markers up a steep hillside. Be careful as this section can sometimes be slippery.

2 Eventually the path levels off and you will walk along a path just under the cliff top. From here you will see great views of the Lagoons, the campsite and the lake below. Continue up to the top of the cliff turning left at a nature sign. Continue to follow the yellow markers through woodland to a viewpoint over the entire campsite and lake. This is a good place to rest and take a picture.

3 Continue to follow yellow route markers towards the village of Fontenu through some more woods. Keep to the main marked path and do not deviate towards the cliff edge as there are no barriers. You will eventually come to the road where you should turn left. At the next road junction turn left again and take the D90E1 to Fountenu.

4 In the village of Founenu turn left at a sign marked 'Belvedere' and follow the yellow route markers. Continue on the road up the hill until you reach a viewpoint where there are picnic tables. This is a good place to rest and take pictures.

5 Further along the road you will come to a 'Chalain Nature' board. Do not turn left as this will take you back to the campsite. Instead continue straight on now following the red route markers into woodland.

6 You will eventually come to a clearing with a small clump of trees in the middle. Follow the red markers on stones straight on down hill on a rocky path. At the bottom you can choose to join the Blue marker route to the left which takes you back to the campsite. However to continue with the walk go straight on.

7 Follow the path through open fields and at a small junction continue to go left and down a gravel track. Cross over a small stream and walk uphill to a road at the edge of the village of Marigny.

8 Turn left at Les Sittelles Chambre d'Hote to walk through this charming village. After a short way, turn right and head towards the church spire. Veer left when you come to a large oak tree in the middle of the road, then left again at the church towards Doucier on the D147 downhill to leave the village.

9 At the bottom of the hill follow the gravel track off to the left that runs parallel to the main D27 road. At the end of the gravel track turn left into Chemin du Chatelet and continue up hill heading right. You will now see the lake and camping La Pergola on the right hand side.

10 At the next fork in the track by the 'blue' house take the right track and follow the 'Tour de Lac' markers. When you come to a large stone on the left continue forward where the track narrows through some trees, across an open field and into the woods at the other side.

11 At the next junction in the woods turn right and follow the blue 'Tour de Lac' signs downhill. Pass by a yellow barrier and continue on downhill all the way to the Domaine de Chalain campsite passing under the '3D Adventure' area.

12 This is the end of the walk, however if you started from Camping la Pergola make your way to the campsite entrance along the shore edge and continue on the route from point 1.

Trail Notes

Distance 6mils/10kms

Grade Mostly Easy, some steep hills. Care should be taken around the cliff edge.

Terrain Tracks and quiet back roads

Suitable Family groups

Time Around 3 hours for full walk

Start/end Domaine de Chalain

Map Route is mostly well marked, although route maps are available free of charge at campsites.

Facilities Facilities are available at both campsites.

French Alps

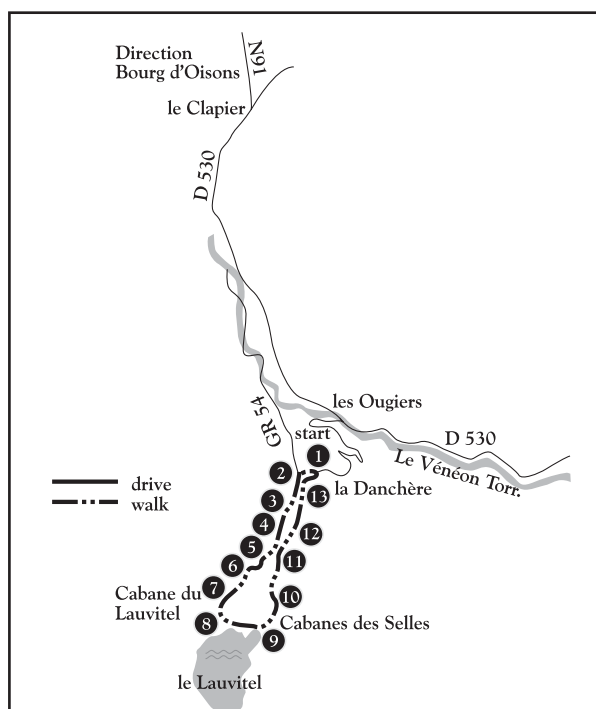
Route Five 5mils/8km (4hrs inc stops)

A beautiful walk: La Danchère to Lac Lauvitel

This route leaves from the car park at La Danchère. Follow the clear path along the Lauvitel River, through a valley of wonderful seasonal flora, and up to Lac Lauvitel. The terrain is quite demanding although you are rewarded with magnificent views the whole way.

"The flowers are magnificent up the right hand side of the river, and the views across to Les Deux Alpes gets better and better as the path gains altitude."

Richard Meade, Surrey.



Walk Description

This is a challenging walk, which climbs 561m to reach the beautiful alpine Lac Lauvitel. There are paths, which lead onto Lac de Plan Vianney and Brèche du Pérrier, and onto Col du Vallon and Lac de la Muzelle. Streams appear on all sides, at times going over the path. As you progress up the right hand side of the river, you will find violets, sweet peas, yellow foxgloves & carpets of other wonderful flowers in profusion during the spring and high season. If you are lucky you may also spot wild marmots and chamoix in the surrounding area especially near the lake.

Drive to La Danchère

Turn right from Camping à la Rencontre du Soleil and then right again at the main road D211 up to the junction with the N91. Turn left in the direction of Briançon and go past the sign to Le Vernis on the left. After 2m/4km you pass a parking area on the right, then turn right on the crown of a left turn at Les Clapier onto the D530, which is signposted to St Christophe and Berarde. Follow the road down to Les Ougiers & immediately turn right for La Danchère and then almost immediately left. The road goes through Les Escallons and then narrows and climbs a series of hairpin bends past a hotel & up a hill. Turn left into a car park, which has public toilets. If you continue to the right, you will come to another car park with notice boards with information on the Parc National des Ecrins.

Route Description

1 From the car park go back to the road, turn left, and pass Gîte le Lauvitel. Turn left and past several gates, continue past some houses and a parking area on the left. You will soon have a magnificent view of the mountains. Continue along the path going into some trees.

2 Go past Chalet Buvette, past a little shrine on the right, and up to the river. Cross the bridge and follow the path on the right bank. This is path 505 in the Topo guide, variante GR 54.

3 Stay on this path which climbs and swings to the left and passes, if in season, a meadow of flowers on the right. The path then climbs steeply before turning to the right and

away from the river. Here we were lucky enough to see white veined butterflies and beautiful wildflowers, such as the pale mauve vetch.

4 Continue along the path, which carries away from the river. Take care as it narrows and becomes rockier. Cross several streams (there are bridges over the larger streams), you may glimpse spotted orchids by the water's edge. You will come to a viewpoint of the river in spate (depending on the season) and the convergence point of two small rivers.

5 Follow the path along the river up a hill and to the right, before you eventually come to a junction of paths, which are way marked in yellow just after a waterfall.

6 After twisting and turning further up the hill you will reach another open viewpoint. From here you will see some attractive rose bushes and large rocks with lilies and rattan covering the riverbank. The path bends up the hill, climbing steeply towards the mountain wall on the right. There is a magnificent view of the village below and across to Les Deux Alpes.

7 Pass by a wooden post and a hard climb takes you up the right hand side of the valley. You will see the snow on the circle of mountains opposite, and further snow capped summits beyond.

8 Pass by another wooden post and continue along the flatter path until you reach the Cabane de Lauvitel. Further to the left you will capture the view of the Lac Lauvitel, which lies at 1550m. The path goes around to the left and down to a yellow post, which marks the junction of paths going higher into the mountains.

9 To return, go back on the other side of the river on path 506 via Les Selles. From the yellow post follow the path heading towards the left side of the lake. The rather indistinct path goes down past Cabanes des Selles, so keep in front of the chalet and take the path past a shed to the right, towards the meadow.

10 Continue past a yellow post which indicates the height as 1530m through a gate, and turn left across the grass for Les Selles. Go down the rocky path to the right and continue the descent through a seasonal mass of flowers, across streams and over a narrow concrete bridge. The path continues with the river on the left.

11 Continue to descend, taking care over some steep rocky sections until you get back to the bridge and the junction of paths 505 and 506.

12 Turn right and return down the path to the village. Just before the village there is a garden entrance to the Chalet Buvette where you can stop for a well-earned drink.

13 Go back through the village to the car park.

Trail Notes

Distance 5mils/8km.

Grade Easy, although can be moderately difficult & steep in places.

Terrain The path is paved and rocky with small loose pebbles in places.

Suitable Family groups with children of school age plus.

Time Four hours including stops.

Start/end Car park at La Danchère.

Map IGN 3336 ET 1:25 000 Les Deux Alpes. Loisirs au Bout des Pieds No 5. Map and Topo guide are on sale at the Office de Tourisme, Bourg d'Oisans.

Facilities Beyond La Danchère there are no cafés along the way. The best place for souvenirs shops would be Bourg d'Oisans.

Note This walk was researched in June when the path was surrounded by a mass of beautiful alpine flowers. The varied flora is a characteristic of the Massif des Ecrins, and includes 1800 different species of flowering plants.

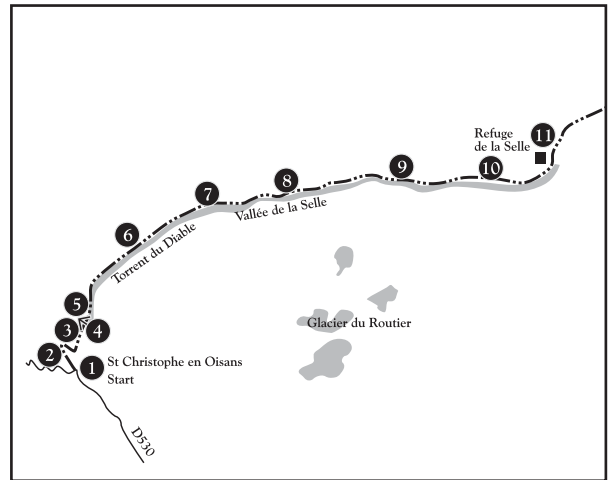
Route Six 12mils/19km (up to 7hrs)

St. Christophe-en-Oisans to Refuge de la Selle

This route leaves from the car park at St. Christophe-en-Oisans. The clear path follows the river Diable through a valley of magnificent seasonal orchids and buttercups to the Refuge de la Selle at 2,673m. A local marmot or a chamois along the way may surprise you!

"This is a lovely route along the river Diable through a valley of magnificent alpine flowers, up to a mountain refuge."

Richard Meade, Surrey.



Walk Summary

This walk follows a clear, well signed path all the way, however the final 2 hours of the ascent consists of a very steep rocky climb where you should take care. The highest point of the walk is the Refuge de la Selle at 2,673m. St Christophe-en-Oisans is at 1500 m, so you are climbing 1,173m or over 3,500ft, which means that the walk is very physically demanding. There is no single best beauty spot to stop at for lunch, anywhere within sight of the river and the open valley is good. It is worth avoiding the narrow rocky stretches high above the river.

Directions to start of walk

Turn right from Camping a la Rencontre du Soleil, right at the D211 and continue towards the junction with the N91. Turn left in the direction of Briançon. After 2mils/4km, turn

right on the crown of a left turn at Les Clapier, SP to St. Christophe-en-Oisans and Bérarde on the D530. Follow the road to Les Ougiers. Continue through Le Bourg d'Arud and then climb steeply to Plan du Lac and across the river Vénéon. The road climbs a series of steep hairpin bends to St. Christophe-en-Oisans. Pass over Le Pont du Diable, and take in the amazing view down to the river below on the left hand side. Turn right at the car park sign as you approach St. Christophe-en-Oisans and park. The exit from the car park is one level down, which takes you back onto the D530.

Route Directions

1 From the car park go back to the road and turn right. Walk up the road, past the cemetery and church on your right, to the Hôtel des Ecrins. Turn left at Hotel/Café La Cordee as signposted to the refuge de la selle. Please note that this faded sign is small and quite high on the wall. Go up the path, turn left behind the hotel & continue through the trees. Locals will tell you that you may see one or two chamois along this route, perched on mountainous rock faces in the distant valley. Zigzag up the path through a carpet of flowers. Continue up the stony path past rowan trees & up stone steps to join the road.

2 Continue along the path, SP La Selle, past three chalets, along to a farmhouse & up through a small thicket of trees.

3 Keep to the path where you may see some seasonal strawberries and cross a bigger road. The path zigzags past a stone walled house. Continue along the overgrown path past another house & between two stone walls.

4 Make your way along the path, passing silver birch trees and posentillas. Continue through a wooden hurdle, which acts as a gate, and past rocks covered with pink campion on both sides. The path widens onto the road again, by a parking area. You will see a notice board detailing the facilities available at the Refuge de la Selle, and details of other signposted walks into the mountains. It will take you approximately 30 minutes to reach this point which can also be reached by road and car, should you wish to by pass the village and shorten your walk.

5 Follow the path down, cross over the river Diable and turn right. Continue along the right hand side of the river towards the mountains. Go up the rocky path with views of miniature pines in a wide valley to the left, and walk along

the river. The path continues through a widening ravine and through trees, to climb further above the river. Follow the path as it becomes steeper through a wood of silver birches. This is a beautiful spot to have your lunch.

6 From this spot, there is a lovely view down to the river, which meanders through the valley. The path becomes rockier and there may be scree lying across the path, making the going more difficult.

7 At this stage the path goes up and over a very rocky and narrow pass where the going becomes difficult and almost a scramble. Considerable care needs to be taken here.

8 Follow the path as it climbs and then passes through a flatter meadow.

9 Just past a slab shaped rock on the left, take the upper left of two paths. The path is interrupted by a fresh scree slide, cross with care and continue at the same level on the other side. The path goes down a flat rocky plateau and then up alongside the river, by a second series of waterfalls. From here you can see the higher valley ahead and the distant path disappearing into patches of snow. Follow the path and go over two wooden planks, which cross a stream at the bottom of a waterfall.

10 From here it is straight on and up to the Refuge de la Selle. The terrain steepens dramatically and meadows give way to an uneven rocky climb for approximately 2 hours, the last hour of which is very physical. When you reach the Refuge, the views of the surrounding glaciers make it worth while.

11 Retrace your steps to return. Where you cross over the river Diable and come back to the parking area, you have the option of turning right onto the road. The road takes you through meadows until it joins the D530 at the far end of St. Christophe-en-Oisans by the car park. Turn right here and just beyond the parking area you will find the hotel, La Table du Chevrolet on the right.

Trail Notes

- Distance 5m/8km, climbing 1173m.
Grade Easy, but can be moderately difficult and steep in several sections.
Terrain Mountain valley, rocky in places.
Suitable Adults and older children with good fitness levels.
Time Around seven hours for the full walk.
Start/end Car park at St. Christophe-en-Oisans.
Map IGN 3336 ET 1:25 000 Les Deux Alpes and 3436 ET 1:25 000 Meije. Pelvoux.
Facilities Beyond St. Christophe-en-Oisans there are no cafés or bars along the route until you reach the Refuge de la Selle, where refreshments are available.

Route Seven

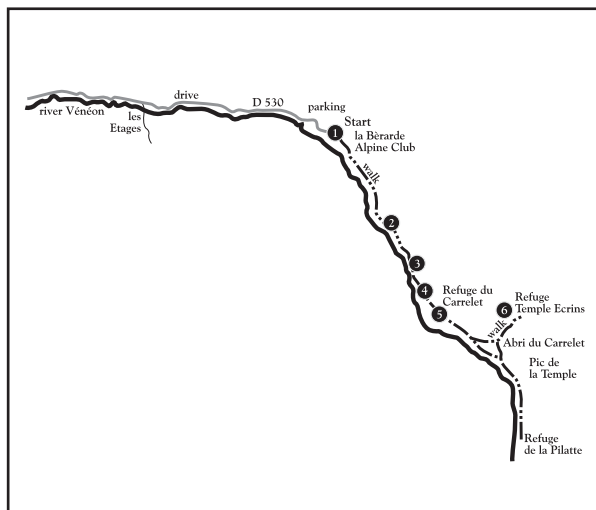
4m/7km (2-3hrs)

La Bérarde to Refuge du Carrelet

This route leaves from the car park at La Bérarde and is a fantastic introduction to the Massif des Ecrins. Follow the well-defined path along the river Vénéon and up a high valley to the Refuge du Carrelet. Stock up on necessities & make an early start if you want to continue on one of the longer walks

"On the way back we saw a chamois, first on the white of the glacier and then in the trees to the right."

Richard Meade, Surrey.



Walk Summary

This is a fantastic walk along the river Vénéon in a high mountain valley, with views of an impressive glacier coming down the side of the mountain to the river. The full walk is described in the Topo guide as being 4 miles/7 km, and if you start your walk by 10.30am, the Refuge du Carrelet would be nice spot to have your lunch. The walk follows an easy and very well defined and maintained path, although there are some rocky sections to contend with. The highest point on the walk is the Refuge du Carrelet, which sits at 1909m. You can lengthen the walk by adding on one of the two additional walks from the Refuge du Carrelet, which are detailed in the section below.

Directions to start of walk

Turn right out of Camping la Rencontre du Soleil and at the D211 turn right again, up to the junction with the N91. Turn left in the direction of Briançon and pass the sign to Le Vernis on the left. Pass a parking area on the right, and turn right on the crown of a left turn at Les Clapier, onto the D530, which is signposted to St Christophe and Bérarde. Continue along the bottom of the valley and down to Les Ougiers. Go through Le Bourg d'Arud and climb steeply to Plan du Lac and across the river Vénéon. The road passes a car park on the left and climbs steeply to St. Christophe-en-Oisans. Pass through the village; continue along a rough road above the valley and through Pré Clot. Continue through the village of Champhorent where you will find the road narrows. Be careful here as there is a high drop to the right with no road safety barriers. Continue along the bottom of the valley. Go straight on at Les Etages and continue above the river until you get to a parking space just before a pedestrian bridge across the river.

Route Directions

- 1** From the car park follow the road to the right, over the bridge and through the village of Bérarde. Turn right after the 'Poste de Secours', down to the path and turn left on the left bank of the river. Follow the gentle path up to a cairn and a yellow signpost pointing to La Carrelet (one hour). Take the left hand path, which after a short climb goes down to the river where you will see patches of flowers on the rocky slopes to the left and low conifer growth cover on the rocks.
- 2** There is a nice picnic spot on the rocks facing the river where you will be surrounded by brightly coloured clumps of seasonal azaleas, rowans, pansies & other miniature flowers.
- 3** Follow the path which veers to the left. If you are walking at the right time of year you can see the snow right down to the riverbank. The path continues on through small trees where we saw some huge orange butterflies.
- 4** At this stage the path begins to climb up towards the valley, sometimes passing violets and masses of azaleas. The path continues between rocks and over streams eventually going past a glacier, which falls right down the mountainside to the river. This is a superb photo spot.

5 Follow the path across a rocky plateau to a viewpoint of the river, which flows down on the right to a flat plateau beside the river. Here, the path climbs a slope and onto a higher path which continues above the river. The Refuge du Carrelet is a little further on around the corner on the left, where refreshments are available.

Further walks

Beyond the Refuge du Carrelet there are two further walks. The first to the Refuge de Temple Ecrins is a 1mls/3km walk, which climbs 500m and gives you wonderful views of the mountains. The second walk follows path 555 or 556 to Refuge de la Pilatte which is a 3mls/5km walk climbing 663m with a wonderful view of the Pilatte glacier. For either of these walks you would need to make an early start.

6 From here, retrace the route back to La Bérarde, and to the car park.

Trail Notes

- Drive Just over an hour's drive.
Distance 4 miles/7 km.
Grade Easy.
Terrain Very well defined & maintained path, rocky in places.
Suitable Family groups.
Time Approximately two to three hours.
Start/end Car park at La Bérarde.
Map IGN 3436 ET 1:25 000 Meije. Peloux. Loisins au Bout des Pieds No. 5' Map and Topo guide are on sale at the Tourist Office in Bourg d'Oisans.
Note This walk was carried out in June when the path was surrounded by beautiful alpine flowers.

Fishing Guide

Our thanks go to Gareth and Maureen Rees Griffiths who carried out the research, and supplied us with the information. Please note that all information is correct at the time of research, and at the time of printing.

Burgundy - Gigny-sur-Saône

Château de L'Épervière campsite has a dedicated fishing lake with an attractive bridge crossing it at the narrowest point. Plenty overhanging trees provide shelter from hot sunny afternoons.

"We caught a 9lb carp, tench, roach, rudd, skimmer bream and lots of catfish. Given that we were fishing in blazing sunshine and that temperatures were above 30 degrees, this was a good catch." Gareth Griffiths, Glasgow.

Species - This lake has a good stock rate containing carp, roach, rudd, skimmer bream and lots of catfish (poissons chats). This is a good, popular lake for angling.

Suitability - The banks on this lake are quite steep in places, although steps have been cut into the side to give easier access. The lake is only a few metres from some of the pitches, so it could not be easier to fish. It contains at least six species of fish with some reasonably sized carp.

Bait - Float fished maggots seem to be the best method of catching fish here. Maize, sweetcorn and luncheon meat cubes also work well.

Permit - Check at reception or with your Canvas courier.

Tackle/Bait shops - Most supermarkets should stock tackle and bait as the Saône area is noted for its angling.

Top Tips

- To catch one of the carp, use a pop up boillie or a very hard boillie to prevent the catfish from eating them too quickly.
- These small catfish are very greedy and readily take most baits. Take care when unhooking them as they have spines, which can cause damage to your hands. A damp towel is the best thing to use.

Burgundy - Moulin de Bley

Approx. one and a half hours drive from Château de L'Épervière. This ten-acre (four hectare) carp lake is situated near the hamlet of Auvet la Chapolette, about 4mils/6km outside the city of Gray. If you're a keen angler it really is worth making the effort, as Moulin de Bley is a beautiful lake containing some lovely carp.

"We fished it for a 24 hr session and between three of us we landed 21 carp weighing up to 25lb. Several more fish were lost." Gareth Griffiths, Glasgow.

Species - The lake is well stocked with carp weighing up to 38lb, including some large grass carp. There are seven swims on the lake, each of which can take two anglers. A maximum of five swims can be fished at any one time so the lake is never too busy. The cost of a swim is €18 per day.

Bait - Boillies are the best baits to use here. Chocolate malt and monster crab flavoured boillie used in conjunction with a method feeder are a deadly technique.

Contact - Florian Giroux, fishery manager who speaks good English. E-mail: florian.giroux@libertysurf.fr

