

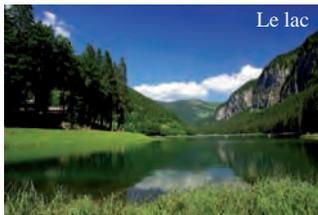
TO SEE ON THE WAY...



✓ Montriond lake:

The lake was formed after a landslide from Nantaux mountain (to the north-west). A dam was built in 1990 to prevent the dramatic seasonal fluctuations in its water level.

Size: 33 ha
Length: 1320 m
Width: 235 m
Depth: 19 m



Le lac

✓ les Albertans hamlet:

This mountain hamlet still has traditional chalets on show. Visitors can see the fine yellow dusting on the roofs which is in fact lichen typical of the area.



Les Albertans

✓ Ardent waterfall:

In spring, the waterfall is a thunderingly impressive spectacle!



USEFUL INFORMATION

This route follows a suggested itinerary which participants undertake at their own risk.

Before you go:



Check the weather forecast because storms happen frequently in the mountains.

Tel. Chamonix weather station: +33 (0)8 92 68 02 74



Let someone know where you are going.
Avoid walking alone.

EMERGENCY NUMBER: 112



Take water and food, warm and waterproof clothing, suitable shoes and a map showing footpaths.

During the walk:

To ensure you enjoy your walk or ride to the full, in complete safety and with total peace of mind, please observe the following guidelines:



Please be mindful of the Alpine meadows and private property. Please remember to close gates behind you and try not to disturb cattle or wild animals!
Dogs should be kept on a lead.



Out of respect for the beautiful surroundings, please stay on marked routes and take your litter home with you.



Rhône-Alpes

For more walks or to contact the Vallée d'Aulps Tourist Office, telephone: + 33 (0)4 50 79 65 09
info@valleedaulps.com - www.valleedaulps.com



Montriond lake



Difficulty level: easy



Duration: 2hrs15



Altitude change: 150 m



Weather guide: suitable any time



Starting point: lake car park



Signposts: PDIPR approved



Map: IGN TOP 25, 3528 ET, Morzine



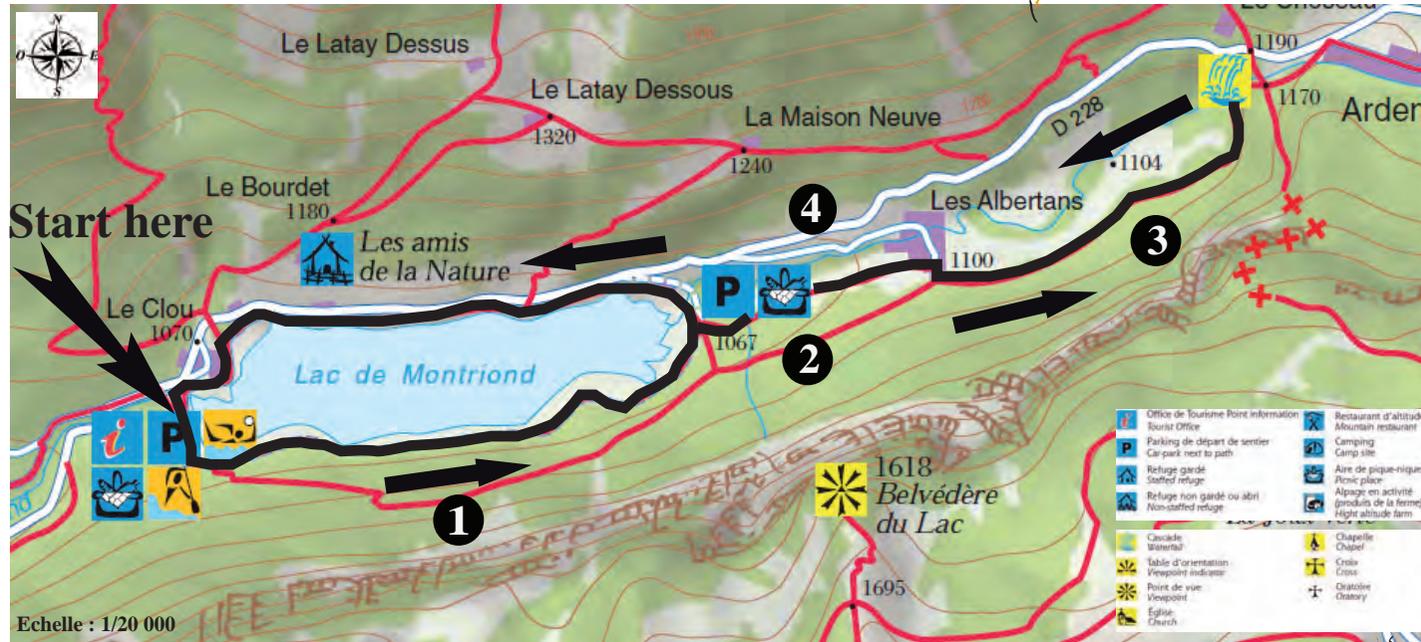


Montriond lake

Directions ...



Starting point: lake car park



THE LAKE IN SUMMER...

In the summer, the lake is a focus for activities including canoeing, swimming (lifeguards on duty from 1 July to 31 August), pony trekking, fishing...



La zone de baignade du lac

Montriond's famous fireworks spectacular takes place on the first Saturday in August. It is a free event open to all.



THE LAKE IN WINTER...

In winter, Montriond Lake is frozen up to nearly 1m thick in places.



Le lac enneigé

Activities include ice-diving or cross-country skiing and snowshoe walks at the water's edge. Many signposted trails are available.

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At Les Albertans hamlet, continue walking to Ardent waterfall, which you can see from the bridge leading to the main road.



La cascade d' Ardent



4

Head back to Montriond Lake by the same route but take the path on the other side of the lake until you reach the car park (your starting point).