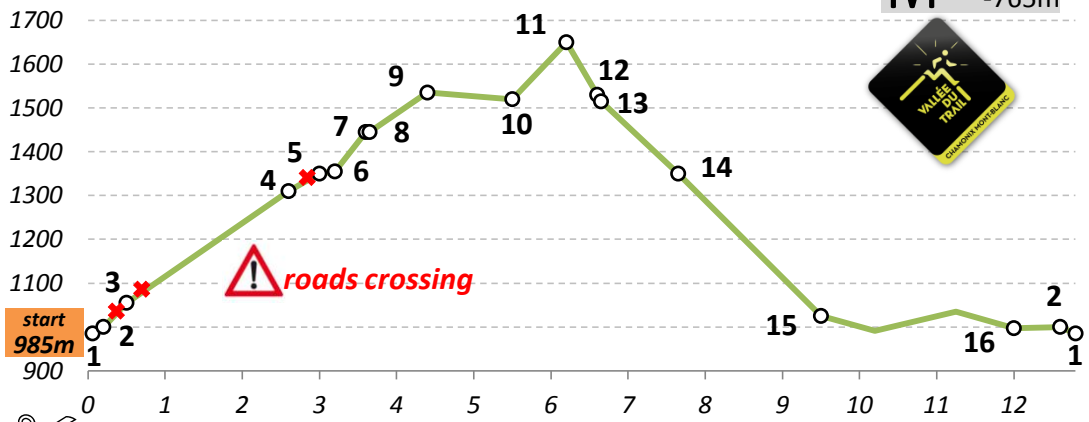


Circuit les Houches-le Plan de la Cry-Merlet

Duration of the trail estimated depending on speed : 1 hr ¾ to 3 hrs ½

Trail of 12.8Km
+765m
-765m



Circuit les Houches- Plan de la Cry-Merlet, 12.8Km, height difference +765m, -765m
Start/Finish : SNCF station Les Houches, go to signpost 1 and the station bridge located 50m below the station.

Signpost n° ► direction or instruction from this signpost

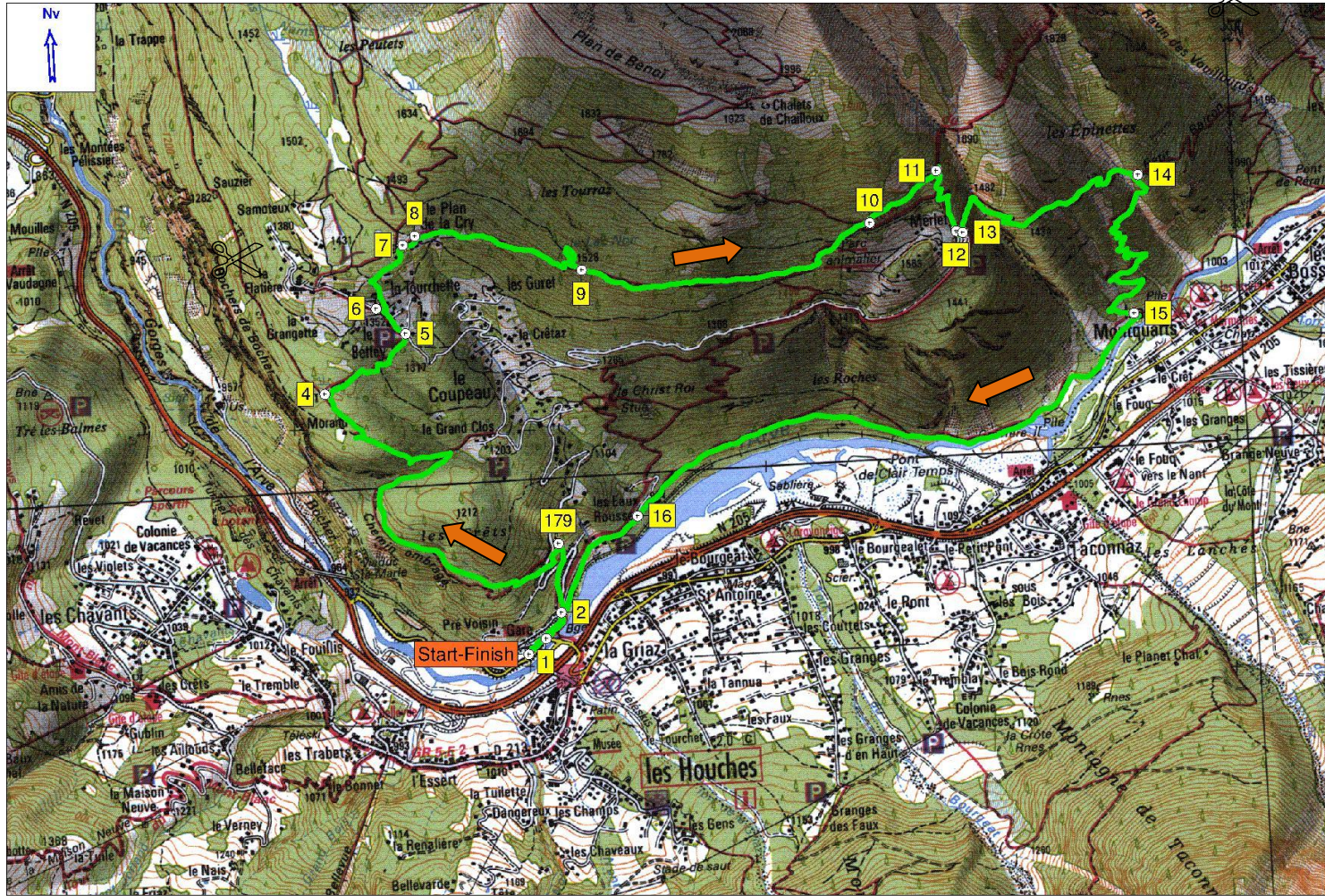
- 1 ► La Flatière / Montvauthier
- 2 ► La Flatière / Montvauthier
- 179 ► La Flatière / Montvauthier
- 4 ► La Flatière
- 5 ► La Flatière
- 6 ► Plan de la Cry par le sentier
- 7 ► Lac Noir
- 8 ► Lac Noir
- 9 ► Parc Animalier de Merlet
- 10 ► Parc Animalier de Merlet
- 11 ► Parc de Merlet
- 12 ► Parking
- 13 ► Les Bossons / Chamonix
- 14 ► Les Montquarts / Les Bossons
- 15 ► Les Houches par la promenade de l'Arve
- 16 ► Les Houches (Chef Lieu)
- 2 ► Les Houches Chef-Lieu
- 1 ► Gare SNCF des Houches

Circuit les Houches-le Plan de la Cry-Merlet
A trail which offers a climb of varied steepness where the interest is to adapt the amount of effort used. The descent through the forest, sometimes technical, leads to a final rolling section.

Departing from the station at Les Houches, the ascent begins immediately. The slope varies the whole way and it is therefore necessary to vary one's rhythm. Via the path named "ombrage" (shade), the trail comes to the Maison Morand, Le Betty and then the Plan de la Cry. A few buildings in the middle of a clearing, an incomparable view of the Mont Blanc massif ... and it's off again towards the Lac Noir via a high traversing path in the forest. After this little hidden lake, the trail continues to the animal park, Parc Merlet. From there comes the descent. Quite fast, it requires good footwork and a good eye to cope with the tree-roots over the first stretch. Arriving at the Arve promenade, there are more than 3km of undulating terrain to show off a turn of speed - or finish with a walk.

Trail of 12.8Km
+765m
-765m

Duration estimated depending on speed : 1 hr ¾ to 3 hrs ½



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500 m