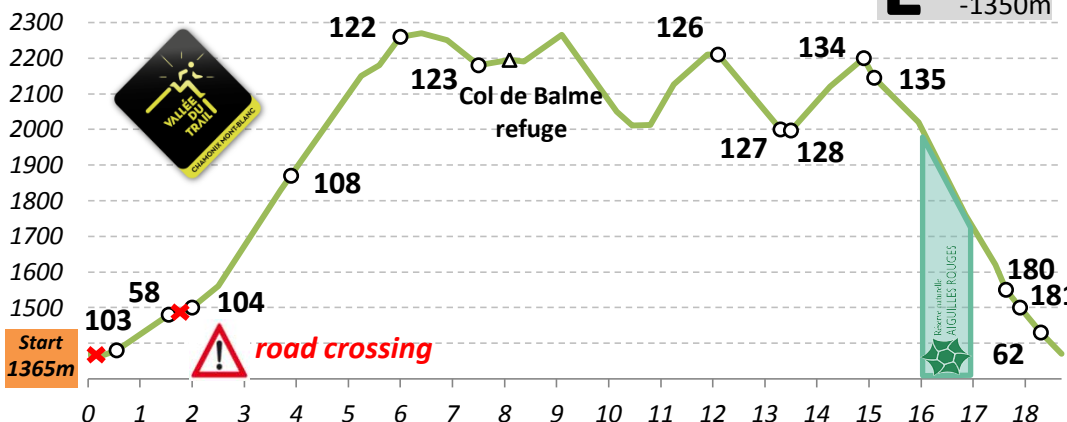


Circuit Montroc - Charamillon - Catogne - aig^{ette} des Posettes

Duration of the trail estimated depending on speed : 3 hrs to 6 hrs



Trail of 18,5Km
+1350m
-1350m

Start-Finish : Train station Montroc (bus stop line 1). Cross the road to take the Chemin Paul A Ya and then the Chemin du Gagni. Reaching the little bridge over the Arve, cross over and follow the path to the right as far as signpost 103.

Signpost n° ► direction or instruction from this signpost

- 103 ► **Le Tour**
- 58 ► **Le Tour**
- Go to the centre of the village of Le Tour then go to the right of the **Le Tour Ski lift station**. Go past it on the right for 50m to find signpost 104.
- 104 ► **Charamillon**
- 108 ► **Alpagnes de Charamillon**
- 122 ► **Col de Balme**
- 123 ► **Col de Balme**.
- At the col, go in front of the hut and follow **Catogne par l'Arolette/Croix de Fer** (yellow arrow).

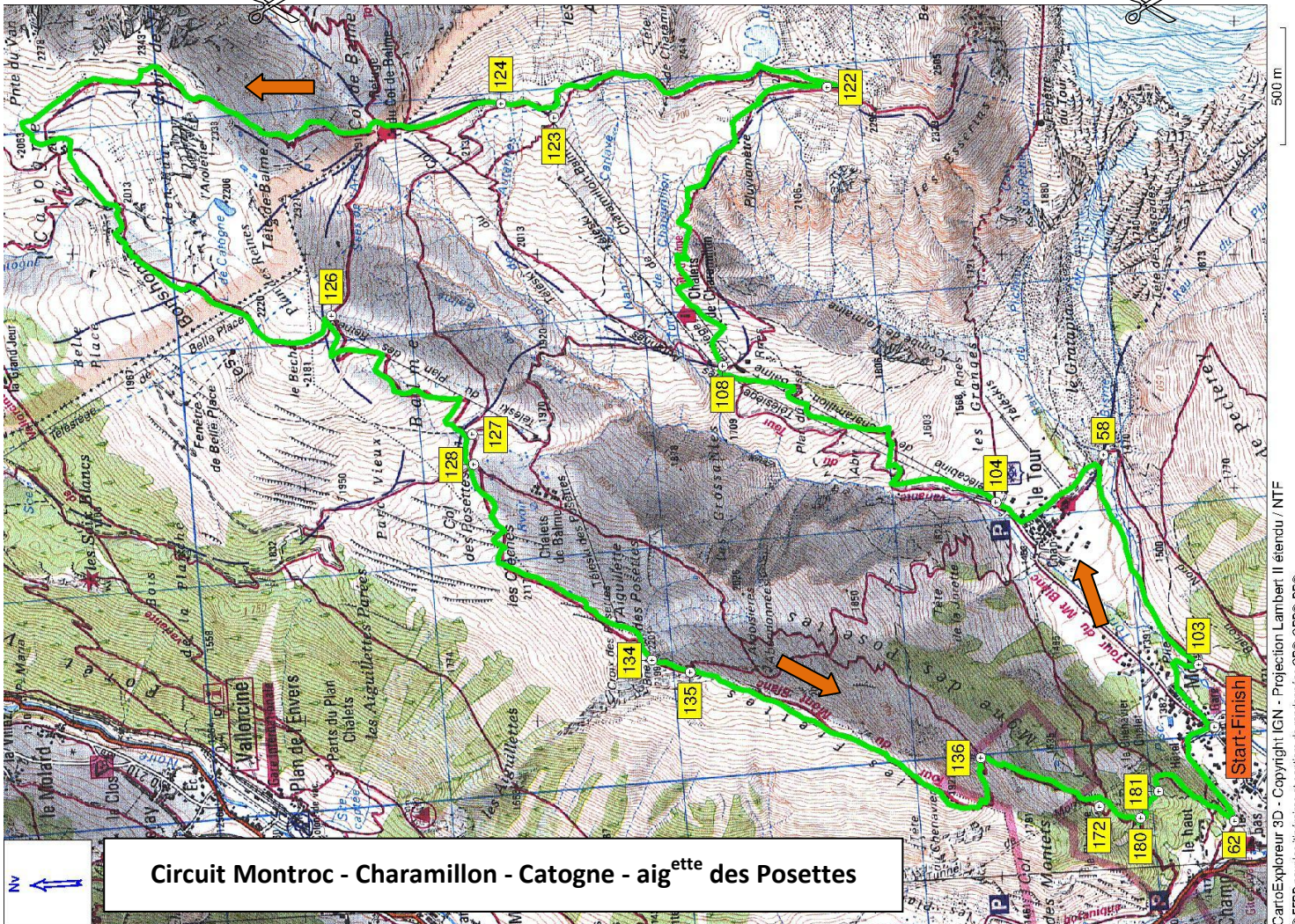
The road forks to the right 20m after a metal trident planted on the side of the path. Next, follow the direction of **Catogne** then take the direction **Col de Balme** (yellow arrow).

- 126 ► **Col des Posettes**
- 127 ► **Col des Posettes**
- 128 ► **Aiguillette des Posettes**
- 134 ► **Col des Montets**
- 135 ► **Col des Montets, à suivre jusqu'au 180.**
- 180 ► **Montroc**
- 181 ► **Montroc**
- 62 ► **Montroc**

A circuitous trail for a long and undulating run around the alpine meadows at the top of the valley. Between France and Switzerland, on very good footpaths, which offer the chance to work on speed relative to the slope and to enjoy the view!

Leaving the village of Montroc, the trails runs through the two highest villages in the valley, before winding up the alpine pastures of the Charamillon, Balme and Les Posettes by excellent footpaths. The first climb leads below the Lac de Charamillon where it follows a traverse which undulates, but requires only a minimum of attention. At the Col de Balme the trail passes into Switzerland, to wind through the pastureland of Catogne which clings to the foot of the Croix de Fer (which can be incorporated as a round trip). Leaving the chalets, a short, steep slope leads back into France. From here, there is an outstanding view of the Mont Blanc massif. Following a rapid descent onto the Col des Posettes, there is a rolling section with a few false plateaux (gently rising), which offer the opportunity to work on speed. Beneath the Aig^{ette} des Posettes, the final descent leads down to Montroc via a good path which ends in the forest.

Duration estimated depending on speed : 3 hrs to 6 hrs



Circuit Montroc - Charamillon - Catogne - aig^{ette} des Posettes

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