



## Flaine Lake and basin

Flaine's endorheic basin is the largest closed hollow in the limestone Hautes-Alpes. The lake is fed by a drainage basin with a surface area of 16.5 km<sup>2</sup> and a vertical drop of over 1,000 metres. It floods the lower part of Flaine's plain, known as a "poljé", which means a flat-bottomed hollow that does not drain out to other areas.

**Flaine Lake**, which is fed by several tributaries, does not have any aerial outlets through which the lake's waters can escape; this is notable in the landscape where the lake is surrounded by imposing limestone cliffs and blocked to the west by Le Col du Cou. The lake's waters escape via fissures on the bottom of the lake and resurface 920 metres lower down the Arve Valley in Magland. However, these sub-lake outlets are not able to absorb large quantities of water, which explains the variations in the lake's water levels, notably during the thaw.

**These variations** are clearly visible at the bottom of the plain (a stretch of grass with clay deposits). It is highly probable that Flaine Lake was once larger than it currently is, something we're led to believe by the richness of Flaine plain, which remains lightly notched by Flaine's meandering stream.

*Flaine Tourist Office is not responsible for the information provided and it does not constitute an endorsement by them under any circumstances.*

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## Flaine Lake Circuit

### Hike n°7 fact sheet

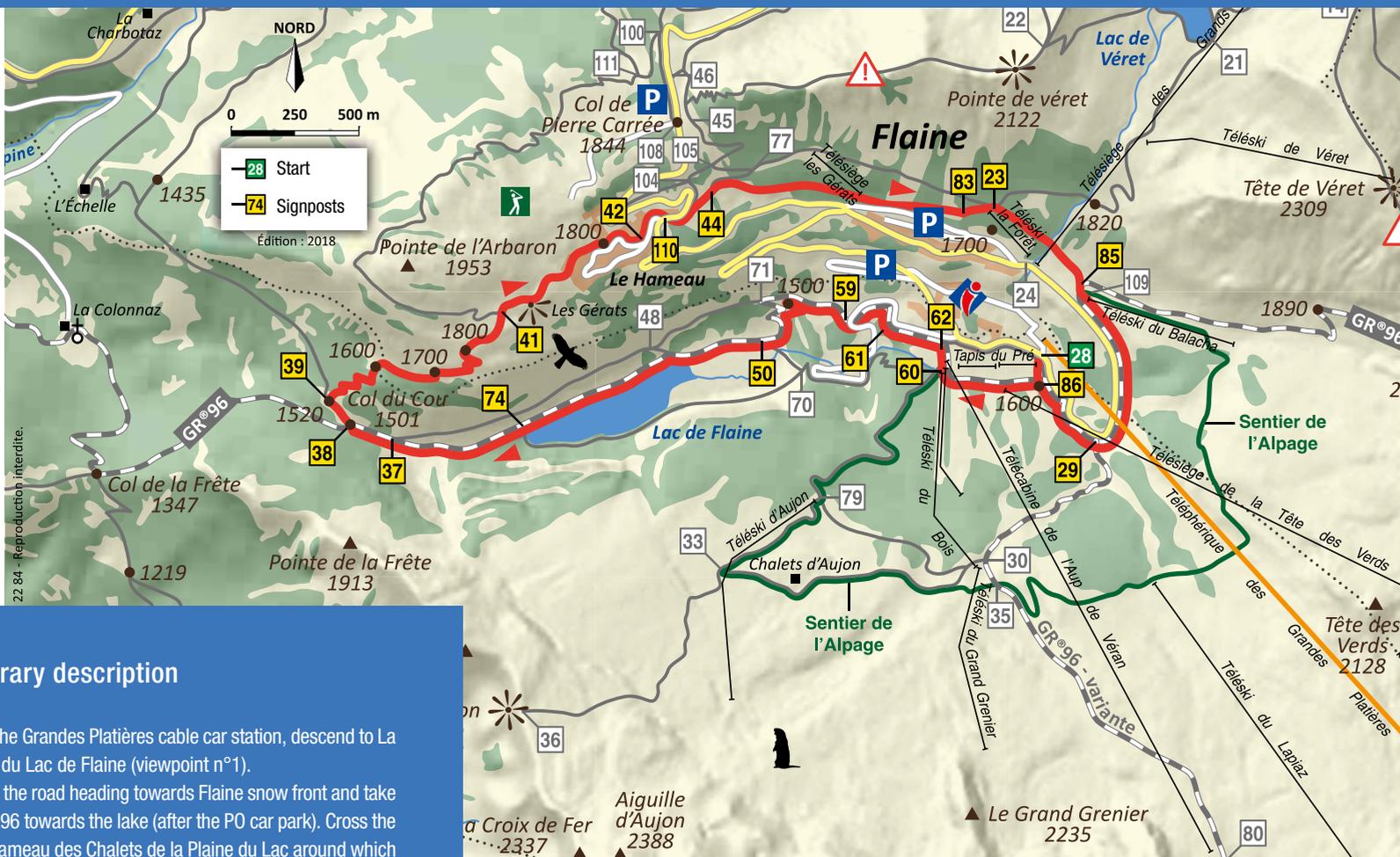
#### View points to discover

1. Views of the lake and La Plaine de Flaine surrounded by impressive 250 metre limestone ledges. L'Aiguille d'Aujon, Croix de Fer (to the south) and the Massif de l'Arbaron (to the north) overlook this hollow.
2. View over La Pointe Percée and the Aravis mountain range.

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**flaine.com**



## Itinerary description

From the Grandes Platières cable car station, descend to La Plaine du Lac de Flaine (viewpoint n°1).

Follow the road heading towards Flaine snow front and take the GR96 towards the lake (after the PO car park). Cross the little Hameau des Chalets de la Plaine du Lac around which several herds of cows graze. Leave the path to follow the trail that remains at the foot of the cliffs to get to the Col du Cou. *Variant route through caves (more difficult): follow the signposted path that goes around the lake's right bank leading to Le Col du Cou.*

At the crossroads of the Col du Cou, head towards "Les Gêrâts-Plaine Joux". At the next crossroads, follow signs to Les Gêrâts. The path zig-zags over Le Flan de l'Arbaron on its way to Les Gêrâts chalets, now a ruin (viewpoint n°2). Cross the Gêrâts Alpine pasture to reach Le Hameau de Flaine, Flaine Forêt (Chalet Le Bissac), and finally, the Grandes Platières cable car station.

## Key

- Described trail
- Grande Randonnée hiking trail (GR)
- Others hiking trails
- ▲ Difficult section
- 30 Signs in Flaine
- Ski lift open in summer
- Ski lift
- Nature reserve boundary

## Facilities

- Tourist office
- Car park
- Food and drink
- Stopover gite
- Staff mountain refuge (summer only)

## Leisure activities

- Themed and discovery trail
- Golf

## Heritage

- Panoramic views
- Waterfall
- Alpine pasture
- Marmots
- Birds of prey
- Ibexes
- Chamois goats
- Church, chapel

Mountain rescue: 112  
Weather forecast: 3250

## START:

28 Grandes Platières Cable Car - Forum

✶ END: Grandes Platières Cable Car - Forum

✶ DIFFICULTY: Medium

✶ ALTITUDE CHANGE: 840 metres  
420 metre climb + 420 metre drop

✶ TIME: 3 hours

✶ SPECIFIC DIFFICULTIES:  
Stony, steep climb to Les Gêrâts

## ITINERARY:

- 28 DMC station Flaine Forum > Start
- 86 Chalets du Michet > Flaine Lake
- 62 Pré Michalet > Flaine Lake
- 61 Chalet du Michalet > Flaine Lake
- 59 Chalet du Crêt > Flaine Lake
- 71 Le Crêt > Flaine Lake
- 50 La Plaine du Lac > Col du Cou
- 49 Chalets de la Plaine > Col du Cou
- 48 Le Lac > Col du Cou
- 74 Le Bout du lac > Col du cou
- 37 Creux du Lavouet > Col du Cou
- 38 Col du Cou > Les Gêrâts
- 39 Chalets du Col > Les Gêrâts
- 40 Dalle des Gêrâts > Hameau des Gêrâts
- 41 Les Gêrâts > Flaine par le hameau des Gêrâts
- 42 Le Hameau > Flaine
- 101 Le Hameau (rond point) > Flaine
- 102 Chalet des Suisses (Hélios) > Flaine
- 44 Bassin de la Pallud > Flaine
- 66 Aigue marine > Col du Cou via Flaine Lake
- 83 Alt 1,725 metres > Col de Vêret
- 85 Balacha > Col du Cou
- 29 Poya > Col du Cou
- 86 Chalets du Michet
- 28 DMC station Flaine Forum > End



## Arbaron circuit

Path offering magnificent panoramic views, between Le Col de Pierre Carrée and the Hamlet of Flaine. This easy trail is accessible to everyone and circles Arbaron's summit, offering year-round views and different landscapes depending on which side of the mountain you're on and the light at that time of day. La Pointe de l'Arbaron offers exceptional panoramic views.

Extraordinary panoramic Alpine views: viewpoint over the Arve Valley, Aravis and Beaufortain mountain ranges...



Photo credits: Flaine Tourist Office, H. Baudement. Please do not litter.  
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## Arbaron circuit

### Hike n°8 fact sheet

### View points to discover

- Moorland and high-altitude forest where the local plantlife is characterised by blueberry bushes and rhododendrons.
- Numerous viewpoints over the Faucigny and Chablais summits.
- The landscape looks over Les Aravis and Le Beaufortain.

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# Arbaron circuit

## Itinerary description

From the car park to Le Col de Pierre Carrée (don't take the golf road), walk alongside the main road following signs to "Les Gérats de l'Arbaron". Then, after around 700 metres, take the large path on the left through a wooded pasture. You will reach an area of moorland, where the local plantlife is characterised by blueberry bushes and rhododendrons. The path gently climbs, with one or two steeper sections, all the way to Arbaron. Enjoy a number of viewpoints over the Faucigny and Chablais summits.

From Arbaron to the Aigue-Marine P3 car park, follow the right-hand path towards "Les Gérats", passing through a rocky stretch, then follow signs through a high-altitude grassy area. Back on the Flaine side, walk back down to "Les Gérats". The landscape looks out onto the Aravis and Beaufortain mountain ranges. Follow signs back up towards "Flaine" then down to the "Hameau des Gérats" and its stunning contemporary chapel. Take the tarmacked road following signs to the D106, which you cross to end up facing a large esplanade.

At the crossing, take the path on your left towards Le Col de Pierre Carrée. After around 200 metres, take the smaller uphill path on the left. When you can see the 27<sup>th</sup> BCA building, at the crossroads near a pylon, take a right to go around the building and get back on the Col de Pierre Carrée road, passing the transformer on your left.



### Key

- Described trail
- Grande Randonnée hiking trail (GR)
- Others hiking trails
- ▲ Difficult section
- 46 Signs in Flaine
- Ski lift open in summer
- Ski lift
- Nature reserve boundary

### Facilities

- Tourist office
- P Car park
- Food and drink
- Stopover gite
- Staff mountain refuge (summer only)

### Leisure activities

- Themed and discovery trail
- Golf

### Heritage

- Panoramic views
- Waterfall
- Alpine pasture
- Marmots
- Birds of prey
- Ibexes
- Chamois goats
- Church, chapel

**Mountain rescue: 112**  
Weather forecast: p250

# Hike n°8 fact sheet

- START:**  
108 Col de Pierre Carrée car park
- END:** Col de Pierre Carrée car park
- DIFFICULTY:** Easy
- ALTITUDE CHANGE:** 500 metres  
250 metre climb + 250 metre drop
- TIME:** 2hrs
- SPECIFIC DIFFICULTIES:** None
- ITINERARY:**
  - 100 Barne Rosta
  - 111 Barne Rosta
  - 82 Arbaron > Les Gérats
  - 41 Les Gérats > Col de Pierre Carrée
  - 42 Les Gérats > Col de Pierre Carrée
  - 101 Le Hameau > Col de Pierre Carrée
  - 102 Chalet des Suisses > col de Pierre Carrée
  - 104 le chalet des Suisses 1778m > Col de Pierre Carrée
  - 105 Chemin à Féfé > col de Pierre Carrée
  - 106 La cabane des Bûcherons
  - 45 Col de Pierre Carrée > End



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## Lake Airon

This little 2-hectare man-made lake is situated at an altitude of 1,500 metres, offering magnificent views over the Aravis mountain range. It is used as a water reservoir for snow cannons and is a prized trout fishing destination. Fishing permits are available to buy from the Tourist Office.

## Alpine farm

On the shores of Lake Airon you will find an Alpine farm with a sunny terrace and typical mountain restaurant.

Authentic dishes made from farm produce. Cheese for sale.

L'Alpage de l'Airon: +33 (0)4 50 90 33 84.

You are strongly advised to book in advance for meals or afternoon snacks!



Photo credits: Flaine Tourist Office, M. Dalmasso. Please do not litter.  
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## Airon Lake Circuit

## Hike n°10 fact sheet

### View points to discover

- Lovely family walk!
- Views over the Aravis mountains and the Arve Valley.
- Meet Alpine pasture animals.

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- START:**
  - 76** Vernant car park (4 kilometres from Flaine)
- END:** Vernant car park (4 kilometres from Flaine)
- DIFFICULTY:** Easy
- ALTITUDE CHANGE:** -
- TIME:** 1hr 15mins
- SPECIFIC DIFFICULTIES:** None
- ITINERARY:**
  - 76** Le Lac and Vernant chair lifts > Start
  - 20** Vernant > Lac de l'Airon
  - 78** Bois de Corbalanche > Airon Lake
  - Chalet de l'Airon > Return
  - 78** Bois de Corbalanche > Vernant
  - 20** Vernant > Vernant (car park)
  - 76** Le Lac and Vernant chair lifts > End

## Itinerary description

From Vernant car park, take the path to the left of the chair lift towards Lake Airon. It is a very easy walk along a path with hardly any altitude change. The path goes through Corbalanche woods. When you come out of the woods, you will discover a beautiful viewpoint over the Aravis mountains and the Arve Valley. Next, you will come out into an Alpine pasture, with herds of cows and goats, before reaching the lake. Retrace your steps for the return journey.

## Key

- Described trail
- Grande Randonnée hiking trail (GR)
- Others hiking trails
- ⚠ Difficult section
- 30 Signs in Flaine
- Ski lift open in summer
- Ski lift
- Nature reserve boundary

## Facilities

- Tourist office
- Car park
- Food and drink
- Stopover gite
- Staff mountain refuge (summer only)

## Leisure activities

- Themed and discovery trail
- Golf

## Heritage

- Panoramic views
- Waterfall
- Alpine pasture
- Marmots
- Birds of prey
- Ibexes
- Chamois goats
- Church, chapel

**Mountain rescue:** 112  
**Weather forecast:** 3250



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**Flaine Lake**, which is fed by several tributaries, does not have any aerial outlets through which the lake's waters can escape; this is notable in the landscape where the lake is surrounded by imposing limestone cliffs and blocked to the west by Le Col du Cou. The lake's waters escape via fissures on the bottom of the lake and resurface 920 metres lower down the Arve Valley in Magland. However, these sub-lake outlets are not able to absorb large quantities of water, which explains the variations in the lake's water levels, notably during the thaw.

**These variations** are clearly visible at the bottom of the plain (a stretch of grass with clay deposits). It is highly probable that Flaine Lake was once larger than it currently is, something we're led to believe by the richness of Flaine plain, which remains lightly notched by Flaine's meandering stream.



Photo credits: Flaine Tourist Office, M. Dalmasson. Please do not litter. felix-creation.fr

## Tour around Flaine lake

### Hike n°11 fact sheet

#### View points to discover

- The flat land and lake are surrounded by majestic limestone cliffs reaching up to 2,500 metres
- The lakeside chalets are reminders of the area's pastoral farming
- Herds of cattle can be seen throughout the summer months

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- START:**
- 28 Grandes Platières Forum cable car station
- END:** Grandes Platières Forum cable car station
- DIFFICULTY:** Easy
- ALTITUDE DIFFERENCE:** 340m  
Positive 170m Negative 170m
- TIME:** 1hr 30mins
- PARTICULAR DIFFICULTIES:** going back back to Flaine - a long stretch for children
- ITINERARY:**
- 28 Gare du DMC Forum > Start
- 86 Chalets du Michet > Lac de Flaine
- 62 Pré Michallet > Lac de Flaine
- 61 Chalets du Michallet > Lac de Flaine
- 59 Chalets du Crêt > Lac de Flaine
- 71 Le Crêt > Lac de Flaine
- 50 La plaine du Lac > Le bout du lac
- 49 Les chalets de la plaine > Le bout du lac
- 48 Le lac > Le bout du lac
- 74 Le bout du lac > Flaine (Rive sud)
- 87 Le pied du torrent > Flaine (par GR)
- 50 La plaine dac > Flaine (par GR)
- 71 Le Crêt > Flaine (par GR)
- 59 Chalets du Crêt > Flaine (par GR)
- 61 Chalets du Michallet
- 62 Pré Michallet > Les Grands Vans
- 86 Chalets du Michet
- 28 Finish at DMC

## Itinerary description

Leave Flaine via a section of tarmac road to join a 4X4 track. A long downhill section takes you to the plain where the lake is located. The mountain stream meanders to the lake down the valley. Pass through the chalets by the lake and then head backup towards Col du Cou. Take a look behind you- the quiet little resort is above you! You might well come across a fisherman or two on the homeward stretch.

## Key

- Described trail
  - Grande Randonnée hiking trail (GR)
  - Others hiking trails
  - ▲ Difficult section
  - 30 Signs in Flaine
  - Ski lift open in summer
  - Ski lift
  - Nature reserve boundary
- 
- Facilities**
  - P Tourist office
  - P Car park
  - X Food and drink
  - A Stopover gite
  - A Staff mountain refuge (summer only)
- 
- Leisure activities**
  - Themed and discovery trail
  - Golf

## Heritage

- \* Panoramic views
- A Waterfall
- A Alpine pasture
- M Marmots
- B Birds of prey
- I Ibexes
- C Chamois goats
- C Church, chapel

**Mountain rescue: 112**  
**Weather forecast: 3250**



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## Flaine woodland

This hike takes you through Flaine forest at the foot of south-facing slopes.

At altitudes of 1,900 metres/2000 metres, trees and bushes do not grow due to unfavourable climate conditions. This limit between the supalpine and alpine zones is referred to as the combat zone.

Measures have been taken to ensure the slopes overlooking the resort are safe: new trees have been planted at the intermediary level above the forest and avalanche fences have been installed at the top.



Photo credits: Flaine Tourist Office, M. Dalmasso. Please do not litter.  
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## Flaine woodland

### Hike n°12 fact sheet:

#### View points to discover

- Enjoy stunning panoramas of l'Aup de Vérán from the top of Les Gérats chair lift
- Mont Blanc will be on your left
- Admire views of the resort and the lake beneath you
- On your way back, you'll see a waterfall at the end of a wide path that takes you through greenery (when the snow is melting)

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## Itinerary description

Set off from Flaine Forum from the Grandes Platières DMC station and head up to Flaine forest via a short but sustained climb.

Go round the lower Gérats chairlift station and past the Hélios and Éos apartment buildings. There are tables and benches available at the top of the Gérats chairlift, allowing you to stop a while and enjoy the view of the Aup de Vêran area. You'll see the resort and the lake below you. The route back takes you a long gently sloping, green and shady trail. You'll see a waterfall below the Grandes Vans chairlift on your way down. Return via the Flaine Forêt sports complex (archery, tennis paint ball, climbing etc.).



## Key

- Described trail
- Grande Randonnée hiking trail (GR)
- Others hiking trails
- ▲ Difficult section
- 30 Signs in Flaine
- Ski lift open in summer
- Ski lift
- Nature reserve boundary

## Facilities

- Tourist office
- Car park
- Food and drink
- Stopover gite
- Staff mountain refuge (summer only)

## Leisure activities

- Themed and discovery trail
- Golf

## Heritage

- Panoramic views
  - Waterfall
  - Alpine pasture
  - Marmots
  - Birds of prey
  - Ibexes
  - Chamois goats
  - Church, chapel
- Mountain rescue: 112**  
**Weather forecast: 3250**

- START:**
- 28 Grandes Platières Forum cable car station
- END:** Grandes Platières Forum cable car station
- DIFFICULTY:** Easy
- ALTITUDE DIFFERENCE:** 400m  
Positive 200m Negative 200m
- TIME:** 1hr 30mins
- PARTICULAR DIFFICULTIES:** none
- ITINERARY:**

- 28 Gare du DMC Forum > Start
- 86 Chalets des Michets > Col de Pierre carrée
- 29 Payon > Col de Pierre carrée
- 85 Balacha > Col de Pierre carrée
- 23 Traversée des Bois > Col de Pierre carrée
- 83 Altitude 1725 > Col de Pierre carrée
- 66 Aigue Marine > Col de Pierre carrée
- 44 Bassin de la pallud > Col de Pierre carrée
- 77 Les Bois de Flaine > Combe de Veret
- 23 Traversée des Bois > Flaine
- 85 Balacha > Col de Cou
- 29 Poya > Col de Cou
- 86 Chalets des Michets
- 28 Finish at DMC



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**The Platé refuge** is a small, rustic stone refuge. It is an old alpine chalet, acquired by the Alpine Club, almost a century ago. It was the seat of a maquis during the war.

It is located in the Platé Desert, a Natural Classified Site, due to its geological interest.

The bivouac is authorized and free.

Dogs are allowed, but keep them on a leash around the refuge, because we have free range hens which lay good fresh eggs !! And remember, with your four-legged friend, you won't be able to tip over into Reserve territory.

#### Booking

The reservation is now made online: <https://refugedeplate.ffcam.fr/>

and for any information or problem you can reach them by email at [refuge.deplate@yahoo.fr](mailto:refuge.deplate@yahoo.fr)

or by phone at (0033) 06 47 20 05 87



Photo credits: Platé refuge - Flaine Tourist Office, M.Berthelot. Please do not litter. felix-creation.fr

### Hike n°14 fact sheet

## Platé Refuge Circuit

### View points to discover

One of the largest "lapiaz" formation in Europe. Facing Mont-Blanc, this 1980 acre limestone plateau is composed mainly of limestone pavements dug by glaciers and meltwater. Recognized as one of the greatest lapiaz in Europe, the Désert de Platé is accessible on foot, which earned him the name "desert". A spectacular local wildlife, classified since 1998 for its outstanding scenic interest, the Désert de Platé attracts with its extraordinary appearance. It's like "walking on a petrified glacier", "over the moon" ... the references are numerous.

A vast limestone plateau formed by glaciers and sculpted by meltwater, hikers who venture out here will feel as if they're walking on a stone glacier or even the moon! Encircled by imposing walls, the Platé Desert is a secret garden that will delight nature lovers with its rich plant life, abundant wildlife and spectacular geology. See the fossilized remains of a mountain that was once seabed 30 millions years ago! And marmots, ibex and other iconic animals are often at the rendez-vous.

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# Platé Refuge Circuit

# Hike n°14 fact sheet

## Itinerary description

From the top of The Grandes Platières cable car take the direction of Platé. At the Col du Colonney, follow GR96 direction Platé. You enter to the Désert of Platé "natural classified site"

At the Col de Portette, the Platé Refuge is below, on the right.

Retrace your steps for the return journey. **Please be aware of the cable car closing time.**

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## Key

- Described trail
- Described trail, variante version
- Grande Randonnée hiking trail (GR)
- Others hiking trails
- Difficult section
- Signs in Flaine
- Ski lift open in summer
- Ski lift
- Nature reserve boundary

### Facilities

- Tourist office
- Car park
- Food and drink
- Stopover gite
- Staff mountain refuge (summer only)

### Leisure activities

- Themed and discovery trail
- Golf

### Heritage

- Panoramic views
- Waterfall
- Alpine pasture
- Marmots
- Birds of prey
- Ibexes
- Chamois goats
- Church, chapel

Mountain rescue: **112**  
Weather forecast: 3250



**START:** Grandes Platières cable car station - Forum  
**END:** Grandes Platières cable car station - Forum  
**DIFFICULTY:** Important  
**CIRCUIT** by cable car

**• THE OUTWARD JOURNEY BY CABLE CAR =**  
0hrs 56mins ; Cable car Platières (2500m) > Col du Colonney (2321m) > PLATÉ (2032m)  
**ALTITUDE CHANGE:** 468 metres drop

**• THE RETURN JOURNEY BY CABLE CAR =**  
1hrs 34mins ; PLATÉ (2032m) > Col du Colonney (2321m) > Cable car Platières (2500m)  
**ALTITUDE CHANGE:** 468 metres climb

**• VARIANTE VERSION (no cable car)**

**• THE OUTWARD JOURNEY =** 2hrs 58mins ; FLAINE (1600m) > Col du Colonney (2321m) > PLATÉ (2032m)  
**ALTITUDE CHANGE:** 1,010 metres = 721m climb + 289m drop

**• THE RETURN JOURNEY =** 2hrs 24mins ; PLATÉ (2032m) > Col du Colonney (2321m) > FLAINE (1600m)  
**ALTITUDE CHANGE:** 1,010 metres = 289m climb + 721m drop

**• SPECIFIC DIFFICULTIES:** Crossing le Grand Lapiaz, firns, high altitude weather conditions, long circuit.

- ITINERARY:**
- 1** Les Grandes Platières > Refuge de Platé
  - 2** Col du colonney > Refuge de Platé
  - Les Forestiers > Refuge de Platé
  - Refuge de Platé > Les Forestiers
  - Les Forestiers > Col du colonney
  - Col du colonney > Les Grandes Platières

- Variante version (no cable car) Flaine / Col du Colonney**
- 86** Chalet du Michet > Platé
  - 29** La Poya > Platé
  - 30** Le Plan des Chardons > Platé
  - 35** Le Grand Grenier > Col du colonney
  - 98** Les Langards > Refuge de Platé
  - 80** Le Chapeau > Refuge de Platé
  - 2** Col du colonney > Refuge de Platé

- The return version (no cable car) Col du Colonney / Flaine**
- 2** Col du colonney > Flaine
  - 80** Le Chapeau > Flaine
  - 98** Les Langards > Flaine
  - 35** Grand Grenier > Flaine
  - 30** Plan des Chardons > Flaine
  - 29** La Poya > Col de Cou
  - 86** Chalet du Michet > Le Forum

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GR96 variante

GR96

GR96 variante

GR96 variante

GR96

GR96