

# MEMENTO SNOWSHOE ACTIVITY

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*The practice of snowshoeing is a good opportunity to get away from the hustle and bustle of the ski resorts, allowing you to experience nature in the mountains, to discover the wildlife facing the harsh winter conditions, and to learn about the history of the valley (hydroelectricity, pastoralism, etc.).*

*Far from the image just of an “activity for seniors”, snowshoeing is a physical activity in its own right and can be easily adapted depending on the chosen routes.*

## **THE SUPERVISORS**

Our two mountains guides Nicolas and François, along with ski instructor Jean-Louis, are all passionate about the natural environment and the heritage of the area. All are experts of routes off the beaten track, enjoying introducing you to the mountains and sharing the knowledge they have acquired.

## **EQUIPMENT**

- Wear warm and comfortable clothing suitable for a walking activity. Avoid bulky jackets and wear instead multi-layers that can be easily removed and added.
- We recommend hiking boots, or similar, as preferred footwear. Snowboard boots are allowed. However, ski boots, moon boots or low shoes (that do not come higher than your ankle, such as trainers) are not allowed;
- We provide snowshoes, hiking poles and safety equipment as required;
- Bring a small backpack with snacks and water for half day outings, and a complete picnic for full day outings.



## REGISTRATION REQUIREMENTS

- The meeting point for this activity is at our office Evolution 2 in Tignes le Lac
- Some of the different outings are accessed using our Evolution 2 transport

The outings of «Bois de la Laye» and «Cascade de Salin» both start on foot (in snowshoes) from our office in Tignes le Lac

The «Col du Palet» outing is accessed by taking the free shuttle bus to Val Claret'

- A **correct physical condition** is recommended (you must have the ability to walk comfortably at the pace of a group). Private outings can be organised for those who only walk very rarely, for elderly people or families with children under 10 years. Snowshoeing remains a sporting activity
- Children from 10 years old welcome
- Meeting time: 10 minutes before departure time
- A pedestrian pass for outings to the Monal and Palet is required

## NEW WINTER 2022-23

### **The course: formula 3 half-days + an optional full day**

Organised the mornings of Monday through to Wednesday, this formula allows you to practice snowshoeing in an evolutionary way: from the first half-day of discovery, to the full day that allows you to go deeper into the mountains.

Agenda:

Monday - the alpine pastures of Franchet (level 1 to 2)

Tuesday - Salin Waterfall (level 2)

Wednesday - Chevril Forest (level 3)

Thursday - the alpine chalet of Orcière (level 4)

- **The alpine pastures of Franchet (level 1 to 2)**

Starting from a historic path of peddlers to Italy, discover a remote village that is inhabited all year round. With splendid views of both the Chevril and Val d'Isère lakes, your guide will share their knowledge of life in the mountains, allow yourself to learn about the chamois of the Sassièrè.

- **Salin Waterfall (level 2)**

From Tignes le Lac, you descend towards Chevril Lake to the small hamlet of Combes, uninhabited in winter, to discover its chapel Sainte-Anne and the Salin waterfall, a real geological feature of the area.

- **Chevril Forest (level 3)**

Come and explore this coniferous forest off the beaten track and discover an unforgettable view of Chevril Lake through amazing rocky parades.

- **The alpine chalet of Orcière (level 4)**

Join a typical mountain chalet that will open for the occasion and share a traditional Savoyard fondue by a crackling fire.



## HALF-DAY OUTINGS

Most snowshoeing trips are done on the sunny side (right bank of the Isère) to benefit from optimal sunshine. The outings «Bois de la Laye» and «Cascade de Salin» are on a north-facing slope and offer quality snow late in the season.

The half-day outings represent approximately 2h to 2h30 of walking time, and 3 to 5 km of walking distance. The full-day outings represent approximately 5h to 6h30 of walking time, and 7 to 9 km of walking distance.

The agenda can be adjusted at the last minute by your guide, impacted mainly by the snow and safety conditions (facing the risk of avalanche).

- **Le Villaret des Brévières (level 2)**

Set off in the forest until you discover an isolated mountain hamlet, inhabited all year round. A good opportunity to discover the traditional Tignard habitat.

- **Le Fornet (level 2)**

At the edge of the Tarentaise valley, walk along the banks of the Isère at the foot of the famous Col d'Iseran pass. Discover the highest hamlet of the valley and the ibex of Vanoise

- **Le Bois de la Laye (level 3)**

Discover this beautiful larch forest in the direction of Lake Chevril, the territory of the old village of Tignes and its paths of access to the alpine pastures. Be surprised and awed by the mystery and beauty of the gouille du Salin, an active waterfall even in winter.

- **Le Villaret du Nial (level 3)**

Discover the entrance to the Sassièrè valley and its high cliffs inhabited by the ibex and chamois of Vanoise. You will descend on the south-facing slope with stunning views of the peaks of the Grande Motte and the Grande Casse.

- **Les gorges du Nant Cruet (level 3)**

Well away from the ski resort, discover the wildlife life in the forest and join the magnificent ice waterfalls of the gorges of Nant Cruet.



## DAY TRIPS

- **The Monal (level 3)**

Change tracks and discover one of the most picturesque alpine hamlets in the Tarentaise valley. And if the snow conditions allow, discover the Clou valley, a setting of wild nature at the gates of the small resort of Ste-Foy-Tarentaise.

- **Orsière (level 4)**

Walk in the forest to reach a mountain chalet for lunch. Here, pages of history have been written around the making of Tignes marbled cheese. The return to the valley is via the Davie mountain pastures occupied in summer by a herd of nearly 2000 sheep and lambs.

- **Le refuge du col du Palet (level 4)**

From the ski lifts of Tignes, leave the station and enter the Vanoise National Park. You will discover at an altitude of more than 2600m one of the most beautiful views of the Grande Casse, the highest peak of the Vanoise.

- **Réserve de la Grande Sassièrè (Level 5)**

Leave the bottom of the valley and reach the pastures of a protected nature reserve. You will discover unique panoramas of the summits of the Vanoise and you will get closer to the winter life of chamois and ibex.

- **The Monal par le vallon du Clou - day (level 5)**

From the small station of Ste-Foy-Tarentaise, you are taken by 3 chairlifts to the Col de l'Aiguille. You will discover a panorama of high mountains before going down the snow fields of the Clou valley to reach the picturesque hamlet of the Monal

## THE NIGHT OUT

- **Boisses snowshoeing aperitif - departure at 5:30pm - 2 hours of activities (level 1)**

From the hamlet of les Boisses, walk in the dark of a larch forest and join the trapping camp of Evolution 2 to share and enjoy aperitifs!

- **Nocturne in Orsière - departure at 5pm (level 3)**

This walk in the forest will take you to a mountain chalet that opens its doors for the occasion. After a tasting of local products, your return to the valley using the light from head torches, will have a background of illuminated villages.



## SNOWSHOE LEVELS

To help you choose the level of your snowshoe outing, here is a classification that takes into account the altitude difference, distance and walking time. This classification is to be considered as a guide, understanding that the snow conditions (such as powder quality, load bearing, temperature, etc...) at the time of the outing will facilitate, or instead increase, the difficulty of a hike. Feel free to discuss this with one of our team.

- **Level 1:** almost no altitude difference, less than 2 km, a short hour-long walk.

You sometimes choose to take the stairs to the 3rd floor rather than the lift, this level is for you.

- **Level 2:** 150 to 200 metres elevation on uneven slopes, between 2 and 3 km, 2 hours of effective walking.

You walk regularly to get to your activities, this level is for you.

- **Level 3:** around 200m of elevation with some passages on steeper slopes, around 3 km, 2h30 to 3h walk.

You practice a sporting activity every week, this level is for you.

- **Level 4:** more than 400m of elevation on a trail with some steep slopes, between 5 and 7km of walk, more than 5 hours of walking.

You have previously experienced snowshoeing and practice a sports activity every week, this level is for you.

- **Level 5:** more than 600m of altitude ascent and/or descent, with passages including a sustained slope, more than 7km of walking distance, and more than 6h of walking time.

You have already had several snowshoeing experiences, you are able to carry a bag of 8 to 10 kg and you practice a sports activity several times a week, this outing is for you.

