

from his mule and died, when returning from Sion... in the year 1150!

Continue your walk until you reach the Bas Thex village. You can also make a slight detour to see the ruins of Notre Dame Abbey (about 15 minutes). Then turn back and head for the Tassonnière bridge where hopefully your car is still parked!

Did you enjoy this ride? ● ● ● ● ●

Next time, choose « the Char des Quais tour »

The facade of the Biot church has recently been completely restored, with a new copper roof. Don't miss the grand hall, witness to the village's past as a trading station, strategically situated on the route from the Abondance valley. Cross the village and pick up the footpath at the Cottets hamlet. The itinerary leads you through the forest, past the first oratory before taking you down towards Saint Jean d'Aulps. Good view of the valley: Saint Jean d'Aulps, the ruined Abbey, with Nyon's summit in the background. After a few hair-pin bends, there's a second Oratory, dedicated to Saint Guérin.

This path is actually the old route that crossed the valley, before the main road was built. Here, Saint Guérin fell

3rd Section

from the Biot to Bas Thex



Carte IGN TOP 25, 3.528 ET, Mazine

Signposted footpath according to the norms of the Département's Chartre



MOUNTAIN-BIKEMARKS
- a rider drawn on an orange arrow
- a colored strip that shows the level of the ride (black: very difficult; red: difficult; blue: easy)

Further informations



Don't forget this route goes through several alpine pastures. Don't forget to close the fences and keep your dog on a leash.

MEUUU!
Pensez à nous!

!! CAUTION !!

DANGEROUS IN CASE OF SNOW AND BAD WEATHER

You are riding at your own responsibility. In the mountains, storms are frequent, so listen to weather forecast before setting off. Never go riding alone and tell someone of your planned route. Do not forget to wear a helmet, to take bike repair kit and a bicycle pump. Respect nature, don't leave the marked paths and bring back all your litter.

Chamonix weather forecast:
08 92 68 02 74
Rescue: 112



- hard: follow the red marks
- Rain or shine
- either Le Bas-Thex, Seytroux or Le Biot
- 260 m
- 2h30
- Chapels, oratories, local architecture



From villages to hamlets

Communauté de Communes de la Vallée d'Aulps

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A circuit that forms a loop: so you can go round which ever way you choose. However, the way we suggest gives you the best view points.

Parking: picnic area of the Tassonnière bridge.



from Bas Thex to Seytroux

From the Tassonnière bridge, take the road towards Seytroux. 50m after the bridge turn right on to the footpath that runs along side the river Dranse, passing through the Girauds and Ombre hamlets (traditional-style houses). Cross the road at the Rossets hamlet and then climb towards the Sey by the footpath that runs along the field.



from Seytroux to the Biot

At the end of Sey, the footpath turns into a forestry track, bordered by beautiful pines and spruces. As you come out of the forest, take a moment to admire the view: to the north there's the Baume church, the Jotty lake and behind it the Forclaz village, to the East Mont Uzon.

The path then starts down hill to the Baume via the Geydet's hamlet. You can even visit the Fromerat chapel, dedicated to Saint Grat and recently restored (ask for the key at the house next door).

Carry on down via Couvcloup, and cross the river Dranse by the Couvcloup bridge. On the other side of the road lies the Biot commune, and the path will take you to the village in about 30 minutes.



From villages to hamlets

Plan Départemental des Itinéraires de Promenades et de Randonnée

