



**CROSS-COUNTRY (XC - XCOUNTRY)**  
A practice which requires endurance and effort. These routes feature uphill, downhill and flat sections. This practice is known as Cross Country to sum up, it consists riding on various levels and difficulties.

**ENDURO**  
A very technical practice on single-track downhill sections. There are a few climbs on this type of route too. Enduro is a mix of all mountain bike disciplines. It is gaining in popularity.

**DOWNHILL (DH)**  
A very technical practice consisting of riding down steep tracks especially laid out for mountain biking. These tracks feature banked turns, jumps, etc. Downhill mountain bikes are designed specifically for this discipline.

**ELECTRIC MOUNTAIN BIKE (VTIAE)**  
Routes with the VTIAE name can be ridden with an electric mountain bike. Your bike will have sufficient range on these routes if you use the electrical assistance reasonably. It is forbidden to carry passengers. However, be careful to manage your battery!

Most electric mountain bikes on the market offer several levels of assistance, which use more or less energy. It is therefore highly recommended to adjust the level of assistance in relation to the length and difficulty of the planned route. We remind you that a route is rated based on the following criteria:

- Distance
- Elevation gain
- Type of track used
- Technical difficulty of the route

Electrical assistance does not remove the technical difficulties of the routes. It is therefore important to choose your route in line with your technical ability. GREEN or BLUE routes are beginner routes and family routes. RED and BLACK routes are recommended for experienced people.

**EQUIPEMENT HIRE**  
Different specialised shops rent equipment (mountain bike, electric mountain bike, helmets, and protective gear, etc.). Information from the Tourist Office or on [www.chamonix.com](http://www.chamonix.com)

**CHAIRLIFT AND REGULAR SHUTTLE SERVICES**  
These will allow you to easily access the summits of the resorts, to then hurtle down DH slopes and Enduro routes, or to enjoy a cross-country route with minimal elevation gain, or to amble through the mountain pastures as you admire the beautiful views.

**LIFTS**

- Le Tour / Vallorcine: Charamillon cable car, Les Autannes chairlift, Vallorcine cable car.
- Chamonix: Planpraz cable car from 4.15pm from 1 July to 31 August (no time restriction outside of this period).
- Les Houches: Pranon cable car, Bellevue lift.

Timetables and prices: Information from the Tourist Offices or on [www.chamonix.com](http://www.chamonix.com) or [www.montblancnaturalsports.com](http://www.montblancnaturalsports.com)

**BICYCLE BUS LINE**  
2 regular lines which connect Chamonix Centre to Les Houches and Le Tour:

- Line V1 Chamonix - Les Houches
- Line V2 Chamonix - Le Tour

Information on [www.chamonix.com](http://www.chamonix.com) or from the Tourist Offices.

**MONT-BLANC TRAMWAY**  
It is possible to use the Mont-Blanc Tramway to get to Col de Voza or Bellevue from Le Fayet. Limited places, inquire with Compagnie du Mont-Blanc +33 (0)4 50 53 22 75 [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr)

**SPARALPINA**  
CHAMONIX-MONT-BLANC

**OUVREZ LA VOIE**  
OPEN THE WAY

**200 METERS**

**MOUNTAIN BIKES ROUTES**  
ITINÉRAIRES V.T.T.

**23 ROUTES | SCALE 1:40 000**

SERVOZ - LES HOUCHES - CHAMONIX-MONT-BLANC - ARGENTIÈRE - VALLORCINE

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**MOUNTAIN BIKE INITIATION ZONE IN SERVOZ**  
The Pumptrack in Servoz, located in the village: track with gentle movements where the aim is to ride as far as possible without pedalling. Children love it, but so do adults: fun for all!

**GUIDED OUTINGS AND IMPROVEMENT OUTINGS**  
To discover mountain biking or new routes, or to perfect your cross-country, enduro, or downhill skills, certified monitors are at your service with a variety of formulas: to find out about the different outings organised, ask at the Tourist Office or go to [www.chamonix.com](http://www.chamonix.com)

**AGENCE IMMOBILIÈRE CHAMONIX**

ACHAT / VENTE / GESTION LOCATIVE  
GESTION DE COPROPRIÉTÉ  
LOCATION DE VACANCES

*Vous souhaitez nous parler de votre projet immobilier ?*

80 rue Helbronner  
74400 Chamonix Mont-Blanc

04.50.53.33.00  
chamonix@nexity.fr

**REGULATIONS**

**THE MOUNTAIN BIKE CODE BEFORE LEAVING**

- Take warm clothes, repair kits, first aid kit, food and drinks. The weather changes quickly in the mountains.
- Make sure your bike is suitable for the terrain and check its condition.
- Beware of weather changes: rain drastically reduces grip.
- Tell someone where you are going, and never go alone.
- It is compulsory to wear a helmet. Flow pads, knee pads and gloves are recommended. For downhill practice, a full helmet and back protector are strongly recommended.

**WHILE YOU RIDE**

- Do not overestimate your abilities. Control your speed.
- Be careful and polite when overtaking or crossing walkers: pedestrians have priority.
- Put an audible warning on your bike. Inform pedestrians of your arrival.
- Respect private properties, farming areas and mountain pastures.
- Close gates and fences behind you; if the animals escape, they can hurt themselves.
- Slow down when approaching housing.
- You are not the only one on the routes; beware of farming and forestry machinery.
- Hold on to your rubbish, be discreet and respect the environment. Some natural spaces get damaged very quickly and take years to recover.
- Do not shortcuts; over time they will channel rainwater and damage the paths.
- Apart from on dedicated DH slopes, respect the Highway Code.
- It is strictly forbidden to add modules and/or to change tracks or signs.
- If you witness an accident, take the name or number of the slope, or the name of the signpost, and inform the emergency services.

**MOUNTAIN BIKING IS A HIGH-RISK SPORT. ALL ROUTES ARE USED UNDER THE RESPONSIBILITY OF THE MOUNTAIN CYCLIST, AT THEIR OWN RISK. THE ROUTES ARE NOT SUPERVISED.**

**MOUNTAIN PASTURES AND FARMING**  
As you venture out, you will ride alongside or cross farming areas and private properties. For a balanced co-existence with the farmers and residents:

- Stay on the marked routes
- Do not ride across meadows and pastures
- Do not scare animals
- Respect fences and remember to close animals enclosures behind you; the animals can injure themselves if they escape.

**PYRENEAN MOUNTAIN DOG: LARGE DOGS BREED TO PROTECT**  
These large white dogs, also known as Patous, are bred to look after the herds.

- Make a wide detour of the grazing or resting area.
- Beware of behaviour that may seem banal to you, such as taking photos, trying to feed or stroke a lamb
- Adapt a calm and passive behaviour in front of the dog to reassure it.

The Patou protects and defends his herd; respect his job.

**VALLORCINE**

**A CHEMIN DES DILIGENCES**  
Difficulty: Medium Type: Back and forth VTIAE: Yes  
Duration: 1h30 Distance: 7,7 km D+: 220m D-: 220m  
Situation / Start: Vallorcine / Chef-Lieu (SNCF train station)

Fairly easy back and forth trip to Col des Montets. A few small steep sections. The route follows a path between prairies (respect the work of the farmers) to Le Buet, then takes a pleasant trail with a few rocky sections to reach Le Col des Montets. The Aiguilles Rouges nature reserve is nearby and not accessible to mountain bikes. The return to Vallorcine is on the same route.

**B LE COUTERAU - CHALET DE LORIAZ**  
Difficulty: Difficult Type: Back and forth VTIAE: Yes  
Duration: 2h15 Distance: 12 km D+: 670 m D-: 670 m  
Situation / Start: Vallorcine / Le Couteray

Back and forth on a track through an alpine pasture, well suited to electric mountain bikes to ascend to the alpine pastures of Loriaz and its refuge. The return is on the same route. Be careful when descending on the track as the stones move.

**C LE TOUR - VALLORCINE**  
Difficulty: Difficult Type: Loop VTIAE: Yes  
Duration: 3h Distance: 18,5 km D+: 860 m D-: 860 m  
Situation / Start: Chamonix / Le Tour or Vallorcine / Chef-Lieu (SNCF Train Station)  
Access possible on specific bike shuttles (line V2). "Le Tour" stop.

Loop, starting in Le Tour. Take the track or cable car to the arrival point of the Charamillon cable car. Continue on the track towards Col des Posettes. Descend to Vallorcine on the path, passing through Les Esserts, to get to Chef-lieu (SNCF train station). Then go up to Col des Montets. The route follows a path between prairies (respect the work of the farmers) to Le Buet, then takes a pleasant trail with a few rocky sections to reach Le Col des Montets. The Aiguille Rouge nature reserve is nearby and not accessible to mountain bikes. Go down via the departmental road 1506 to the hamlet of Tré Le Champ. Reach Montrou via the trail. Cross the river Arve on the tarmac road. Reach Le Tour by going up the path on the left bank of the Arve.

**ENDURO**

**E1 ENDOURO DE PLAN JORAN**  
Difficulty: Medium Type: One-way VTIAE: Yes  
Duration: 1h Distance: 6,9 km D+: 0 m D-: 830 m  
Situation / Start: Argentière / Plan Joran cable car

This enduro route follows the path of the ski area Les Grands Montets to join Lognan at 2.000 m. There take the forest path until the Chalets de la Pendants located at 1.778 m and then follow the Petit Balcon Nord to reach Le Lavancher.

**E2 ENDOURO DE PLANPRAZ**  
Difficulty: Difficult Type: One-way VTIAE: Yes  
Duration: 1h45 Distance: 8 km D+: 65 m D-: 990 m  
Situation / Start: Chamonix / Planpraz cable car

Enduro route on natural trails, leaving from Planpraz (alt. 2016 m) and descending to Chamonix. The first part of the route is on paths on the ski area of Montagne de Parsa to reach the Charlanon trail at La Côte 1892, then the Grand Châble and the "Petit Balcon Sud" to get to Chamonix.

**This mountain route is shared with pedestrians, who have priority. The continuity of this route will depend on the civility of mountain bike cyclists to hikers and on them keeping to the marked path.**

**ENDURO DE PLAN JORAN**  
Difficulty: Medium Type: One-way VTIAE: Yes  
Duration: 1h Distance: 6,9 km D+: 0 m D-: 830 m  
Situation / Start: Argentière / Plan Joran cable car

**ENDURO DE PLANPRAZ**  
Difficulty: Difficult Type: One-way VTIAE: Yes  
Duration: 1h45 Distance: 8 km D+: 65 m D-: 990 m  
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**SIGNAGE**

**MOUNTAIN BIKE ROUTES**

Markers in France, legend

Direction to follow

Markers in Switzerland

**DOWNHILL TRACKS**

Easy Medium Difficult Expert

Mountain bike crossing Danger Steep slope

Bump Double bump Gap

Specific ban

**LEGEND**

- Easy/Beginners Route
- Medium/Non-beginners Route
- Difficult/Experienced Route
- Very Difficult/Experts Route
- The Transcommunautaire
- Route start
- Direction of the route
- Two-way circulation
- Tourist Office
- Car park
- Shuttle bus stop
- Shuttle bus line V1 & V2
- Train station
- Restaurant
- Accommodation
- Natural curiosity
- Architectural curiosity
- Religious heritage
- Museum

**VALLORCINE**

Map showing routes in Vallorcine, including Le Couteray, Le Tour, and Vallorcine Cable car. Includes a warning box: "WARNING: Summer 2021 - Access only by gondola because of works".

**ARGENTIÈRE**

Map showing routes in Argentière, including Le Lavancher, Plan Joran, and Planpraz. Includes a scale bar: 0, 1km, 2km. Scale 1:40 000.

**SERVOZ**

Map showing routes in Servoz, including Le Tour, Le Couteray, and Planpraz. Includes a scale bar: 0, 1km, 2km. Scale 1:40 000.

**DOWNHILL LES HOUCHES - PRARION**

- Open from June to September
- 1 lift: Pranon cable car
- Access possible via shuttle buses from Chamonix Centre (line V1).
- Timetables and prices: Information from the Tourist Offices or on [www.chamonix.com](http://www.chamonix.com) or on [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr)

**CHAMONIX MONT-BLANC**

Map showing routes in Chamonix Mont-Blanc, including Le Lavancher, Plan Joran, Planpraz, and Les Houches. Includes a scale bar: 0, 1km, 2km. Scale 1:40 000.

**CHAMONIX / ARGENTIÈRE**

**D LE PLANET - LE TOUR**  
Difficulty: Medium Type: Loop VTIAE: Yes  
Duration: 0h45 Distance: 4,6 km D+: 155 m D-: 155 m  
Situation / Start: Chamonix / Argentière - Le Planet  
Access possible on specific bike shuttles (line V2). "Le Moulin" or "Montrou" stops.

Loop, starting in Le Planet, which takes the Petit Balcon Nord path towards Le Tour. (Be careful, there are a lot of pedestrians in this part). The route is on a fun forest trail. Crossing the torrent using the bridge, return to Le Planet following the right bank of the torrent on a grassy path. Take the road that goes to Le Planet, the starting point. It is also possible to do this loop in the opposite direction.

**E LE LAVANCHER - LES CHOSALETES**  
Difficulty: Medium Type: Loop VTIAE: Yes  
Duration: 1h Distance: 6 km D+: 165 m D-: 165 m  
Situation / Start: Chamonix / Le Lavancher  
Access possible on specific bike shuttles (line V2). "Le Lavancher" stop.

Loop, starting in Le Lavancher. Take the D1506 departmental road. Be careful when crossing. Go down a little trail and cross the river Arve on a bridge. Go up the right bank of the Arve, on a pleasant path to Les Chossettes. After crossing the departmental road located at the roundabout, cross the hamlet of Les Chossettes, to get to "Petit Balcon Nord". This forest takes you to Le Lavancher, the starting point. (Be careful, the trail is narrow at times and there are a lot of pedestrians in this part).

**F CHAMONIX - LES BOIS**  
Difficulty: Easy Duration: 0h45 Type: Loop Distance: 5,8 km D+: 75 m D-: 75 m  
Situation / Start: Chamonix / Maison Nordique - Bois du Bouchet  
Access possible on specific bike shuttles (line V2). "Valloir" stop

Short, easy, flat loop via paths and trails in Bouchet woods. The route runs alongside the left bank of the Arveyron torrent before coming back on the right bank, passing the nearby PGHM helipad. Return to the Maison Nordique via Bouchet wood.

**G CHAMONIX - LES TINES**  
Difficulty: Medium Type: Loop VTIAE: Yes  
Duration: 1h30 Distance: 11,2 km D+: 150 m D-: 150 m  
Situation / Start: Chamonix / Maison Nordique - Bois du Bouchet  
Access possible on specific bike shuttles (line V2). "Valloir" stop

Fairly easy loop via paths and trails in Bouchet wood. The route runs alongside the left bank of the Arveyron torrent before joining Les Tines via little roads and paths through hamlets. From Les Tines, the route passes underneath the railway and follows the right bank of the Arve to get back to Chamonix. The route passes near Paradis des Praz. (Be careful, there are a lot of pedestrians in this part). It then joins the golf course and comes back through Bouchet wood, through the roads of the hamlet of Les Gaudenays. Return to the Maison Nordique via Bouchet wood.

**H CHAMONIX - LA NORVÈGE - LES TINES**  
Difficulty: Difficult Type: Loop VTIAE: Yes  
Duration: 1h45 Distance: 13,2 km D+: 225 m D-: 225 m  
Situation / Start: Chamonix / Maison Nordique - Bois du Bouchet  
Access possible on specific bike shuttles (line V2). "Valloir" stop.

A more athletic loop via paths and trails in Bouchet wood. The route runs alongside the left bank of the Arveyron torrent before climbing up to Bois de la Norvège where you can do several loops in this magical place. The route then joins Les Tines via little roads and paths through the hamlets. From Les Tines, the route passes underneath the railway and follows the right bank of the Arve to get back to Chamonix. The route passes near Paradis des Praz. (Be careful, there are a lot of pedestrians in this part). It then joins the golf course and comes back through Bouchet wood, through the roads of the hamlet of Les Gaudenays. Return to Maison Nordique via Bouchet wood.

**I LES TINES - CHAMONIX**  
Difficulty: Difficult Type: One-way VTIAE: Yes  
Duration: 0h45 Distance: 5 km D+: 150 m D-: 150 m  
Situation / Start: Chamonix / Les Tines  
Access possible on specific bike shuttles (line V2). "Les Tines" stop.

One-way route to Chamonix, on a trail and wider path, via the "Petit Balcon Sud". From Les Tines, the route passes underneath the railway and follows the right bank of the Arve to Chamonix. At the first crossroads, go right and go up the "Petit Balcon Sud" trail. The trail is fairly steep for 400 m, then it levels out. At 2/3 of the route, the trail turns into a wider path and leads to the departure point of the Planpraz cable car to arrive in the Centre of Chamonix.

**Variant:** This route can be a sportier variant for the return part of the Chamonix - La Norvège - Les Tines loop.

**J LES PLANARDS - LES MOTTETS**  
Difficulty: Difficult Type: Back and forth VTIAE: Yes  
Duration: 2h15 Distance: 9,7 km D+: 550 m D-: 550 m  
Situation / Start: Chamonix / Les Planards

Back and forth trip on a track, mainly suitable for electric mountain bike, in a bike-and-bike spirit to discover on foot the view from Les Mottets over the Mer de Glace or for a hike to Montverners. The last 500 meters before getting to Les Mottets are not practicable on a bike. Bikes can be left in a rack for this purpose, with the possibility to attach padlocks. The return is on the same route. Be careful when descending on the track as the stones move.

**K CHAMONIX - LES HOUCHES**  
Difficulty: Medium Type: Back and forth VTIAE: Yes  
Duration: 1h30 Distance: 11,7 km D+: 210 m D-: 210 m  
Situation / Start: Chamonix / Les Gaillands or Les Houches / Place de l'Église  
Access possible on specific bike shuttles (line V1). "Les Gaillands" stop.

Back and forth route along the River Arve to Les Houches or Chamonix depending on where you start. The route is mainly on paths, but when you arrive in Les Houches, you will need to use the departmental road which spans the motorway. Be careful.

**90 AVENUE RAVANNE LE ROUGE - 74400 CHAMONIX-MONT-BLANC**  
04 50 53 01 01 - [zerogchamonix.com](http://zerogchamonix.com)

**MOUNTAIN RESCUE**  
+33 (0)4 50 53 16 89

**EMERGENCY**  
France : 112  
Suisse : 144  
Italie : 118

**DOWNHILL CHAMONIX - LE TOUR-BALME**

- Open from June to September
- 2 lifts: Charamillon cable car, Les Autannes chair lift
- Access possible via shuttle buses from Chamonix Centre (line V2).
- Timetables and prices: Information from the Tourist Offices or on [www.chamonix.com](http://www.chamonix.com) or on [www.compagniedumontblanc.fr](http://www.compagniedumontblanc.fr)

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Loop, starting in Le Planet, which takes the Petit Balcon Nord path towards Le Tour. (Be careful, there are a lot of pedestrians in this part). The route is on a fun forest trail. Crossing the torrent using the bridge, return to Le Planet following the right bank of the torrent on a grassy path. Take the road that goes to Le Planet, the starting point. It is also possible to do this loop in the opposite direction.

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**F CHAMONIX - LES BOIS**  
Difficulty: Easy Duration: 0h45 Type: Loop Distance: 5,8 km D+: 75 m D-: 75 m  
Situation / Start: Chamonix / Maison Nordique - Bois du Bouchet  
Access possible on specific bike shuttles (line V2). "Valloir" stop

Short, easy, flat loop via paths and trails in Bouchet woods. The route runs alongside the left bank of the Arveyron torrent before coming back on the right bank, passing the nearby PGHM helipad. Return to the Maison Nordique via Bouchet wood.

**G CHAMONIX - LES TINES**  
Difficulty: Medium Type: Loop VTIAE: Yes  
Duration: 1h30 Distance: 11,2 km D+: 150 m D-: 150 m  
Situation / Start: Chamonix / Maison Nordique - Bois du Bouchet  
Access possible on specific bike shuttles (line V2). "Valloir" stop

Fairly easy loop via paths and trails in Bouchet wood. The route runs alongside the left bank of the Arveyron torrent before joining Les Tines via little roads and paths through hamlets. From Les Tines, the route passes underneath the railway and follows the right bank of the Arve to get back to Chamonix. The route passes near Paradis des Praz. (Be careful, there are a lot of pedestrians in this part). It then joins the golf course and comes back through Bouchet wood, through the roads of the hamlet of Les Gaudenays. Return to the Maison Nordique via Bouchet wood.

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Duration: 0h45 Distance: 5 km D+: 150 m D-: 150 m  
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Duration: 1h30 Distance: 11,7 km D+: 210 m D-: 210 m  
Situation / Start: Chamonix / Les Gaillands or Les Houches / Place de l'Église  
Access possible on specific bike shuttles (line V1). "Les Gaillands" stop.

Back and forth route along the River Arve to Les Houches or Chamonix depending on where you start. The route is mainly on paths, but when you arrive in Les Houches, you will need to use the departmental road which spans the motorway. Be careful.