

VARAN mountain refuge hut

altitude 1620 m - capacity 30

Situated amidst mountain pastures at the base of the "Aiguilles de Varan", overlooking the Arve valley. The sunny and beautifully flowered terrace of the mountain refuge hut offers a unique view of the Mont-Blanc.



The mountain refuge hut

Accessible by the whole family along an easy path. Drinks and snacks are available throughout the day. Enjoy a warm welcome opposite Mont-Blanc. Overnight accommodation possible on reservation. Situated on the hiking itinerary, the "Tour du Mont-Blanc".



Gourmet Menu **Reservation compulsory**

« Saveurs orientales »

- Homemade soup
- Chicken tajine
- Cheese
- Homemade tarts
- Wine: Local Savoy wines

Culinary specialties: Oriental cuisine, tajine & couscous every Friday or on request. Local specialties available on demand.

Hiking itineraries from the refuge

- The Platé mountain refuge hut, via the Barmerousse mountain pass: 4½ h - 775 m
- Aiguille de Varan (2544 m): 3½ hours - 924 m (difficult passageway !)
- Aiguille Rouge (2636 m): 3½ hours - 1016 m (difficult passageway !)
- Pointe de Barmerousse (2210 m): 2½ hours - 590 m

Other activities available in the vicinity

- Via-ferrata de Curalla: level AD+, +180 m. Duration: 2½ hours
- Rock-climbing in the Barmerousse sector: 4 itineraries from 6a to 7c.
- Paragliding: Take-off only 5 minutes away, orientation W/SW/S. From Barmerousse (2100 m), 1½ hours from the refuge, orientation W/SW/S.

Contact:
In summer: 04 50 93 61 98
In winter: 04 50 93 89 46
Mobile: 06 79 17 99 57
www.varan.tourdesfiz.com
refugedevaran@sfr.fr

PLATÉ mountain refuge hut

altitude 2032 m - capacity 35



This mountain refuge is nestled at the heart of the "Désert de Platé", amidst the Fiz mountain range. Two donkeys revive this authentic alpine village, where patches of flowering grass crisscross the rock.

The mountain refuge hut

Enjoy a warm and friendly atmosphere around the stove of this mountain refuge. The guardian will welcome, advise and inform you.



Culinary specialties: Homemade vegetable soup served with local "Tomme" cheese. Enjoy a cappuccino or hot chocolate accompanied by a fabulous apricot tart. Breakfast is renowned for its homemade jams.

Hiking itineraries from the refuge

- Tête de Colonney: 2½ hours - 660 m (difficult passageway !)
- Col de la Portette: 1½ hours - 322 m
- Les Grandes Platières: 2 hours - 448 m
- Le Tour du Désert : 3 hours
- Le vallon de Sales (GR96)nd the Sales mountain refuge hut: 3 hours - 322 m
- Le vallon d'Anterne (GR5)nd Alfred Wills refuge hut: 6 hours - 700 m
- La combe de Barmerousse: 2 hours and Varan refuge hut: 4 hours - 400 m

Other activities available in the vicinity

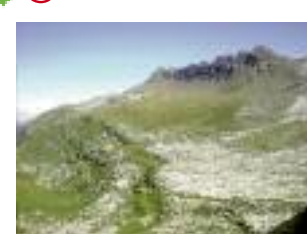
- Rock-climbing: L'Eperon de Platé, 600 m TD inf, 25 different lengths. Several easy and well equipped rock faces are situated behind the mountain refuge hut.
- Paragliding: Take-off spot only 30 minutes away.

Contact:
04 50 93 11 07
CAF de Chedde Passy
www.refugedeplate.fr
refuge.deplate@yahoo.fr

SALES mountain refuge hut

altitude 1877 m - capacity 53

This mountain refuge hut is located in a valley where mineral rock and local alpine flora coexist. Occupied by ancient alpine chalets, the valley is dominated by limestone ridges and rocks. Majestic waterfalls line your ascent from Sixt.



The mountain refuge hut

This brand new mountain refuge consists of 4 wooden chalets entirely rebuilt, situated in a small vale amidst several alpine barns.

Culinary specialties: Traditional alpine cuisine. The cheese fondue here is renowned throughout the valley.

Hiking itineraries from the refuge

- Pointe de Sales: 2 hours - 630 m
- Pointe d'Anterne: 3 hours - 880 m
- Tête Pelouse: 2½ hours - 650 m
- Tête à l'Ane: 3 hours - 940 m (difficult passageway !)



Contact:
04 50 34 47 01
www.refugedesales.com

FONTS mountain refuge hut

altitude 1380 m - capacity 32



Situated at the foot of Mont Buet and at the entrance to the wild "Cirque des Fonts", this refuge hut is nestled in lush greenery. Surrounded by a forest of spruce trees, only the sound of the surrounding torrents and waterfalls seems to disturb the peace and quiet.



The mountain refuge hut

This hut, built identically to the traditional alpine chalets overlooking the village of Fonts, was opened in 1926. It has successfully retained its authenticity and its family atmosphere.

Gourmet Menu **Reservation compulsory**

« Rendez-vous Terroir »

- Delicatessen
- Tartiflette
- Green Salad
- Dessert with red fruits
- Wine: Gamay de Savoie

Culinary specialties: Vegetable soup, farmhouse « Tomme » cheese and traditional regional dishes (fondue, delicatessen etc.).

Hiking itineraries from the refuge

- Refuge Alfred Wills: 2½ hours - 700 m
- Le Lac d'Anterne: 3 hours - 700 m
- Le Buet: 6 hours - 1740 m

Contact:
04 50 34 12 41
didier.mogenier@wanadoo.fr
www.lesfonts.com

LAC DE GERS alpine gite

altitude 1540 m - capacity 18

Nestled in a valley, on the upper edge of the forest, the Gers Lake offers a rich alpine landscape. Home to a game reserve and close to the Sixt nature reserve, the pastures here boast diverse wildlife and alpine flora. Great for hiking, this valley offers beautiful panoramic views.



Culinary specialties: Original salads, reblochon fondue and home-made desserts.

Hiking itineraries from the alpine gite

- Col Pelouse: 2¼ hours - 900 m
- Sales par le Pas des Foges: 2½ hours - 650 m
- Désert de Platé: 3 hours - 1000 m

Other services available

- Fishing licences are for sale here.
- This gite is open in the winter season and accessible via the Grand Massif ski area.

The alpine gite

Offers all the comforts of hotel accommodation in the mountains. Individual rooms are available for 2 to 6 people. Enjoy a warm and friendly atmosphere and the opportunity to experience fishing in the mountain lake.

Gourmet Menu **Reservation compulsory**

« Le Gastro des Montagnes »

- Potatoes with parsley, sausages and chunks of Tomme cheese
- Reblochon Fondue
- Homemade Dessert
- Free Aperitif

Contact:
Radio-telephone:
04 50 89 55 14

LE CHÂTELET D'AYÈRES mountain refuge hut

altitude 1425 m - capacity 28



This small wood clad alpine auberge dates from the early twentieth century. It backs onto the Fiz mountain range and faces Mont-Blanc. Enjoy lunch on the terrace or dinner by the fire.

The mountain refuge hut

Consists of a large common room with hand-hewn beams that date back to 1902, eight bedrooms (two three and four beds) plus a shower.



Culinary specialties: Bougnettes, a local name for hash browns, served with meat, delicatessen and salad. Homemade blueberry tart is served for dessert.

Hiking itineraries from the refuge

- Le Tour des Ayères: 2 hours - 219 m
- Le Lac de Pormenaz: 2½ hours - 527 m
- Le Lac d'Anterne: 3½ hours - 839 m
- Le Dérochoir (difficult passageway !): 2½ hours - 802 m
- Pointe Noire de Pormenaz: 3 hours - 905 m

Gourmet Menu **Reservation compulsory**

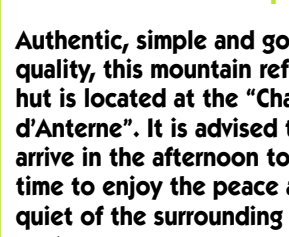
« L'arrêt Bougnettes »

- Bougnettes
- Alpine Delicatessen
- Green Salad
- Homemade Blueberry Tart
- Wine: Gamay de Savoie

Contact:
04 50 58 85 32
lechateletdayeres@wanadoo.fr
http://lechateletdayeres.pagesperso-orange.fr

ALFRED WILLS mountain refuge hut

altitude 1810 m - capacity 55



Authentic, simple and good quality, this mountain refuge hut is located at the "Chalets d'Anterne". It is advised to arrive in the afternoon to allow time to enjoy the peace and quiet of the surrounding pastures.



The mountain refuge hut

This eco-friendly alpine chalet offers a simple welcome for 2 to 10 people. Duvs and pillows are provided. Facilities include a shower, three toilets and wash-basins.

Gourmet Menu **Reservation compulsory**

« Les Vignerons Rebelles »

- Homemade Soup
- Farcement with Roast Pork
- Tomme Chesse
- Homemade Dessert
- Wine: Organic

Culinary specialties: Homemade soup, « farcement » and blueberry juice. Enjoy a choice of superb organic wines.

Hiking itineraries from the refuge

- Le Lac d'Anterne: 1 hour - 300 m
- Tête de Willy (map available from the guardian)
- Circuit des Fonts: Return circuit (to the car park)

Other activities available in the vicinity

- Rock-climbing: « Les Yeux dans le Bleu » 7C, 14 lengths (renowned route).
- Nature: This refuge is a privileged site to spot marmots. The guardian has also set up a special telescope to observe vultures.

For your information:

- Dogs are forbidden in the nature reserve. Sleeping bag sheets are advised (rental available on site).

Contact:
06 70 63 12 45
www.refuge-wills.com
Pezet Bruno

MOEDE ANTERNE mountain refuge hut

altitude 2000 m - capacity 110

Opposite Mont-Blanc, at the heart of the Passy nature reserve, near the lakes of "Pormenaz" and "Anterne", this mountain refuge offers panoramic views of the Fiz and Mont-Blanc mountain ranges plus the opportunity to spot marmots and vultures.



The mountain refuge hut

Choose between the comfort of a modern chalet and the authentic charm of the older building. Facilities include comfortable rooms, dormitories and showers.

Gourmet Menu **Reservation compulsory**

« Le Repos du Montagnard »

- Soup
- Diots sausages with polenta
- A selection of alpine cheeses
- Or fromage blanc with blueberries
- Wine: Local red wine

Hiking itineraries from the refuge

- Le Lac de Pormenaz : 1/2 hour
- Le Lac d'Anterne : 1¼ hours - 255 m
- Chalets de Villy : 1¼ hours - 250 m
- Pointe noire de Pormenaz : 1¼ hours - 320 m
- Le Buet par le Col de Salenton : 4½ hours - 1150 m
- Le Brévent : 4 hours - 830 m

Contact :
In summer: 04 50 93 60 43
In winter: 04 50 78 02 09
Mobile: 06 09 42 42 34
www.tourdesfiz.com

GRENAIRON mountain refuge hut

altitude 1974 m - capacity 70



Enjoy 360 ° panoramic views of Mont Buet, the valley of Anterne, the majestic Fiz mountain range, the Mont-Blanc in the background, the villages of Samoens Sixt and the Giffre Valley below.

The mountain refuge hut

Built in traditional wood and stone where the Chalet Hotel Buet once stood (1st mountain refuge in the Giffre Valley). Enjoy a friendly atmosphere and cosy dormitories.



Gourmet Menu **Reservation compulsory**

« La Pause Conviviale »

- Soup and local Tomme cheese
- Croute Savoyard (Cheese Crust)
- Homemade desserts
- Wine: Local white and red wines

Culinary specialties: Croutes savoyardes, fondue, farcement and tartiflette (on reservation only). Homemade desserts: tarts, cakes etc. Come and taste a selection of unknown local wines: Persan, Mondeuse Blanche etc!

Hiking itineraries from the refuge

- Le Mont Buet (altitude 3100 m): 4½ hours - 1150 m (difficult passageway !)
- Le Cheval Blanc (altitude 2831 m): 4 hours - 900 m
- Plan du lac du Buet (altitude 2543 m): 2 ½ hours - 600 m
- La Cathédrale (altitude 2531 m): 1 ½ hours - 550 m
- Les Frères du Grenier : 1 hour - 400 m

Contact:
04 50 34 47 31
contact@grenairon.com
www.grenairon.com

2012 AGENDA

★ Saturday 23rd June
Feast of Saint Jean:
Official start to the season
Illumination of the summits in the Mont-Blanc region.
A festive evening in the surrounding mountain refuge huts.

★ Saturday 7th July
Sixt Fer à Cheval:
La Montée des Cascades
A renowned hike and race along the famous path « des Cascades ».

★ Sunday 29th July
Base Camp Open Day
Come and try a selection of activities in Plaine Joux!

Quechua TOUR DES FIZ A selection of itineraries on the famous « Tour des Fiz »

- Le P'tit Tour des Fiz : 30 km - 2400 m positive climb
- Le Quechua Tour des Fiz : 63 km - 5300 m positive climb

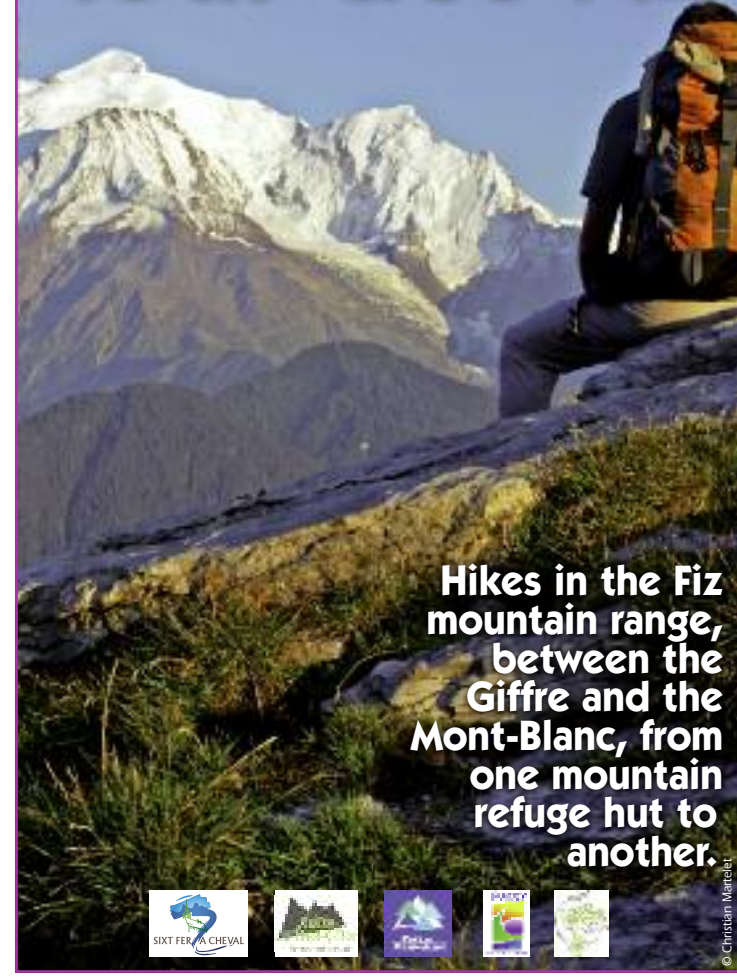
★ Sunday 28th August
2nd edition of the "Kilomètre Vertical de Platé"
Race and hike departing from Plateau d'Assy. 1000 m positive climb.

★ Sunday 16th September
9th edition of the "Grimpée Chedde/Les Ayères"
A popular hike and alpine race. Arrival in Plaine-Joux.

Key

- Nature Reserve
- Dogs Forbidden
- Showers
- A non guarded winter mountain refuge hut
- Restaurant
- Parking
- Rock-climbing
- Footpath
- Sporty option
- Difference in altitude

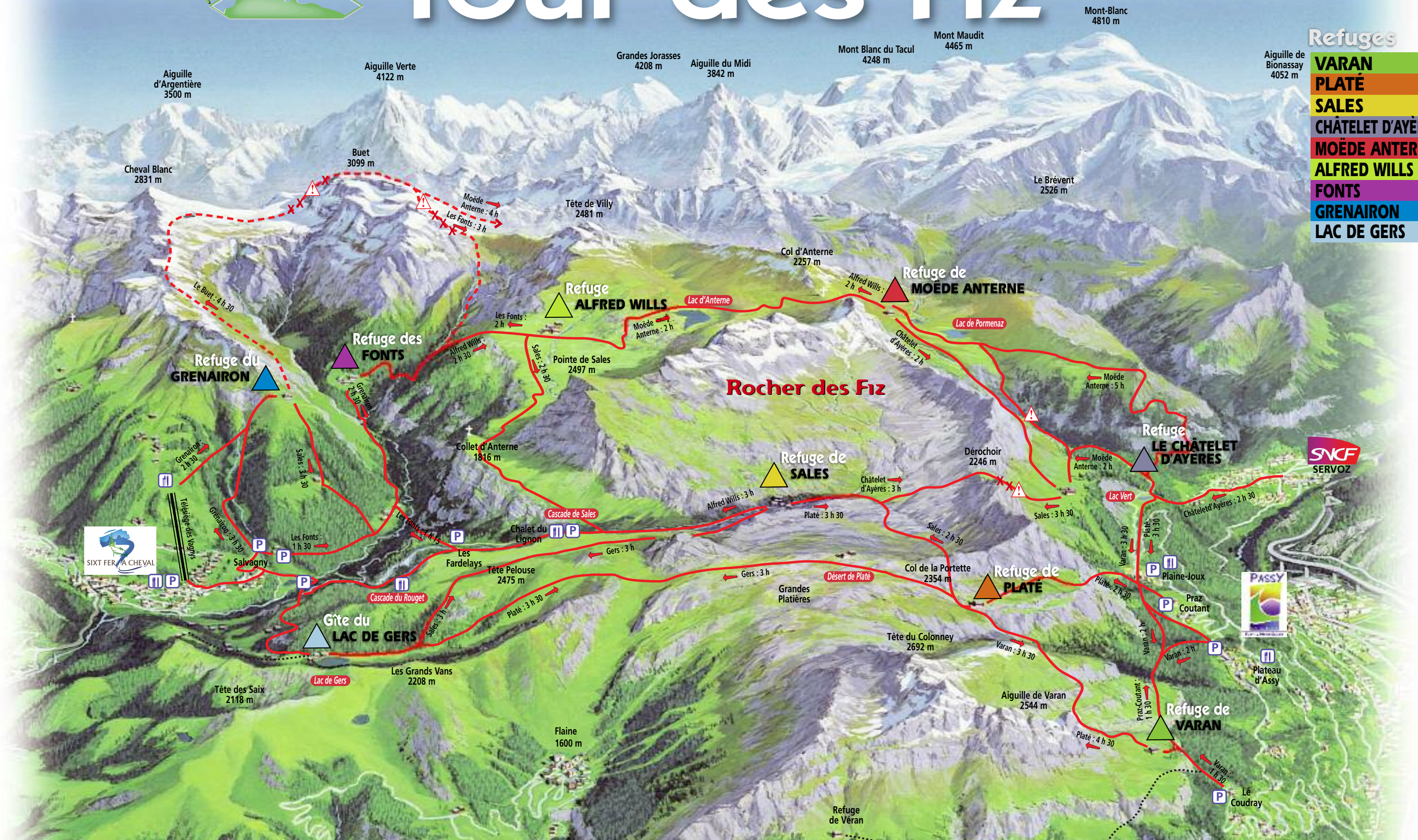
Tour des Fiz



Hikes in the Fiz mountain range, between the Giffre and the Mont-Blanc, from one mountain refuge hut to another.



Tour des Fiz



- Refuges**
- VARAN**
 - PLATÉ**
 - SALES**
 - CHÂTELET D'AYÈRES**
 - MOÈDE ANTERNE**
 - ALFRED WILLS**
 - FONTS**
 - GRENAIRON**
 - LAC DE GERS**

Gourmet Hiking Itineraries

A selection of 2 to 7 day circuits in and around the Fiz mountain range. Choose from a number of diverse itineraries; from the nature reserves in Passy and Sixt to the "Désert de Platé". Discover waterfalls and alpine lakes with the Mont-Blanc ever present in the background. Enjoy a family circuit or a more sporty option.

- Enjoy a varied choice of food and flavours. Nine mountain refuge huts propose a choice of regional culinary specialities and foreign flavours.

Discover a selection of « GOURMET MENUS »

Each mountain refuge hut proposes a different menu, a great opportunity to combine hiking and gastronomy.

Prices range from 37 € to 55 € per person inclusive of dinner, a glass of wine, overnight accommodation and breakfast + picnic on request.

Special children's rates available.

Reservations at the Tourist Information Office in Passy

Browse our website to prepare your itinerary:
www.tourdesfiz.com

Practical information:

All our mountain refuge huts are open from 15th June to 15th September. Outside this period, please contact us. N.B. Certain mountain refuge huts do not accept credit cards.

Hiking maps

- Passy 1/20 000e
- New: Pays du Mont-Blanc 1/50 000e
- Samoëns Haut/Giffre 1/25 000e IGN TOP 25 and n° 3530
- Le Grand Massif 1/30 000e

Weather forecast: For up to date information on local weather conditions please call **08 99 71 02 74**

Mountain Rescue

Emergency numbers: **04 50 53 16 89 - 17**
From a mobile telephone: **112**

Alpine Leaders

Our alpine leaders will guide you and share their knowledge of the alpine environment. Guided tours of the Fiz mountain range are available on request. For further information please contact the local Tourist information Offices.

The "Tour des Fiz" hiking itinerary is possible with a donkey from Sixt Fer à Cheval. For more details please contact the Tourist Information Office in Sixt.

The Nature Reserve and the surrounding environment:

The "Tour des Fiz" hiking itinerary passes through the nature reserves of Sixt-Passy and Passy. These reserves are subject to specific regulations regarding the local wildlife, flora, camping and dogs etc.

Eco-friendly gestures:

Do not leave your rubbish behind. Please bring it back down the mountain with you. Follow the marked trails and paths. Respect all wildlife. If you are lucky enough to spot wild animals, please do not approach them.

For further information:

• **Office de Tourisme de Passy**
35 place du Dr Joly, Plateau d'Assy, 74190 Passy
Tél +33 (0)4 50 58 80 52
reservation@passy-mont-blanc.com
www.passy-mont-blanc.com

• **Office de Tourisme de Sixt Fer à Cheval**
Place de la Gare, 74740 Sixt Fer à Cheval
Tél +33 (0)4 50 34 49 36, ot@sixtferacheval.com, www.sixtferacheval.com