

ESPACE SAN BERNARD

la Rosière

€2,00

INTERACTIVE PLAN

LA ROSIÈRE TRAILS & BIKE PARK

ACTIV'ÉTÉ CARDS

Great deals for mountains activities!

ACTIV'ÉTÉ Tribe 156,00 €

ACTIV'ÉTÉ Spirit 95,00 €

ACTIV'ÉTÉ Discovery 60,00 €

GREEN TRAILS

Very easy walks, perfect for the whole family.
Max elevation gain: 60 m | Max altitude: 1,850 m

1 Plan de l'Arc Trail
A peaceful forest walk leading to the Plan de l'Arc leisure area.
P Tourist Office 46 m 1 hr (round trip)

2 Vaz Trail
A gentle stroll ideal for a picnic or a nap by the stream.
P Le Châtelard 60 m 40 mins (round trip)

3 Golf Trail
(Not accessible to pushchairs or persons with reduced mobility)
A forest walk leading to La Rosière's iconic 9-hole golf course, facing Mont Pourri.
P Résidence Les Marmottons 100 m 20 mins

BLUE TRAILS

Moderate difficulty hiking routes.
Max elevation gain: 414 m / Max altitude: 2 400 m

4 Blueberry Trail (Le chemin des Myrtilles)
Wander through the woods and enjoy the beautiful afternoon light over the Haute Tarentaise valley.
P Manessier ski lift 368 m 2 hr (Loop)

5 Zittieux Trail
Hike towards Roc Noir, following the Zittieux ridge with panoramic views of the Tarentaise valley and the Petit Saint-Bernard Pass.
P Clarines ski lift 453 m 1 hr 20 mins (One way)

6 Hayfields Trail (Chemin des Foins)
Stroll through vast flower-filled meadows above the hamlet of Le Châtelard.
P In front of Lodge Hemera 367 m 2 hrs 10 mins (Loop)

7 Schoolchildren's Trail (Le chemin des écoliers)
Once, four schools served the children of the 30 hamlets of Montvalezan. Discover their path!
P Montvalezan 414 m 2 hrs 40 mins (Loop)

8 Soldiers' Trail (Le Chemin des Militaires)
From the top of the chairlift to the strategic site of Fort de la Redoute Ruinée at 2,399 m.
P Roches Noires chairlift 128 m 2 hrs 30 mins (Loop)

9 Woodcutters' Trail (Le Chemin des Bûcherons)
Through deciduous and coniferous forests on a steep woodland path.
P Le Châtelard 315 m 1 hr 40 mins (Loop)

10 Alpine Meadows Trail (Le Chemin des Alpagnes)
Hike through high-altitude pastures and traditional mountain chalets (Putétruit, Le Vaz, La Devanchaz...)
P Le Plan de l'Arc 378 m 2 hrs 30 mins (Loop)

S1 Squirrels' Trail (Sentier des Écureuils)
Explore the Malgover Forest along the banks of the Isère River.
P Office de tourisme de Séz 173 m 2h (Loop)

S2 Hamlets of Séz
A scenic route through the hamlets of Séz – and don't miss the deer park with a dozen fallow deer!
P Séz Tourist Office 200 m 1 hr 30 mins

S3 Boédets Balcony Trail
This elevated trail offers breathtaking views across the entire valley.
P Saint-Germain hamlet 383 m 2 hrs (Round trip)

S8 Lac Sans Fond Circuit
From the Petit Saint-Bernard Pass, discover a stunning high-altitude lake.
P Hospice Petit Saint-Bernard Pass 303 m 2 hrs 30 mins (Loop)

S10 Along the Border
Explore the history of this legendary mountain pass, with stunning views over the Tarentaise peaks.
P Hospice Petit Saint-Bernard Pass 183 m 2 hrs 15 mins

SUMMER SHUTTLES

From 28 June to 7 September 2025, a shuttle runs between Bourg-Saint-Maurice and the Col du Petit Saint-Bernard, stopping at Séz, the hamlets of Montvalezan, and La Rosière.

One-way pedestrian fare: € 3,00 Free for minors and people with reduced mobility (PRM).
One-way bike fare: € 6,00

A free intra-resort shuttle is also available from Monday to Saturday, from 28 June to 6 September. More info at larosiere.net

LIFTS

OPENING : From 28 June to 5 September 2025

TIME SCHEDULE
Roches Noires Chairlift:
► 7 days a week, from 9:40 am to 12:15 pm and from 1:30 pm to 4:30 pm.
Eucherts Chairlift:
► Every day except Saturday, from 9:40 am to 12:15 pm and from 1:30 pm to 4:30 pm.

PEDESTRIAN TICKETS SUMMER 2025 :
Adults : € 9,00 / Child (under 13) : € 7,00

i Memory Trail (Sentier de la Mémoire)
Pilgrims, merchants and armies have crossed this pass since Antiquity. A historic trail through time.
P Hospice Petit Saint-Bernard Pass 85 m 1 hr

RED TRAILS

Hikes for experienced walkers. Morning departures recommended.
Max elevation gain: 1130 m / Max altitude: 2936 m

8b Embrasures Ridge Trail (Le Sentier de la Crête des Embrasures)
A panoramic alternative to route 8, following the ridge line.
P Col des Embrasures 80 m 30 mins

11 Shepherds' Trail (Le Chemin des Bergers)
A loop around the Combe des Moulins, with sweeping views of the valley and its mountain streams.
P Le Plan de l'Arc 488 m 2 hrs 50 mins (Loop)

12 Bec Rouge Summit (2 515m)
Climb one of the valley's most breathtaking panoramic peaks.
P Le Châtelard 1042 m 5 hrs (Round trip)

13 Hunters' Trail (Le Sentier des Chasseurs)
A wild and varied route at altitude, with the option to extend to Lac du Retour.
P Le Châtelard 1130 m 5 hrs 10 mins (Loop)

15 The Louie Blanche (by Lac du Retour)
A beautiful high-altitude circuit that passes several mountain lakes.
P Le Plan de l'Arc 1013 m 5 hrs 30 mins (Full loop)
To Lac du Retour only: 739m 4 hrs 30 mins (Round trip)

S4 Roman Road (La Voie Romaine)
Follow this ancient Roman route that once linked Vienne to Milan via the pass.
P Petit Saint-Bernard path 800 m 6 hrs (Round trip) or Saint-Germain hamlet

S5 Countess Cécile Trail (La Comtesse Cécile)
Hike through the Bochères Forest, a local wildlife and hunting reserve.
P Parking opposite camping du Reclus 435 m 2 hrs 30mins (Round trip)

Lancebranlette Summit
S7 The highest point in the commune of Séz offers a stunning panoramic view.
P Hospice at Petit Saint-Bernard Pass 783 m 4 hrs (Round trip)
Steep and for confident hikers only.

S9 Hermine Trail
An enjoyable shaded walk through the forest.
P Les Écudets car park 500 m 3 hrs (or 650 m and 4 hrs with variant 4).

i2 Cross-Border Trail
From Séz to La Thuile via the Roman Road and the Saint-Martin path. From the Petit Saint-Bernard Pass, follow route 9 on La Thuile's trail map.
P Saint-Germain village 925 m 5 hrs (One way)

BLACK TRAIL

For expert hikers only.
Max elevation gain: 1069 m / Max altitude: 2891 m

14 Mont Valaisan (2891m)
A bold ascent to the Italian border, offering dizzying, grand views over Mont Blanc and the Alps.
P Plan de l'Arc 1069 m 5 hrs 40 mins (Road trip)

Trésor du Fort NEW TRAIL !
Set off with your family to follow the clues in search of the Treasure. Investigation booklet available at the Tourist Office.
P Roches Noires Chairlift 205 m 2 hrs 30 mins (Loop)

Walking time is estimated for a fit walker without breaks.

Local weather La Rosière Tourist Office +33 (0)8 99 71 02 73
Ski lifts +33 (0)4 79 06 80 51
Séz Town Hall +33 (0)4 79 40 12 00
European Emergency Call +33 (0)4 79 41 00 54
112

LEGEND

- Tourist Office
- Car park
- Church-Chapel
- Baroque church
- Orientation table
- Museum
- Farm to visit
- Viewpoint
- Gîte
- Public toilets
- Restaurant
- Campsite
- Picnic area
- Shuttle bus stops
- Drinking water point
- Chairlifts open
- Chairlifts closed
- Unmarked paths
- Sports and leisure facilities
- Versondane climbing site
- Fishing maps and sketches of the reserves available from La Rosière Tourist Office.

Where are the patous and what attitude should you adopt?

LES P'TITS RANDONNEURS
15 badges to collect – a fun way to motivate your children to get walking.
For more information, visit the Tourist Office.

RECOMMENDATIONS

You will be exploring a natural environment. Before setting off, it is recommended that you check:

- Weather conditions
- The condition and accessibility of the paths

Be sure to inform your family, friends, or your accommodation provider of your intended route. Equip yourself appropriately (hiking boots, cap, sunglasses, sun cream) and take sufficient food and water. Do not hesitate to seek the assistance of mountain professionals. They can accompany you on selected routes or suggest alternative excursions. Dogs are permitted. However, out of respect for local wildlife, livestock, other users, and for your own safety, dogs must be kept on a lead. You may come across guard dogs (Patous) protecting flocks. Please be cautious and respect the boundaries set up by shepherds. Do not leave marked paths to avoid damaging the alpine meadows. Take extra care when crossing snow patches (névés). The mountains are beautiful – please respect them and leave no trace of your visit (no litter). For more detailed topographical information, it is recommended that you obtain the "IGN TOP 25 map", reference "3532ET", which covers this area. The information published in this document is provided for guidance purposes only and does not incur the responsibility of La Rosière Tourist Office or the local authorities of Montvalezan and Séz. We wish you an enjoyable walk.