

RECOMMENDATIONS



Caution !

Embarking on a via ferrata without alpine equipment and experience of its use may be very dangerous (it's a mortal risk). Via ferrata are alpine routes, fitted with cables, handrails and rungs. They may be very airy and sometimes athletic. You have to respect the way of the route, don't go out.

This route is done under your own responsibility.

You have to take care concerning the climate conditions of the mountains before going on a via ferrata. Do not hesitate to use professional services.

VIA FERRATA DES SAIX DE MIOLÈNE

The Abondance valley is located in the Haute-Savoie region south of Lake Geneva and in the Portes du Soleil area near the Swiss border.

ACCESS

From France:

- By car, from Thonon-les-Bains, take the RD902 towards Châtel/Morzine. At the Bioge tunnel, take the RD22 towards Châtel. At the exit of Abondance, at the welcome sign of La Chapelle d'Abondance, the parking is on the left.
- Thonon-les-Bains train station is 35 minutes away (connection Thonon - Abondance - Châtel): Autocars EVAD, tel: +33 (0)4 50 81 74 74
- Evian-les-Bains station 35 minutes away
- Geneva-Cointrin airport: 1 h 30

From Switzerland:

- From Monthey, by the road to Morgins, follow the RD22 to the exit of La Chapelle d'Abondance, the car park is on the right.



LEMAN
MOUNTAINS
EXPLORE



INFORMATION

A list of professional framers and equipment rental companies is available at the following locations:

Leman Mountains Explore tourist office :
www.leman-mountains-explore.com

- Bureau d'Information Touristique d'Abondance
417, rue de l'Abbaye d'Abondance - 74360 Abondance
+33 (0)4 50 73 02 90
- Bureau d'Information Touristique de La Chapelle d'Abondance
10, route des Frasses - 74360 La Chapelle d'Abondance
+33 (0)4 50 73 51 41

assistance
18 ou 112

weather
08 92 68 02 74

Châtel Tourisme
14, route de Thonon - 74360 Châtel
+33 (0)4 50 73 22 44

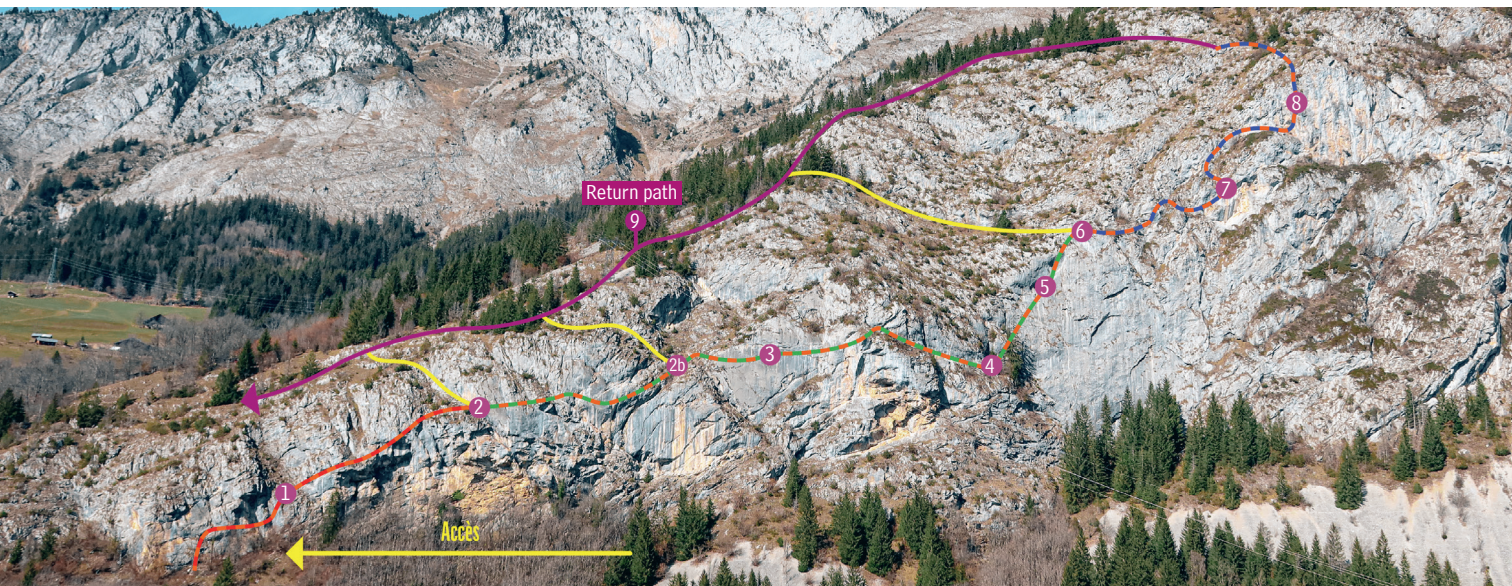
Communauté de communes pays d'Évian vallée d'Abondance
+33 (0)4 58 57 03 00
www.cc-peva.fr

VIA FERRATA DES SAIX DE MIOLÈNE

ABONDANCE VALLEY



VIA FERRATA DES SAIX DE MIOLÈNE



TECHNICAL SHEET

Access in 15 minutes by the « sentier du menhir ».
 From the car park on the edge of the RD22 at the entrance to La Chapelle d'Abondance, at the foot of the quarry, follow the forest path towards Abondance. Travel time (ascent and descent): 3 to 5 hours including 15 minutes of access. Return time: 30 to 45 minutes
 For adults and children of minimum 1 m 40
 Face orientation: South-East
 Length: 900 m (+ 2 escapes)
 Vertical drop: 220 m
 Start altitude: 1030 m – Summit altitude: 1250 m
 Difficulty: AD to TD Via Ferrata

- 1 Le pont du Goléron (2 pers. max)
- 2 Le pscheu de l'Orge – Chamois section
- 2b Coucou's Exit
- 3 La traversée du Coucou
- 4 Le jardin de Miolène
- 5 La Para nera
- 6 Exit « le Vionnet » – Bouquetin section
- 7 La traversée des poupées
- 8 Le mur du Saix Rouge
- 9 Return path « à l'An que vint »

- Cabri section
- Chamois section
- Bouquetin section
- Escape route

This wall is frequented by peregrine falcons, a protected species. Period to avoid: from 15 March to 10 July on the 2nd and 3rd sections. Information is provided on site.

The via ferrata of the Saix de Miolène, located in the centre of the Abondance valley, is aptly named as it literally means «the rock in the middle of the valley». This central location offers remarkable panoramic views of the valley and its villages, and conversely, non-practitioners can observe the ferrata climbers at work from below!



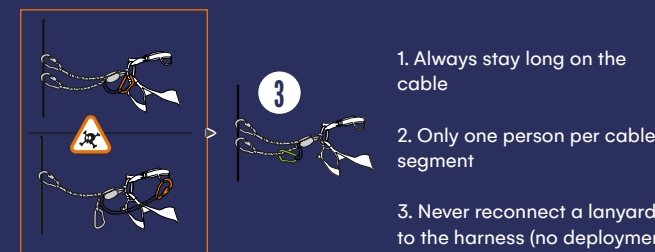
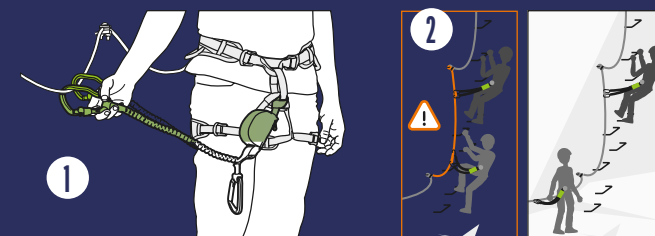
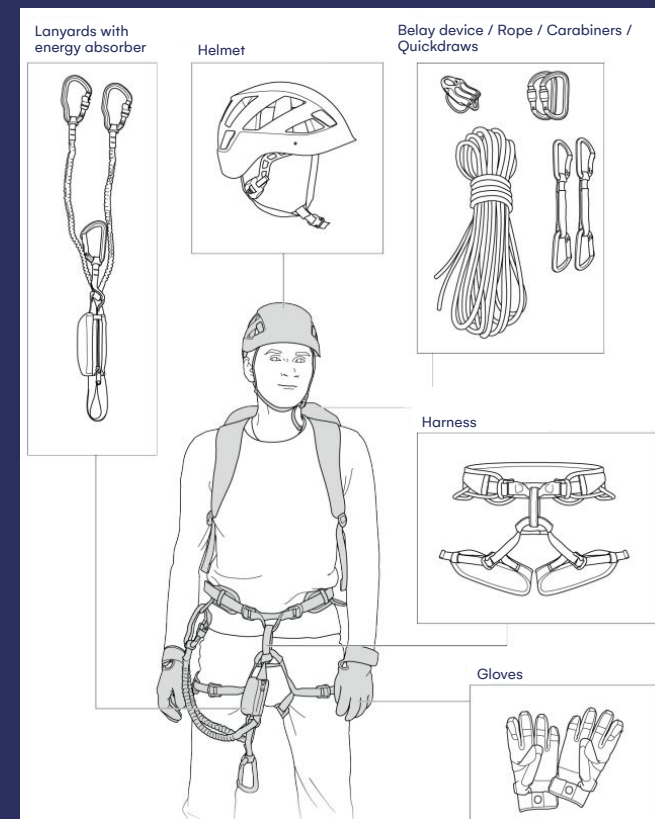
Access to the via ferrata is free of charge: you will have to pay for the rental of equipment and any supervision by a specialist.

For the uninitiated, it is strongly recommended to be accompanied by a guide.

TECHNICAL DESCRIPTION

The route evolves in a very steep and aerial wall. It takes in some pretty rocky passages formed by a succession of ledges, dihedrals and overhangs. Numerous athletic passages, more or less sustained in the 2nd and 3rd parts, must be tackled by accomplished or supervised ferrarists.

NECESSARY GEAR AND BASIC PRINCIPLES



1. Always stay long on the cable
2. Only one person per cable segment
3. Never reconnect a lanyard to the harness (no deployment of the energy absorber)