



MTB Centre contact:
Lake Aiguebelette (visitor centre)
04 79 36 00 02
E-mail : basevt-pays-lac-aiguebelette@ffct.org

MTB rental:
Vertes Sensations (From April to All Saints' day)
04 79 28 77 08 - 06 50 69 77 08 - A43 junction - Nances

MTB shop, repairs:
Le Biclou - 04 76 31 12 60
Route de Pont-de-Beauvoisin - La Bridoire
Bouticycle - 04 76 37 07 84
ZI La Baronnie - Le Pont-de-Beauvoisin

Tourist offices:
Yenne area
04 79 36 71 54 - 1 chemin du port - Yenne
Lake Aiguebelette
04 79 36 00 02 - sortie A43 - Nances
Guiers Valley - 04 76 31 63 16
47 route de Pont-de-Beauvoisin - St-Genix-sur-Guiers

Local clubs:
Cyclo Yennois <http://cyclosyennois.free.fr>
(Randonnée du Petit Buguey le 1^{er} Mai)
Club VTT du lac d'Aiguebelette
<http://vtt-aiguebelette.ffct.org/>
(Randonnée La Mandrinose le 3^e dimanche de juin)
Cyclo Pontois www.cyclopontois.org
(Randonnée Les Vallons du Guiers le 4^e dimanche d'octobre)

The mountain-biker's charter

- I am always courteous to other trail users and I avoid making too much noise
- I control my speed at all times
- I am careful when overtaking walkers and horse riders, who always have right of way
- I respect the countryside and private property
- I only ride on signposted trails open to the public
- I avoid riding through young forest and regeneration areas
- I let someone know where I am going and I never ride alone
- I always carry a repair kit, a first-aid kit and a detailed map of my route
- I check the difficulty and length of the route before setting off and I never take unnecessary risks
- I check the weather forecast before setting off
- I always follow the Highway Code
- I always wear a helmet

C Lake Aiguebelette (Visitor Centre)

A43 junction - Altitude 375 m - 8 circuits - Total 154 km

GPS coordinates 45.57437, 5.800218

2 3 Circuits around Nances
2: length 4.5 km, height gain + 50 m
3: length 8 km, height gain + 180 m
An easy circuit for all the family. After an initial section along the banks of the River Leyse, the route goes through the flower-lined hamlet of Les Gollots and across the lower slopes of the Nances forest. Return via the lakeshore.
Circuit 3 climbs higher up the hillside along the flower-lined road through Nances and finishes with a fun descent through the forest.

6 Château Richard
Length 26 km, height gain + 1150 m
This circuit starts with the climb to the Col de l'Epine (987 m) and finishes with the superb descent through the forest from Château Richard to Lake Aiguebelette. A strenuous itinerary with short technical sections on the descent. Once back at the road (after La Rossière), it is well worth going up to Villas Doria (1 km) in order to finish the ride with the wonderful descent through the Nances Forest.

8 On the road to the Chartreuse
Length 50 km, height gain + 1650 m
A long tour of the lake for fit and accomplished riders. The straightforward climb through Nances and Novalaise to the Col de la Crusille leads to a lovely traverse through the forest around Le Banchet. After a slightly technical descent to La Bridoire, the route goes up the GR9 through Le Gruat and into the Chartreuse Regional Park. It then follows the road along the foot of Mont Grêle to La Pissière. A long and difficult climb is followed by an easier-angled forest track and a final descent to Aiguebelette-le-Lac. The return leg goes through Lépin-le-Lac and along the western shore of the lake.

4 Villas Doria
Length 12 km, height gain + 400 m
A route that will delight descenders. After heading up minor roads towards the Col de l'Epine, the route goes past the ruins at Villas Doria to descend single-track trails with some very sharp hairpins. The circuit is graded red because it demands good bike-handling skills.
Not recommended in wet conditions.

5 Col de la Crusille
Length 27 km, height gain + 650 m
A "country" circuit around Novalaise. A technically straightforward circuit combining an easy climb with a slightly more technical descent to the village of Ayn. The section through the forest between the Col de la Crusille (572 m) and the Col du Banchet (590 m) is particularly pretty.

B The Chevelu lakes

Leisure area - Altitude 305 m - 3 circuits - Total 49 km

GPS coordinates 45.692706, 5.825522

15 Mont de Lierre
Length 12 km, height gain + 440 m
In the shadow of the rugged peaks of the Dent du Chat and the Montagne de la Charvaz. These mountains form a cirque containing two tiny lakes, the Lacs de Chevelu. Mont de Lierre, just west of the lakes, provides a lovely little climb and traverse through oak forest (short sections not rideable) before a final technical descent and, why not, a swim in the lake.

16 The Chevelu Lakes
Length 7 km, height gain + 220 m
Although quite short, this route is not without difficulties. Along the trail through vineyards and forests you will see the Château de Bergin and an oratory. The return leg to the Lacs de Chevelu includes several superb viewpoints overlooking the valley. NB: The final descent through the Lierre Woods is difficult.

17 Vineyards circuit
Length 29 km, height gain + 630 m
This itinerary combines circuits 14 and 15 to give a very hilly, 30-km ride through wonderfully varied and beautiful countryside. Including lakes, vineyards, rivers and forests, it has a little bit of everything. Even fit riders will require a good half-day to complete the circuit

A Yenne (Visitor centre)

Community hall car park - Altitude 230 m - 6 circuits - Total 90 km

GPS coordinates 45.704604, 5.758657

11 Lagneux circuit
Length 11 km, height gain + 30 m
A very easy itinerary that allows the whole family to explore the flood plains of the Rhone. Half on road, half off road, this route between the River Rhone and the vineyards provides a varied circuit round the Lagneux marshes.

13 The Rhône Belvedere
Length 15 km, height gain + 520 m
A loop with superb views across the Rhône Valley, the Pierre-Châtel narrows and the town of Yenne. You will also have the time to explore the bucolic countryside around Yenne. A short but quite strenuous circuit, with some technical sections.

18 St-Paul/Traize grand circuit
Length 26 km, height gain + 840 m
Itinerary combining circuits 12 and 13 at the hamlet of Ameysin. The route is graded difficult because of its length but there are no sections that are unrideable.
See descriptions of circuits 12 and 13.

12 Chateaux circuit
Length 15 km, height gain + 350 m
After an initial climb onto the St-Paul-sur-Yenne plateau, this hilly ride goes past several chateaux and fortified houses, including the birthplace of Charles Dullin, and finishes with a sustained descent to the hamlet of Ameysin.

14 Saint-Romain circuit
Length 19 km, height gain + 260 m
The climb to the chapel at Saint-Romain leads to a viewpoint that provides a 180° panorama of the Rhône Valley, Yenne and the slopes of the Dent du Chat. The circuit then goes through the vineyards of Jongieux before an easy return leg beside the untamed Rhône.

D Saint-Genix-sur-Guiers (Louis Mandrin's lair)

Community hall - Altitude 225 m - 5 circuits - Total 102 km

GPS coordinates 45.596781, 5.633519

21 Between Rhône and Guiers river
Length 9 km, height gain + 20 m
A family circuit across the plains around the confluence between the Rhone and the Guiers. This route, half on road, half off road, goes through the lowest point in Savoie

23 The Rochefort hill
Length 20 km, height gain + 500 m
After climbing the hill behind Rochefort to Ste-Marie d'Alvey, this moderately difficult circuit explores the different facets of the countryside around Val Guiers.

25 The cliffs of Rochefort
Length 29 km, height gain + 800 m
This long and strenuous ride climbs up on to the Montagne du Banchet before traversing the beautiful forests between the Col de la Crusille and the Col du Banchet. After a fast and difficult descent from the Col du Banchet (unrideable for 10m), the return leg follows the foot of the cliffs to go through Rochefort and over the hill at Bachelin.

24 The Truisson Valley
Length 25 km, height gain + 600 m
A difficult circuit linking the villages of the Truisson Valley. The trail through "Les Envers" to Ste-Marie d'Alvey is followed by a scenic climb along the GR9 to the St-Maurice plateau and a wonderful descent to Grésin and Champagneux. The final leg is much gentler, along cycleways and tracks beside the Rhone and the Guiers.

22 Tour of Mont de Cordon
Length 19 km, height gain + 120 m
A tour of an island between two branches of the Rhône, at the foot of Mont de Cordon. This easy circuit along the banks of the Rhone and the Guiers crosses 3 bridges, goes through 3 "départements" and follows a section of the ViaRhôna cycle route. A great introduction to mountain biking
Balisage en automne 2013.

E St-Maurice-de-Rotherens

Centre of the village - Altitude 650 m - 3 circuits - Total 55 km

GPS coordinates 45.615854, 5.699994

26 Petit Mont Tournier
Length 11 km, height gain + 320 m
Although this tour of the St-Maurice plateau is quite short, it offers superb views of the Rhone and Guiers Valleys. The circuit is quite strenuous and short sections are reasonably technical but it also includes some wonderful easy trails and great descents.

27 Lattaz circuit
Length 16 km, height gain + 500 m
Extend the tour of the St-Maurice plateau (n°26) by adding the short climb to the top of Mont Tournier and the traverse through the Gerbaix forest. A superb shady and slightly technical descent leads back to the GR9 and an undulating return leg to St-Maurice.

28 Tour of Mont Tournier
Length 28 km, height gain + 950 m
A superb MTB circuit round Mont Tournier. The scenic climb to the top of the mountain is followed by a great descent through the Glaze woods. The route then goes back up the Chemins du Soleil to the shady upper slopes of Mont Tournier. From the Col du Mont Tournier an easy traverse leads to the Col de la Lattaz and a lovely descent through the Gerbaix forest. The undulating return leg provides a fitting finale to this varied circuit.

F St-Béron

Roundabout, centre of the village - Altitude 315 m - 4 circuits - Total 59 km

GPS coordinates 45.502595, 5.729083

29 Raclet circuit
Length 5 km, height gain + 70 m
A very gentle and easy circuit. The route begins along a wide track and then crosses the D1006 to return via the old Sarde Way, now a minor road with very little traffic.

31 Roches circuit
Length 14 km, height gain + 400 m
A wonderfully varied circuit at the gateway to the Chartreuse. Although the route is not very long and does not contain any sections that cannot be ridden, it is graded red to take into account the hilly terrain. A short, strenuous ride requiring care on the final descent.

32 Around the River Thiers
Length 31 km, height gain + 850 m
This novel way of linking 5 villages follows several little-known trails. There are few res-pites on a very hilly circuit that includes the climb past the Col du Banchet to the Grand Bec viewpoint. The descent through Dullin to La Bridoire is followed by a gentle climb back to St-Béron.

SUPER U
ZI la Baronnie
73330 PONT DE BEAUVOISIN
www.superu-pontdebeauvoisin.com
04 76 37 38 39

CYCLOS YENNOIS
L'association des Cyclos Yennois pratique le vélo de route et le VTT sans esprit de compétition, juste pour le plaisir de rouler en toute amitié.
Quelque soit votre niveau, un circuit adapté vous sera proposé. N'hésitez pas à venir avec nous.
cyclosyennois@free.fr
<http://cyclosyennois.free.fr>

Club VTT Aiguebelette
Le club propose des sorties encadrées, placées sous le signe de la convivialité, pour les jeunes et les adultes de mars à novembre. Ecole de VTT pour les juniors, initiation adultes débutants.
Tél. 06 16 55 31 90
<http://vtt-aiguebelette.free.fr>

Les Chemins du soleil

From Culoz to St-Pierre d'Entremont: Length 117 km, height gain + 4000 m

The Grand Traverse of the Alps
The Grand Traverse of the Alps: From high plateaux to fields of lavender, the "Chemins du Soleil" is one of France's five greatest long-distance MTB trails.

This magnificent route from Thonon to Nice traverses the pre-Alps from north to south, following a route designed by and for "pure" mountain bikers. One of the most beautiful stages runs along the foot of the Mont du Chat to Lake Aiguebelette before heading into the Chartreuse Regional Park. www.cheminsdusoleil.com

Pays du Lac d'Aiguebelette

- C Lake Aiguebelette**
 - 2 Circuits around Nances (4.5 km, 50 D+)
 - 3 Circuits around Nances (8 km, 180 D+)
 - 4 Villas Doria (12 km, 400 D+)
 - 5 Col de la Crusille (27 km, 650 D+)
 - 6 Château Richard (25 km, 1150 D+)
 - 7 The Sarde Way (35 km, 1100 D+)
 - 8 On the road to the Chartreuse (50 km, 1650 D+)
 - 9 Banchet circuit (29 km, 750 D+)
- B The Chevelu Lakes**
 - 15 Mont de Lierre (12 km, 440 D+)
 - 16 The Chevelu Lakes (7 km, 220 D+)
 - 17 Vineyards circuit (29 km, 630 D+)
- D St-Genix-sur-Guiers**
 - 21 Between Rhône and Guiers river (9 km, 20 D+)
 - 22 Tour of Mont de Cordon (19 km, 120 D+)
 - 23 The Rochefort hill (20 km, 500 D+)
 - 24 The Truison Valley (25 km, 600 D+)
 - 25 The cliffs of Rochefort (29 km, 800 D+)
- E St-Maurice-de-Rotherens**
 - 26 Petit Mont Tournier (11 km, 320 D+)
 - 27 Lattaz circuit (16 km, 500 D+)
 - 28 Tour of Mont Tournier (28 km, 950 D+)
- A Yenne**
 - 11 Lagneux circuit (11 km, 30 D+)
 - 12 Chateau circuit (15 km, 350 D+)
 - 13 The Rhône Belvedere (15 km, 520 D+)
 - 14 Saint-Romain Circuit (19 km, 260 D+)
 - 18 St-Paul/Traize grand circuit (26 km, 840 D+)
- F St-Béron**
 - 29 Raclet circuit (5 km, 70 D+)
 - 30 Grand Bois circuit (9 km, 160 D+)
 - 31 Roches circuit (14 km, 400 D+)
 - 32 Around the River Thiers (31 km, 850 D+)
- Les Chemins du Soleil**
 - The Grand Traverse of the Alps (117 km, 4000 D+ from Culoz to St-Pierre d'Entremont)



MTB centre
28 circuits
500 km of trails

Signposting

Directional and difficulty markers for the circuit(s)

Wrong way.

Key

Start point

Very easy

Moderate

Difficult

Very difficult

Safety

The circuits described may present dangers that riders must be able to evaluate and take into account. For your safety, choose circuits suited to your technical ability and fitness.

Emergency numbers
European emergency number: 112
Emergency medical assistance: 15
Emergency and rescue service: 18
Emergency doctor: 04 79 69 46 46
Police: 17

Download

GPX files on <http://basevtt-pays-lac-aiguebelette.ffct.org>

Extra care required

Food and drink

MTB rental

Tourist office

Viewpoint

Wash station

Railway station

Bus stop

MTB shop, repairs

