

# ROUTES FOR STROLLERS

 2h10 / 1h30

## PRACTICAL INFORMATION

**Salentse - Bellevue -  
Mayens-de-Chamoson**

<b>Duration</b>	2h10 with no stops
<b>Difficulty</b>	Easy / T1
<b>Length</b>	7.70 km
<b>Height difference</b>	+297 m / -297 m
<b>Minimum altitude</b>	1'229 m
<b>Maximum altitude</b>	1'432 m
<b>Start/ Arrival</b>	Tourist office
<b>Period</b>	April to november*

### La Corniche

<b>Duration</b>	1h30 with no stops
<b>Difficulty</b>	Easy / T1
<b>Length</b>	5.45 km
<b>Height difference</b>	+187 m / -187 m
<b>Minimum altitude</b>	1'362 m
<b>Minimum altitude</b>	1'520 m
<b>Start/ Arrival</b>	Tourist office
<b>Period</b>	April to November*

\*Depending on snow conditions



## DESCRIPTION

### Route 1: Salentse - Bellevue - Mayens-de-Chamoson

Just below the Tourist Office, take rue du Pré de l'Oncle to reach the banks of the Salentse. At the second bridge, follow the paved road to Chou for approximately 100 metres and then continue along the Chemin du Favouay towards Ténèvre. At the fork, turn onto the Vieux Morthey lane. At the Vieux Valais crossroads, head up towards Les Bains until you reach the Chemin de Bellevue with its lovely view of the Ardève river. From Mayens-de-Chamoson, walk to the hamlet of Patiers and return to Tourbillon via the cross-country ski track. Take the paved road back to the resort.

### Route 2: The Corniche

Leave the Tourist Office and follow the paved road towards the Jorasse chairlift. On the right, a dirt track, the Petite Corniche, takes you through Lui Teise and on to Tourbillon. Then, take the Corniche supérieure. The forest path climbs through the woods as far as La Salentse and Plan Passé. Return to the paved road from Odonne, and follow it back to the resort.

## Did you know?

Morthey is Ovronnaz's oldest district.

The shale formations that surround the Ardève to the north, from Chamoson to Ovronnaz, are unstable and can cause landslides.

Mayen: the mountain pasture is used for grazing during the spring, the month of May, and in autumn. The name comes from "May"

The Grande and Petite Corniche become cross-country skiing trails during the winter.

