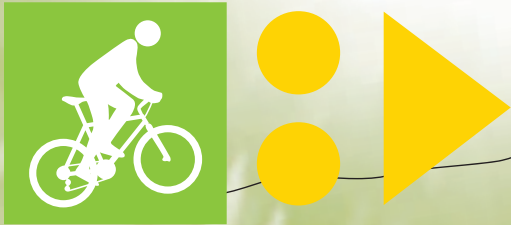


MOUNTAIN BIKING

Itineraries open from the 1st July to the 31st August

By law 124/2004



(The trails are maintained and signposted from the 1st May to the 1st November)




CHAMONIX

-  **Le Désert Blanc**
7 km difference in level : 57 m
-  **Les Sources / Le Vorgeat**
13 km difference in level : 132 m
-  **La Norvège / Le Lavancher**
15 km difference in level : 313 m

ARGENTIÈRE

-  **Le Lavancher / La Rosière**
7 km difference in level : 131 m
-  **Le Lavancher / Le Tour**
15 km difference in level : 371 m

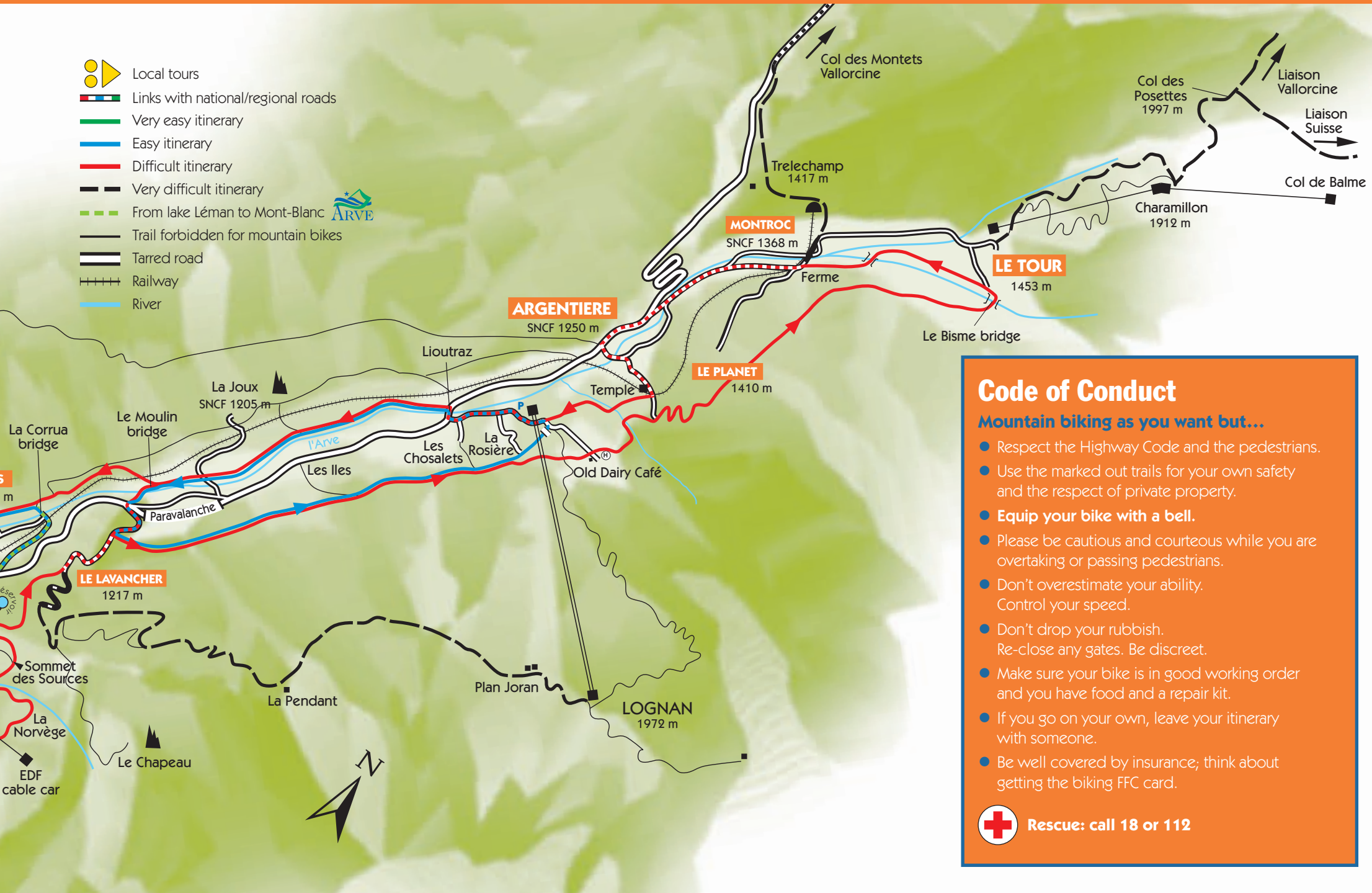
-  **Chamonix / Le Tour / Chamonix**
30 km difference in level : 669 m

THE BLACK ITINERARIES ARE NOT SIGNPOSTED



CAREFUL! Mountain bike itineraries are also regularly used by walkers – PLEASE BE CAUTIOUS AND COURTEOUS

-  Local tours
-  Links with national/regional roads
-  Very easy itinerary
-  Easy itinerary
-  Difficult itinerary
-  Very difficult itinerary
-  From lake Léman to Mont-Blanc
-  Trail forbidden for mountain bikes
-  Tarred road
-  Railway
-  River



Code of Conduct

Mountain biking as you want but...

- Respect the Highway Code and the pedestrians.
- Use the marked out trails for your own safety and the respect of private property.
- **Equip your bike with a bell.**
- Please be cautious and courteous while you are overtaking or passing pedestrians. Control your speed.
- Don't overestimate your ability. Control your speed.
- Don't drop your rubbish. Re-close any gates. Be discreet.
- Make sure your bike is in good working order and you have food and a repair kit.
- If you go on your own, leave your itinerary with someone.
- Be well covered by insurance; think about getting the biking FFC card.

 **Rescue: call 18 or 112**

 **CAREFUL!** Mountain bike itineraries are also regularly used by walkers – PLEASE BE CAUTIOUS AND COURTEOUS – Follow the direction indicated by the arrows