

MOUNTAIN BIKING TRAILS

2014

SERVOZ - LES HOUCHES - CHAMONIX-MONT-BLANC - VALLORCINE

CAPTION

- Forest trails and ski slopes
- Boundaries of Nature Reserves
- Connection road
- Tarmacked road
- Railway line
- River/stream
- Mountain hut and stopover gîte with warden
- Mountain hut and stopover gîte without warden
- Transcommunity (expert level)
- On road
- Downhill itinerary
- Pedestrian trail

CROSS COUNTRY



EASY LEVEL



INTERMEDIATE LEVEL



DIFFICULT LEVEL



EXPERT LEVEL

DOWNHILL TRAILS



DOWN HILL KEY TO SIGNS

- Safety markers**
These markers are to be found all along the trail and are numbered in descending order. N°1 is at the very bottom! The background colour reflects the difficulty level of the trail. Numbers for information and emergency services can be found on the borders of the notices.
- Danger markers**
These markers indicate a particular danger requiring you to be vigilant. The pictogram and the sign tell you the nature of the danger. In all cases, slow down and be alert. Numbers for information and emergency services can be found on the borders of the notices.
- Prohibition markers**
These markers indicate that an activity is specifically prohibited. The pictogram will tell you what is prohibited. It is important that these are obeyed to ensure the continued existence of the mountain bike area. Numbers for information and emergency services can be found on the borders of the notices.

EMERGENCIES

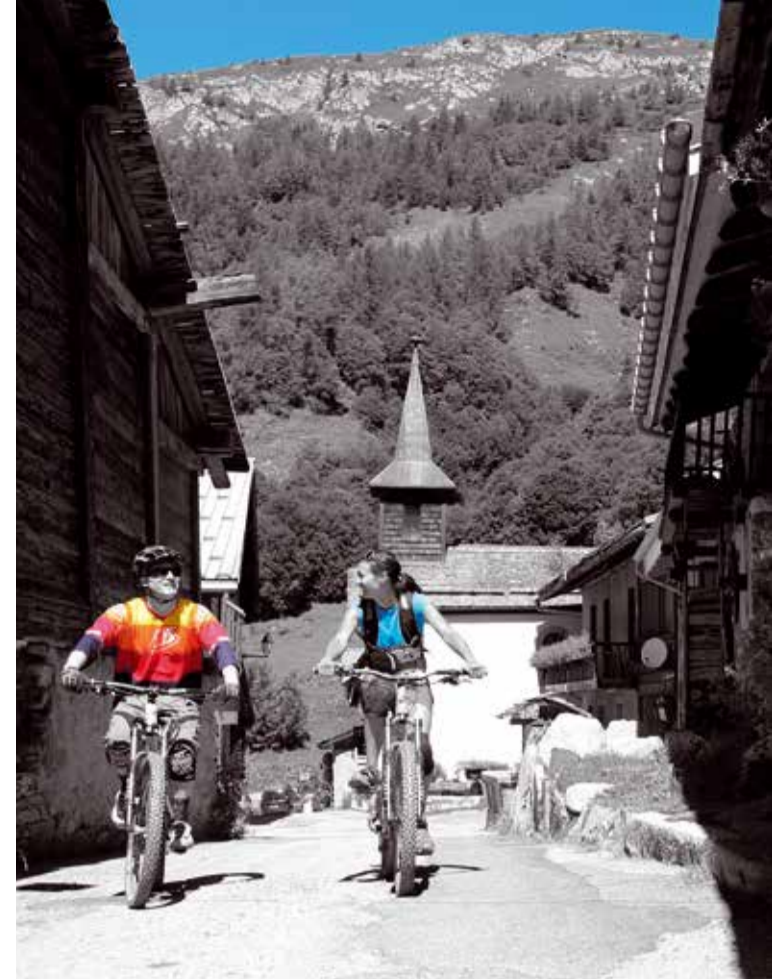
RESCUE	112
Fireman	18
Police	17
SAMU	15
PGHM (Mountain Rescue Unit)	+33 (0)4 50 53 16 89

USEFUL NUMBERS

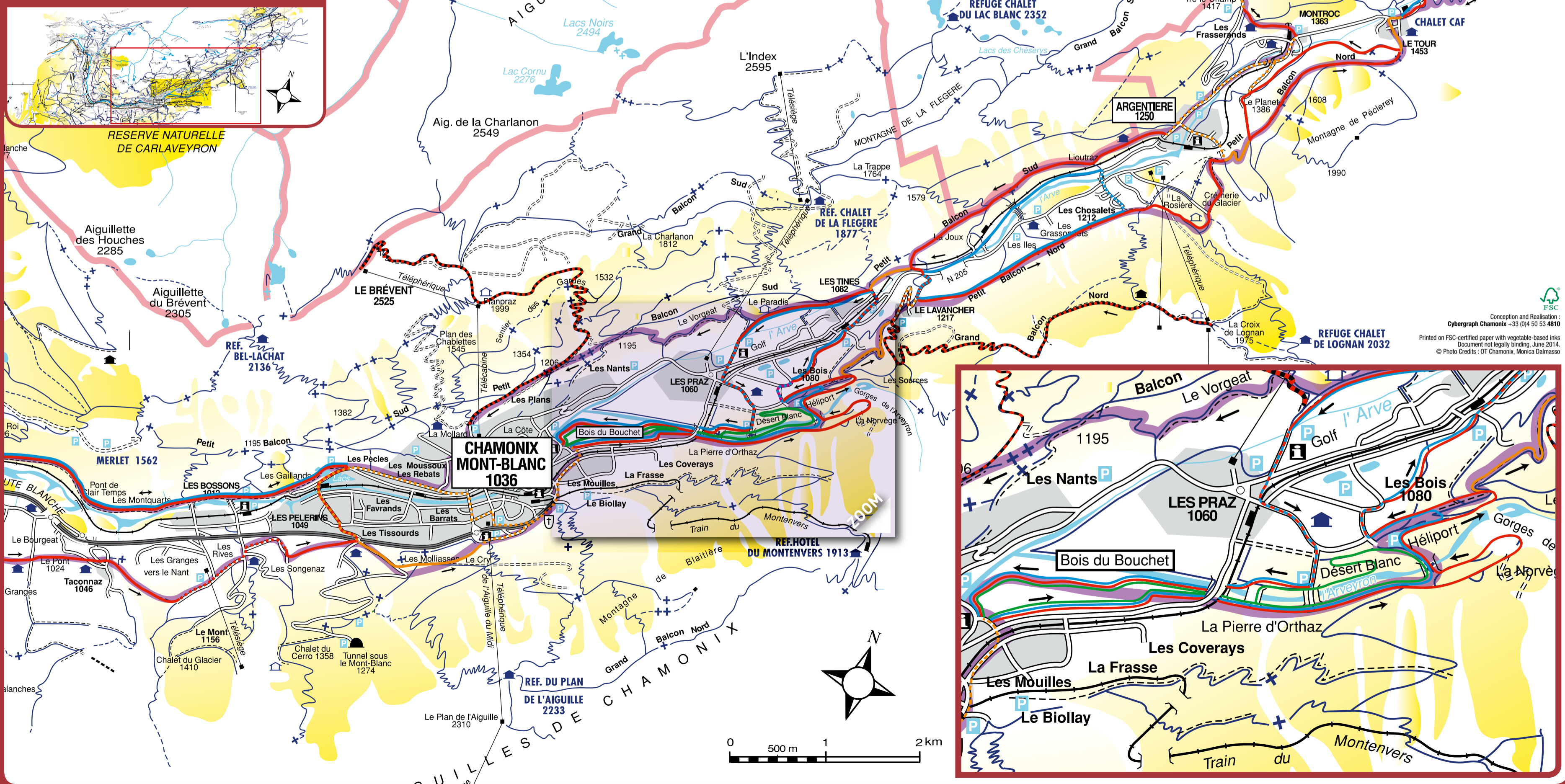
Tourist offices	
- Chamonix-Mont-Blanc	+33 (0)4 50 53 00 24
- Argentière	+33 (0)4 50 54 02 14
- Les Houches	+33 (0)4 50 55 50 62
- Servoz	+33 (0)4 50 47 21 68
- Vallorcine	+33 (0)4 50 54 60 71
High Mountain Office - Pôle Montagne Risk	+33 (0)4 50 53 22 08
Météo-France (for Haute-Savoie)	+33 (0)8 99 71 02 74
French Alpine Club (CAF)	+33 (0)4 50 53 16 03
Valley Lifts (Cie du Mont-Blanc)	+33 (0)4 50 53 22 75
Lifts in Les Houches (Bellevue - Prarion)	+33 (0)4 50 54 42 65
SNCF - Information and booking	36 35
Chamonix Bus	+33 (0)4 50 53 05 55
Taxis	+33 (0)4 50 53 13 94
Municipal Police	+33 (0)4 50 53 75 02

GOOD RIDING RULES

- **RESPECT PEDESTRIANS AND THE HIGHWAY CODE.**
- **USE MARKED TRACKS** for your own safety and respect private property.
- **WEAR A HELMET.**
- **SHOW CARE AND COURTESY** when overtaking or if you come across pedestrians.
- **FIT A WARNING BELL** or horn to your bike.
- **USE SUITABLE EQUIPMENT.** Check the condition of your bike and carry food and spares for repairs.
- **DON'T OVER-ESTIMATE YOUR CAPABILITIES.** Keep control of your speed.
- **RESPECT NATURE** (fauna, flora...), the environment (sign-posts, private property...) and keep the mountain clean- take rubbish back with you. Close gates. **BE DISCREET** in your behavior.
- **DON'T TAKE SHORT-CUTS**, which churn up the ground, channel rain water and damage the paths, which are difficult to maintain in any case.
- The weather in the mountains can change suddenly, **BRING WARM CLOTHES.**
- If you go alone, **LEAVE YOUR ROUTE-PLAN WITH SOMEONE.**
- **MAKE SURE YOU ARE INSURED.**

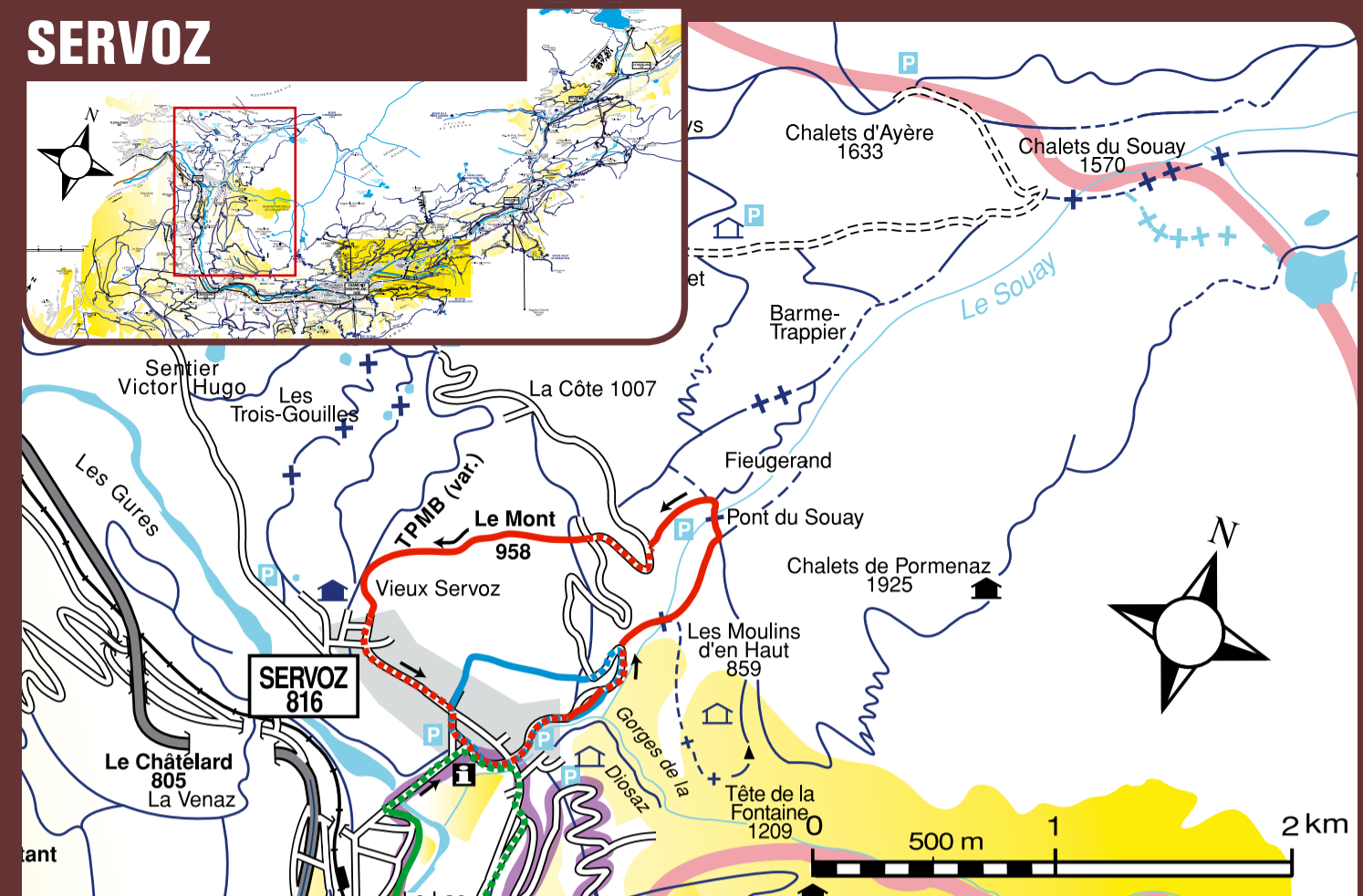


CHAMONIX-MONT-BLANC

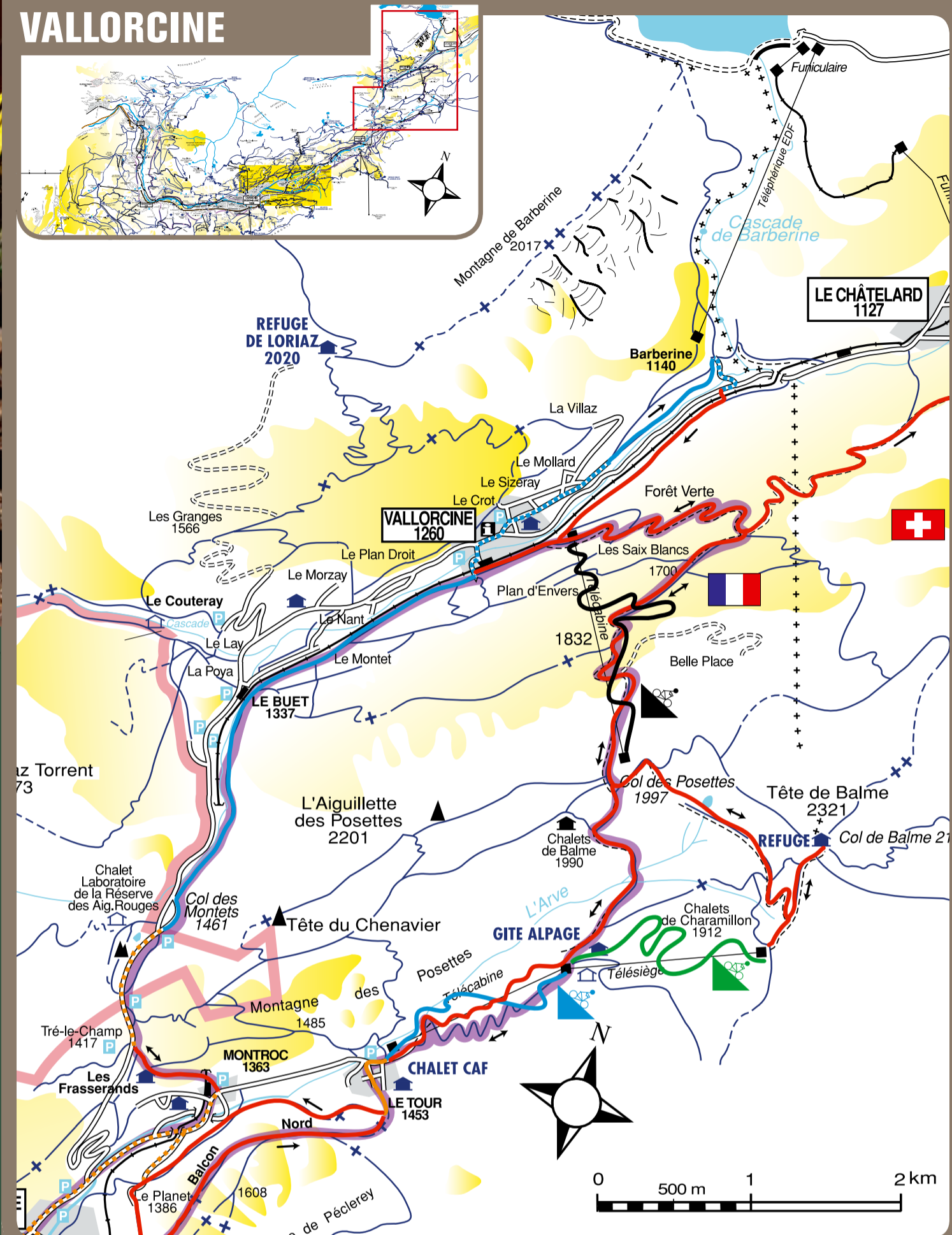


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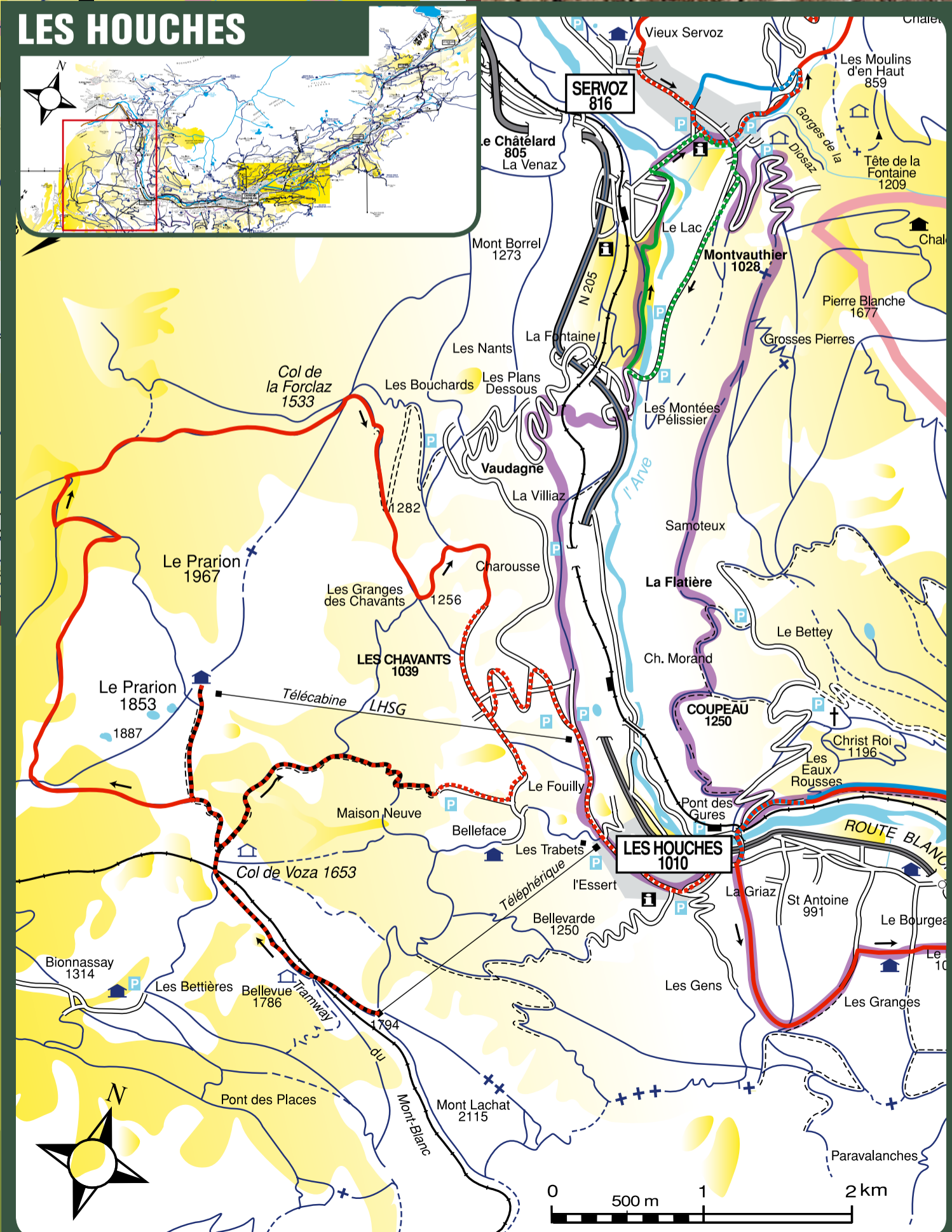
SERVOZ



VALLORCINE



LES HOUCHES



MOUNTAIN BIKE FOR EVERYONE IN THE CHAMONIX VALLEY

With its exceptional sites and unique panoramic views, the Chamonix-Mont-Blanc Valley suggests many mountain bikes trails. Whatever your level is, you will find on this map the crosscountry or downhill trails which will suit you best.

About twenty marked out trails for all levels will allow you to go through the hamlets and villages of Servoz, Les Houches, Chamonix-Mont-Blanc and Vallorcine.

The Chamonix-Mont-Blanc Valley is fragile, help us to preserve this exceptional environment by using free public transportation*. In summer, two buslines are equipped for the bike transfer for the whole family. In order to keep the mountains as a space of freedom, please respect fauna and flora.

On the trails, please think to give priority to hikers.

« Bonnes balades ! »

*For guest card holders only, ask for it to your host.
In June and September, bicycles are only permitted on buses between Argentière and Le Châtelard-Frontière if carried in a case or bike bag. Between Saint Gervais-Le Fayet and Argentière: no more than 5 bicycles may be taken on a train (subject to availability of space).

SAFETY

SIGNALS FOR REQUESTING HELP :

SIGNALS FOR REQUESTING HELP: OUI-YES-YA-SI

- Raise both arms to form a Y shape with your body.
- A red flare.

NO NEED FOR HELP: NON-NO-NEIN-NADA

The two arms form a diagonal with the body.

- CALL OUT 24H/24: call the mountain rescue unit +33 (0)4 50 53 16 89 or 112
- Alert possible in all huts with a guardian and ski lifts which have radio equipment.
- In case of an accident:
 - Give assistance, and then give the alert (precise location of the accident and type of injuries of the victim).
 - When the helicopter arrives, make the signals for requesting help. Put away anything which could blow away (helmet, bag, clothes...).
 - At night or in the forest: shout, whistle, and signal with lights.
 - In all cases, remain calm and give the alarm clearly to ensure efficient and rapid assistance.

International Rescue Number: 112

