



Parc national  
de la Vanoise



*Very easy (return)*



*2 h 30*



*6,8 km*



*+ 139 m*



*Architecture, Flora,  
Pastoralism*

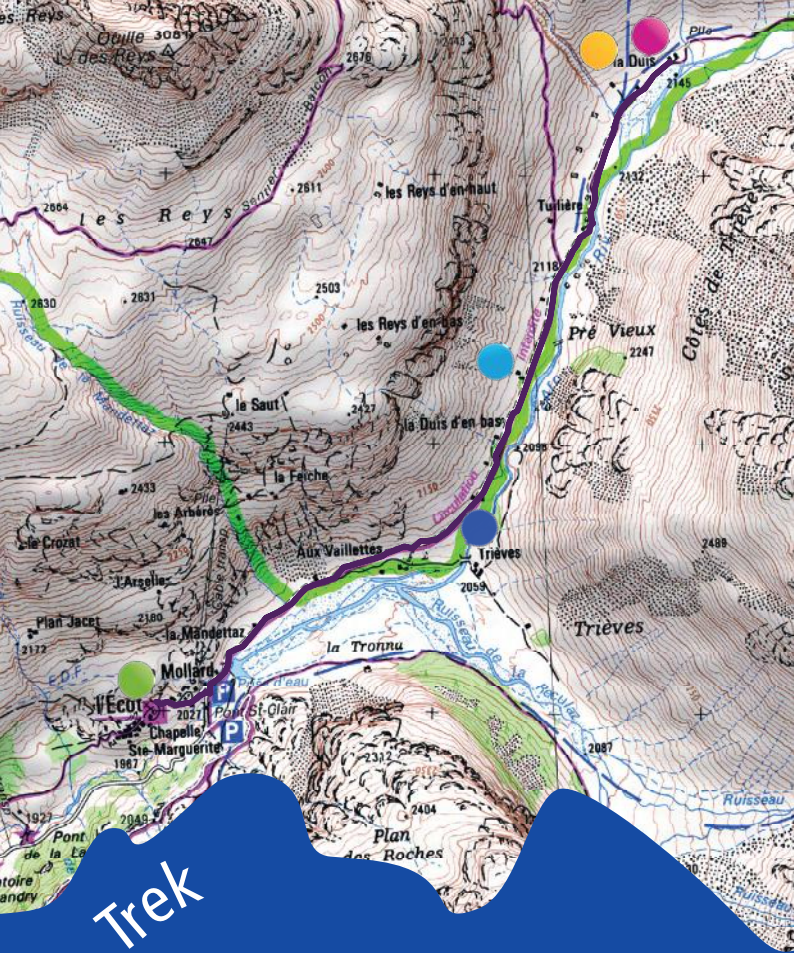
# Walk to La Duis

Haute-Maurienne  
Bonneval-sur-Arc

**Recreational walk along the Arc, accompanied by the music of the birds and the flower meadows, crowned with snow-capped peaks.**


Walking back up along the course of the Arc, the Arc's plain opens up. The ridges of the Mulinet stand vigil while the glaciers illuminate the warmth of July. The flowers blossom, the colours explode and the birds sing. Further on, the people of the land have begun harvesting the hay. Nature is not the only thing you will see; this landscape, these old barns and old chalets originated from the toil and sweat of men.





# Trek

- From the hamlet of Écot, take the pastoral track that continues towards the bottom of the valley, passing between the water intake and the EDF station.
- Approximately 1 km away, leave the trail that follows the Arc and on the left hand side follow the track alongside the large cairn that first rises gently on the slope before going along the Arc again to the Duis.
- Follow the opposite way to return.

- **Départ** : Écot car park (Bonneval-sur-Arc)
- **Arrival** : Écot car park (Bonneval-sur-Arc)
- **Markings** : Parc 

Max elevation : 2147 m



Min elevation : 2028 m

# On your path...

## *Little tour around the hamlet of l'Écot!*

L'Écot was at one time, like Bonneval, a hamlet of Bessans. In the heart of L'Écot is the Romanesque chapel of Sainte- Marguerite, dating back to the 12th century. Although the hamlet is no longer inhabited permanently today, it was until about 1960. A number of houses have been restored in keeping with this exceptional building heritage. With wood being rare at this altitude, the local stone is used from wall to roof.



## *The flower meadows*

These hay meadows are vital for farmers, allowing them to provide for their animals during the winter. The mowing promotes biodiversity and makes these meadows colourful in July. How many different species can you identify?



## *The hay barns*

Barns can be spotted along the entire route up to Duis, which were previously used to store hay. Their architecture is particular to the Haute-Maurienne: the locals used the materials most available locally such as stone. This explains the dry stone walls as well as the lauze roofs. Large openings made it easy to store the hay, while other smaller openings allowed it to be aired. The upper parts of the barns and chalets are often semiburied to merge into the slope and thus guard against winter avalanches.



## *Irrigation*

A genuine witness to this bygone rural engineering, the channels dug into the slopes would irrigate the hay meadows to promote their yield. You will be able to see them up the road.



## *La Duis*

Here you are at the end of your journey! The Arc begins its course a little higher up in the glacier that you will perceive under the peaks of Levanna, before crossing the whole Maurienne and plunging into the Isère... 120 km lower!





## To go there...

### Access and transport



*From the Tourist Information Centre in Bonneval-sur-Arc, take the small road leading to Escot.*



*Rail connection to Modane.*



*Then transport by coach to Bonneval-sur-Arc.*



*Suggested hitchhiking organised in the Haute-Maurienne valley : [www.rezopouce.fr](http://www.rezopouce.fr)*

### Information desks

- ✓ Office de tourisme  
La Ciamarella 73480 Bonneval-sur-Arc (04 79 05 99 06)
- ✓ Point Information Vanoise - Maison de la Vanoise  
Place Vanoise - Termignon 73500 Val-Cenis (04 79 20 54 54)

### Useful information

This hike is in the core of the national park. The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors ([www.vanoise-parcnational.fr](http://www.vanoise-parcnational.fr)).

Don't walk in the meadows while they are not mowed.

*More hikes on [rando.vanoise.com](http://rando.vanoise.com)*

