



Parc national
de la Vanoise



Easy (return)



4 h 30



5.7 km



+ 303 m



*Architecture, Fauna,
Geology*

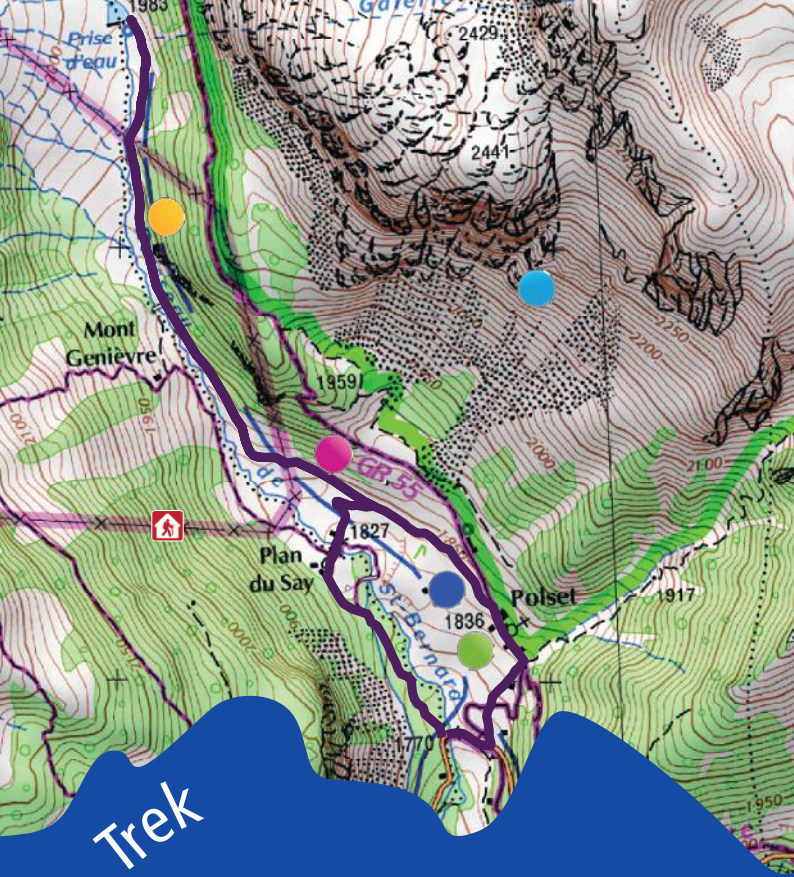
Around Polset

Haute-Maurienne
Modane | Saint-André


On a relatively short circuit, amidst an imposing landscape and abundant wildlife, the geological times become apparent.

The richness and diversity of its flora and fauna are not the only attraction of the Polset valley. Here you enter the line of juxtaposition between two major geological domains, the «coal» Vanoise on the right bank and the «crystalline» Vanoise, separated by what the geologists call «the scar of Chavière» (fault line). Allow yourself to be swept away by the millennia until you tread upon the ancient sand of the Vanoise beaches!»





- From Polset car park, follow the road, cross the bridge and continue for 150 m. Take the track on the left which leads to the hamlet of Polset.
- Follow the track for 1.75 km until a small EDF dam. Make the turn here.
- Retrace your steps for 1.4 km. Just before the trail goes back up, turn right onto a less defined track. Walk on up to the houses (2 buildings) at the end of the track. Pass below the buildings.
- Join the trail on the left of the buildings a little further below and turn left. Descend this trail until road D 106.
- Return to Polset car park.

- **Departure** : Car park Polset (St-André)
- **Arrival** : Car park Polset (St-André)
- **Markings** : Parc 

Max elevation : 1979 m



Min elevation : 1773 m

On your path...

Hamlet of Polset

The climate and local materials have brought about a special know-how in the construction of buildings, which are built on an East-West orientation, supported and well hung on the slope. The buildings take advantage of existing boulders and natural hollows to provide shelter from avalanches and the wind. In Polset, an interesting fact is that the builders combined both stone and wood. Beams embedded in the masonry form a chain that surround the building to strengthen its cohesion.



Pasture land

The Vanoise is also an agricultural land. This pasture is currently used by sheep in the summer. These sheep are transhumant originating from the south of France. This pastoral vocation is old and the chalets are proof of it. Carrying on this activity is important for keeping the open spaces that are habitats for many species.



Wintering grounds

Thanks to their southern exposure and their steep declivity, the slopes above the hamlet of Polset are replete with chamois and ibex during the winter months. The steep terrain and its predominantly southern exposure facilitate the clearance of snow and allow the ungulates to quickly find the grass that is vital to their winter survival.



The beach

Look at the rocky slabs on the left as you descend the track. These are undulated like the sandy beaches by the sea. Not surprisingly, it was actually the sand from a beach that gave birth to this rock. Its undulations have remained intact despite its transformation into rock. Several million years ago, this was the site of a beach.



The scarce swallowtail

Large, generally pale yellow with black stripes that cut through its wings, it is easy to spot even in full flight. It tends to hover in flight. A beautiful butterfly that can't be missed, it loves warm, herbaceous and slightly bushy areas with rocky outcrops. The Polset valley has a wealth of assets to welcome this butterfly.





To go there...

Access and transport



From Modane railway station, join the village of Freney by the D1006. At the roundabout just after the sign for «Le Freney», take the D215 towards Saint-André. At the entrance of the village of Saint-André, follow the road D215 towards «La Praz», «L'Orgère». This road comes out into a hairpin turn. Follow the D215 towards "L'Orgère". At the next intersection go straight ahead to the D106 towards «L'Orgère», «le col». Follow the D106 to Polset car park located below the hamlet of Polset, just before a small bridge.



Rail connection to Modane.



Suggested hitchhiking organised in the Haute-Maurienne valley : www.rezopouce.fr

Information desks

- ✓ Maison cantonale - Point Information Vanoise
9 Place Sommeiller, 73500 Modane
(04 79 05 26 67 et 04 79 05 57 94)

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).

More hikes on rando.vanoise.com

