



©Sylvain Aymoz Mérébel Tourisme

From the very beginning of your adventure, you will be overwhelmed by the beauty of the place: imagine a lake at the bottom of the valley surrounded by a forest of cembro pines, with such a typical smell that some people use it as an essential oil.

Moreover, the discovery trail of the Nature Reserve will allow you to revise the typical flora of the high mountains. The luckiest ones will be able to marvel at the Linnea Borealis and its two small pinkish bells (protected species).



Téléchargez l'appli officielle

RANDO SAVOIE MONT BLANC

Gratuit

Plus de 800 itinéraires randos et balades!



Apple store



Google Play

TAKE NOTHING BUT MEMORIES ...

- Keep to the paths
- Protect the countryside
- Take your litter home
- Share the countryside, be courteous and considerate towards others
- Close gates
- Go round flocks and stay calm if you meet guard dogs
- Wear appropriate footwear and clothing
- Don't forget to take water and food

... LEAVE NOTHING BUT FOOTSTEPS

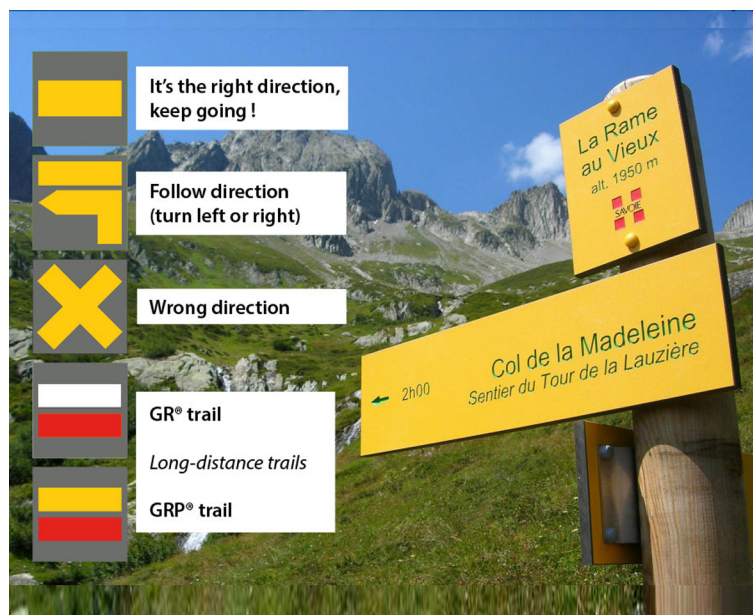
MOUNTAIN RESCUE: 112 ou 18 ou 114 par SMS

WEATHER: 3250 (€2.99/call + call charge) - www.meteofrance.com

INFORMATION

info@meribel.net

04 79 08 60 01



SAVOIE
MONT
BLANC
SAVOIE & HAUTE-SAVOIE

WALKS AND
HIKES



©Sylvain Aymoz Mérébel Tourisme

R10 - BOIS DES RAMÉES / REFUGE DU SAUT - FROM MÉRIBEL-MOTTARET

Enter the Plan de Tuéda Nature Reserve. From the remarkable forest of cembros pines, to the mountain pastures, reach the Saut refuge.

DIFFICULT

OUR PICKS



MÉRIBEL
Tarentaise



YOUR ROUTE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

GIVES ACCESS TO



Refuge du Saut

Covered picnic area.

From 15/06 to 15/09/2025, daily.

Parc de la Vanoise Gardienne 250 Rue du Château 73350 Bozel 73550 Méribel •

+33 (0)9 74 77 60 38 / +33 (0)6 60 43 29 89 www.refuges-vanoise.com



Restaurant at the Refuge du Saut

From 15/06 to 15/09/2025, daily.

Parc de la Vanoise 73550 Méribel •

+33 (0)9 74 77 60 38 / +33

(0)6 60 43 29 89 www.refuges-vanoise.com

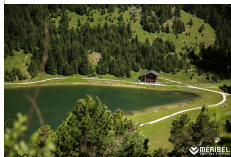


Restaurant Refuge du Plan

From 01/07 to 30/08/2024 Opening hours daily between 10 am and 6 pm.

Lac de Tuéda 73550 Méribel • +33

(0)6 89 23 85 68 www.refugeduplanmeribel.com



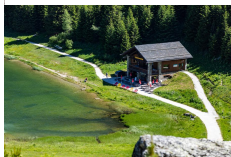
Tuèda's bar

From 01/06 to 30/09/2024, daily.

Lac de Tuéda 73550 Méribel • +33

(0)4 79 00 45 08

https://sites.google.com/view/la-buvette-de-tueda/accueil



Maison de la Réserve at the Tueda lake

The Maison de la Réserve gives visitors an insight into this protected natural environment. Exhibition room, with books and leaflets.

From 29/06 to 30/08/2024 Opening hours on Monday, Tuesday, Wednesday and Thursday between 10 am and 12.30 pm and between 1.30 pm and 6 pm. On Sunday between 10 am and 1 pm and between 2 pm and 6 pm. Closed Friday and Saturday. Closed exceptionally on 11/08.

Maison de la Réserve de Tueda 73550 Méribel • +33 (0)4 79 08 60 01 / +33 (0)4 79 01 04 75 / +33 (0)7 8628 28 29 https://vanoise-parcnational.fr/fr

GOES THROUGH A PARK OR A NATURE RESERVE



Vanoise National Park

The Vanoise National Park, this oldest of France's national parks, was founded in 1963. This exceptional area of natural alpine heritage is covering some 130,000 acres in the "central zone".

73480 Val-Cenis • +33 (0)4 79 62 30 54 https://vanoise-parc-national.fr/fr



Natural reserve of Tueda

Situated at Les Allues, at the west border of the Vanoise national park, the reserve of Tueda expand from Tueda lake to Gebroulaz glacier, including the Refuge du Saut. Come to discover this amazing and

well preserved natural environment !

Throughout the year : open daily.

Free of charge

73550 Les Allues • +33 (0)4 79 01 04 75 www.reserves-naturelles.org/plan-de-tueda

USEFUL ADDRESSES



Public toilets - Tueda path

All year round.

73550 Méribel • +33 (0)4 79 08 98 20



Public toilets - Tuéda Reserve Visitor Centre

Closed temporarily.

Maison de la Réserve 73550 Méribel •

+33 (0)4 79 08 98 20



Picnic areas around the Lac de Tueda

Picnic areas around the Lac de Tueda

All year round.

73550 Méribel •

Plan Ravet picnic area

Picnic areas near Plan Ravet car park

All year round.

73550 Méribel •