

### Season

From middle of May to October

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!



### Difficulty: grade 3

No major difficulty, you walk 6 to 8 hours a day. The grade 3 reflects the length of some stages (between 25 and 32 kilometers) and the nature of the terrain. The total altitude gain is about 500 to 700 meters a day, some ascents or descents could be steep. This walk requires a reasonable degree of walking experience and a current good state of fitness.

### Itinerary

*8-day and 7-night self-guided walking holidays*

Day 1 : Arrival at PONT DE POITTE, a small village located at the banks of the Ain River.

Half-board accommodation in a hotel with en-suite facilities

Day 2 : LA PYLE bridge – PONT DE POITTE (24 km – 7.00 hour walk). A taxi drops you by the La Pyle bridge in the morning. Through the forest, you head to the Belvedere de Chateau Renard and walking along the lake to the La Pyle bridge. You continue to the Sauchauffant beach and ascent onto the top of some hills dominating the lake. You leave the lake to go and discover some picturesque villages and hamlets as St Christophe or Marsonnay. You will reach again the lake banks by the tiny La Saisse port and walk along the Ain river to Pont de Poitte, admiring the famous “marmites des Geants” (large holes drilled into the boulders in river beds by the flow of water) and the “Saut de la Saisse” (small waterfall) - Half-board accommodation in a hotel with en-suite facilities

Day 3 : PONT DE POITTE – CLAIRVAUX LES LACS (25 km – 7.30 hour walk). You leave Pont de Poitte walking along the other bank of the Ain river and Vouglans lake. The path runs along water or through fields to reach and go across some pleasant villages. Past Auge, you will leave the lake and will pass through meadows and forests to attain Thonia, a small village known for its Fruitière, where Comté cheese is still produced in a traditional manner. You will make your way through the prairies towards the hamlet of Soucia and the small lake and large lake of Clairvaux. These will guide you to your hotel - Half-board accommodation in a hotel with en-suite facilities



Day 4 : CLAIRVAUX LES LACS – ILAY (commune of Chaux du Dombief – 22km – 6.30 hour walk). The path brings you to Uxelles, a small village snuggled

around a lovely 17th-century chapel and joined to the Vallée du Hérisson (Hedgehog Valley). This river has no connection whatsoever to the animal for which it seems to have been named. Its name was actually derived from a mixture of Greek and Celtic words which mean “sacred water”. The name is no error, this is truly a divine place! Seven waterfalls fall in succession of each other over several kilometers, the largest falling from more than 60 kilometers high! It is a spectacular vision of the magic of water! Your hotel is at the end of the path - Half-board accommodation in a hotel with en-suite facilities

Day 5 : Walking circuit of 25 km in the discovery of the Lac (lake) de Bonlieu, La Vallée (valley) du Drouvenant, La Reculée and the Cascade (waterfall) de la Frasnée, passing by the village Saint Maurice-Crillat, the Crillat Chapel, the belvedere of La Frasnée and the resurgence of Le Trou des Gangônes. You will return by way of the Lac de Bonlieu's other shore, where you find ruins of the Chartreuse Notre-Dame - Half-board accommodation in the same hotel.

Day 6 : Walking circuit of 22 km in discovery of the Four Lakes. The day begins with an ascent towards the Chaux du Dombief, which you will attain because you will turn off before, crossing through the forest to the Belvedere of the

Four Lakes. Behold, a magnificent view onto the lakes of Ilay, Narlay the the Grand and Petit Mache. You will follow the coastal road to the Pic de l'Aigle (Eagle's Peak). You will then descend to the banks of the Lacs Mache for a stroll which will bring you to the Lac de Narlay – the smallest but deepest of the four – and will then turn towards Ilay by the path overlooking the Lac d'Ilay. The small island in the middle of this lake was once home to one of the oldest monsters of the region of the Franche Comté - Half-board accommodation in the same hotel.

Day 7: ILAY – DOUCIER (23 km – 7 hour walk). You will leave the hamlet and, for the pleasure of it, descend the Chemin des Sept Cascades (Path of the Seven Waterfalls)! You will continue your hike in the Vallée du Hérisson to discover two natural lakes which will welcome you into calm and reverie... the Lacs du Val et de Chambly. You will walk along their banks to Doucier. But before heading to the hotel, you will admire the Lac de Chalain of the belvederes of "Sur la Roche" and of La Fraite. You will descend then to the banks and follow the lake to the village. Half-board accommodation in a hotel with en-suite facilities

Day 8 : DOUCIER. Tour ends after breakfast.

## Access to and from

### Outward journey to Pont de Poitte

By train : The nearest train station is at Lons le Saulnier. From Paris TGV to Dole or Bourg en Bresse and connection by bus or car to Lons le Saunier. Taxi from Lons to Pont de Poitte. To return, taxi from Doucier to the rail station at Lons le Saulnier.

By car : along French motorways meet A39 motorway. Exit 8 to Lons le Saunier and continue along N78 road to Pont de Poitte

Where to park : Free, unguarded car park at Pont de Poitte.

### Inward journey from Doucier

By train : taxi from Doucier to Lons le Saunier rail station

Getting back your car : taxi to Doucier to Pont de Poitte



## Accommodation

7 nights with accommodation in 2-star hotels on half-board basis

*Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey. Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.*

## Included

- o Twin share accommodation with private facilities
- o Baggage transfer between hotels (except for STD option)
- o Route notes and maps
- o 6 dinners
- o Emergency phone number (8:00am to 7:00pm every day)

## Not included

- o Visa fees, transportation fees to and from the walk area
- o Insurance (strongly recommended on all trips)
- o Transfers except those mentioned above
- o Drinks
- o Additional meals
- o Spending of personal nature e.g. laundry, souvenirs, phone calls...

**La Caminade** trademark of Sentiers de France

59 bis rue du Mûrier – BP 40226 – 37542 Saint Cyr sur Loire cedex – France  
Tel : 00 33 (0)970 445 924 Fax : 00 33 (0)134 292 260 E-mail : [contact@randolacaminade.com](mailto:contact@randolacaminade.com)  
Sarl au capital de 7630 euros –TO agreement n° LI 0940100008 –  
Garantie bancaire APS – Assurances RCP : Covea risks