

The chemin du petit bonheur, between Modane & L'Écot

The best way
to experience
the chemin du
petit bonheur!

A trail 50 kilometers long, from
1,000 to 2,000 meters of elevation
gain on foot, by bike, or on
horseback.



le chemin du petit bonheur





le chemin du petit bonheur is an original approach to experience fun, care-free moments, filled with simple pleasures for hikers, mountain bikers, and horseback riders immersed in the breathtaking scenery of the Haute Maurienne Vanoise.

le chemin du petit bonheur can be adapted to meet your needs: you can complete a section of it over 1 or 2 hours, half a day, or a full day. Choosing to discover the entire area and roam around for several days is also possible!



le chemin du petit bonheur has dedicated signage: these can be logs, footbridges, or bridges whose ends are painted yellow. Easily recognizable, this bright color guides you so you know where you are coming from and where you are going.

Some tips before starting your adventure...

Mountain bikers, horseback riders, pedestrians: **let's share the great outdoors**, this path is for everyone to use and enjoy!

Let the flowers grow in peace, please do not pick them.



Fires are forbidden outside designated BBQ grill areas along the path. **In case of fire: call 18 or 112.**

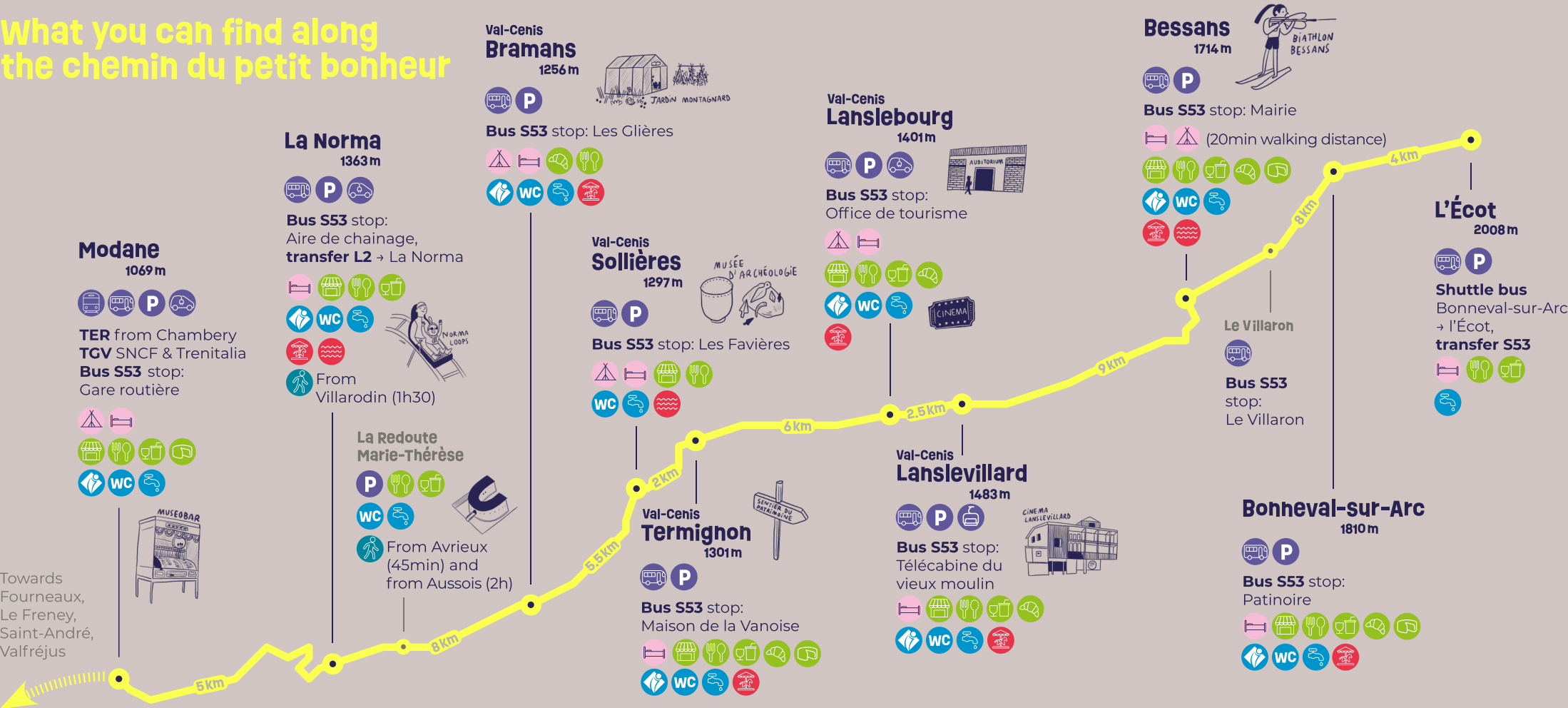
Stay on the path, no need to look for happiness elsewhere.



Let's be discreet, wild animals can hear us and they're watching us!

Bad weather can make your next adventure more difficult. **Learn the weather conditions before you leave.**

What you can find along the chemin du petit bonheur



useful informations

- Transportation**
- Train access (TER, TGV)
 - Bus, shuttle bus
 - Bus S53: Modane → Bonneval-sur-Arc
 - Parking
 - Electric car charging stations
 - Ski lifts
 - Pedestrian access
- Accommodations**
- Campsite
 - Gîte, hotel
- Food**
- Supermarket
 - Bakery
 - Restaurant
 - Bar
 - Dairy cooperative
- Practical informations**
- Tourist Office
 - Water point
 - Toilets
- Leisure**
- Recreation areas
 - Lake area



Estimate the length of your adventure along the chemin du petit bonheur!

Whether you are on foot or by bike, starting from Modane, Termignon, or Bessans, or whether you are going to La Norma, l'Écot, or Bramans, estimate the length of your trip and be prepared.

on foot by bike from... →	→ to... MODANE	LA NORMA	LA REDOUTE	BRAMANS	SOLLIÈRES	TERMIGNON	LANSLEBOURG	LANSLEVILLARD	BESSANS	BONNEVAL- SUR-ARC	L'ÉCOT
MODANE	•	1h20 30'	2h35 55'	4h05 1h40	5h15 1h40	6h05 2h	8h10 2h40	8h40 2h50	12h 4h	14h20 4h40	15h20 -
LA NORMA	1h 30'	•	1h15 25'	2h45 50'	4h 1h10	4h50 1h30	7h05 2h10	7h35 2h20	10h55 3h30	13h15 4h10	14h20 -
LA REDOUTE	2h20 50'	1h20 20'	•	1h30 25'	2h45 45'	2h35 1h05	5h40 1h45	6h10 1h55	9h30 3h05	11h50 3h45	12h55 -
BRAMANS	2h50 1h10	2h10 40'	1h10 20'	•	1h15 20'	2h05 40'	4h10 1h20	4h40 1h30	8h 2h40	10h20 3h20	11h25 -
SOLLIÈRES	5h15 1h30	4h15 1h	2h55 40'	1h45 20'	•	50' 20'	2h55 1h	3h25 1h10	6h45 2h40	9h05 3h	10h05 -
TERMIGNON	5h55 1h50	4h55 1h20	3h35 1h	2h25 40'	40' 20'	•	2h05 40'	2h35 50'	5h55 2h	8h15 2h40	9h20 -
LANSLEBOURG	7h20 2h20	6h20 1h50	5h10 1h30	4h 1h10	2h15 50'	1h35 30'	•	30' 10'	3h50 1h20	6h10 2h	7h15 -
LANSLEVILLARD	8h 2h30	7h 2h	5h40 1h40	4h30 1h20	2h45 1h	2h05 40'	30' 10'	•	3h20 1h10	5h40 1h50	6h45 -
BESSANS	11h30 3h20	9h30 2h50	8h10 2h30	7h 2h10	5h15 1h50	4h35 1h30	3h 1h	2h30 50'	•	2h20 40'	3h25 -
BONNEVAL- SUR-ARC	13h40 4h10	11h40 3h30	10h20 3h10	9h10 2h50	7h25 2h30	6h45 2h10	5h10 1h40	4h40 1h30	2h10 40'	•	1h05 -
L'ÉCOT	14h35 -	13h35 -	12h15 -	11h05 -	9h20 -	8h40 -	7h05 -	5h35 -	3h05 -	55' -	•

technical parts that are narrow or with steep slopes and obstacles (roots, rocks etc.)

Discover the chemin du petit bonheur without a car!

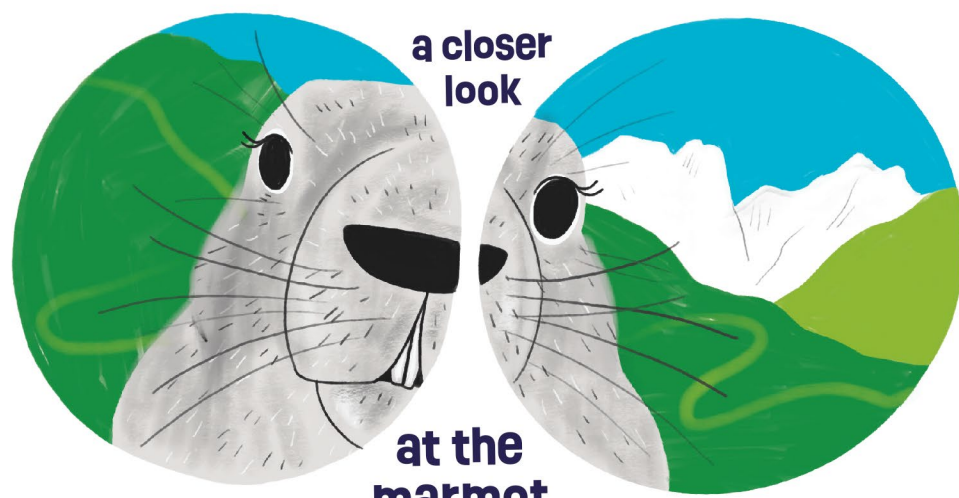
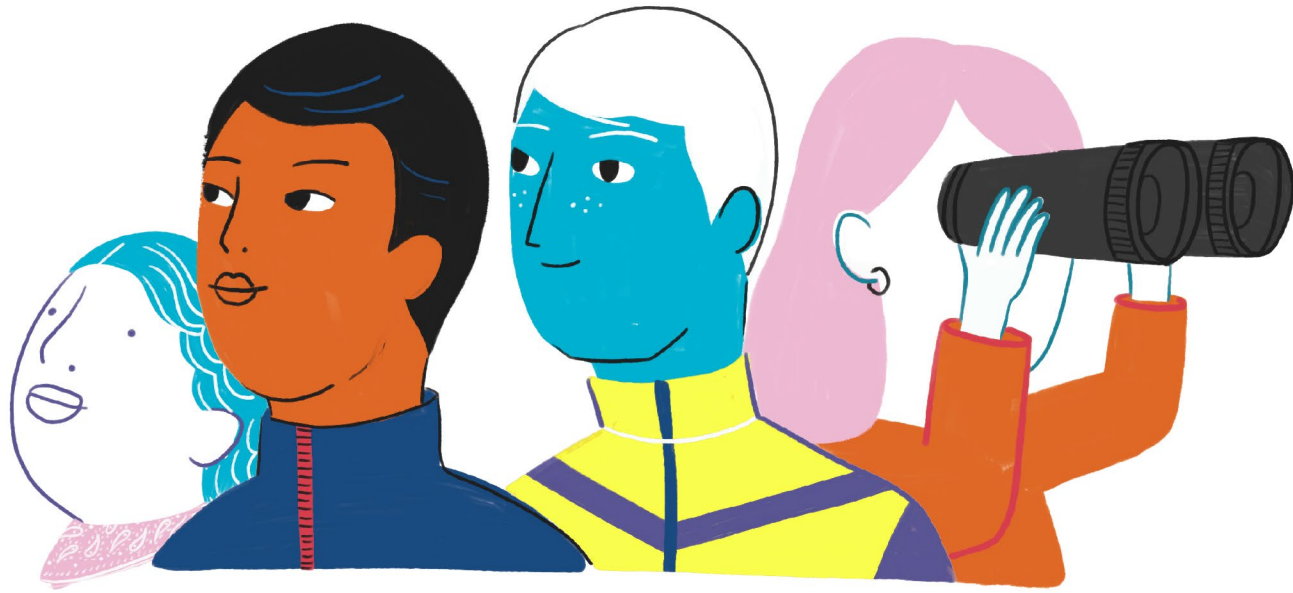


By taking bus line S53, you can reach most of the villages along the way. You can go from Modane to La Norma on the L2 line and from l'Écot to Bonneval sur Arc on the L7 line. To go from Aussois to the chemin du petit bonheur take the S52 line, and from Valfréjus take the L1.

le chemin du petit bonheur

in the Haute Maurienne Vanoise





a closer look
at the marmot
If you hear whistling in the mountains, know that it's not the wind! It's the marmots chatting, or calling out to warn each other. Sometimes you have to squint to see them, their coats can easily be confused with their surroundings.

winter
from December to April
-20°C to 5°C
Snow is on the ground, and the path is no longer fully accessible. In some places it turns into ski slopes and in others, it is in an avalanche zone.

summer
from July to August
5°C to 30°C
The pine trees crackle in the breeze, the marmots whistle, and the path on the ubac (shady) side stays cool as it is protected from the sun.

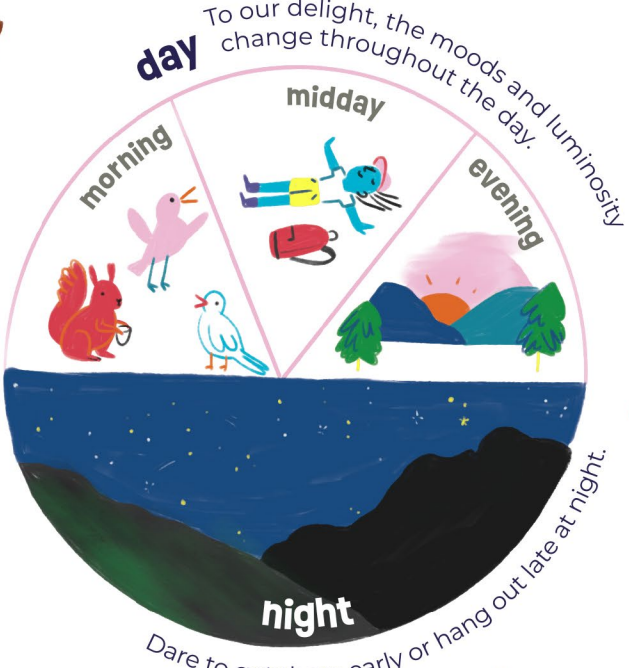
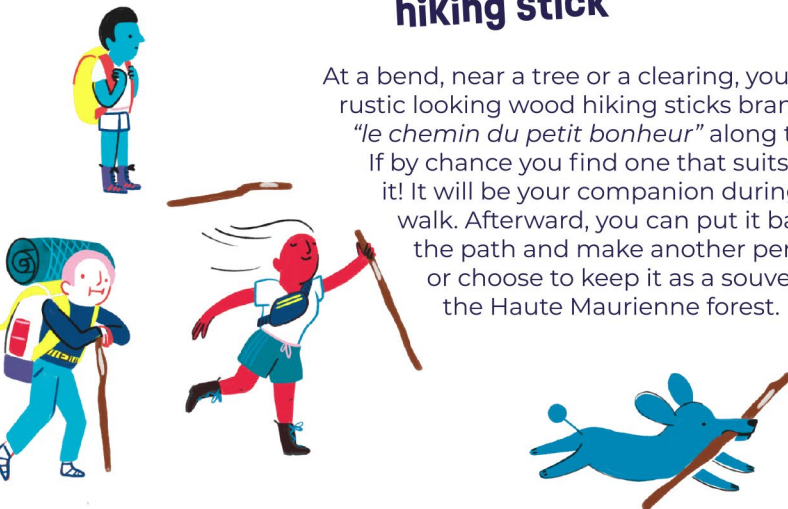
spring
from May to June
0°C to 20°C
Birds are singing, the streams are full from the melting snow, and the meadows are overflowing with flowers.

autumn
from September to November
-5°C to 15°C
The larches are a beautiful golden color and the mushrooms are growing, so don't forget to take your basket!



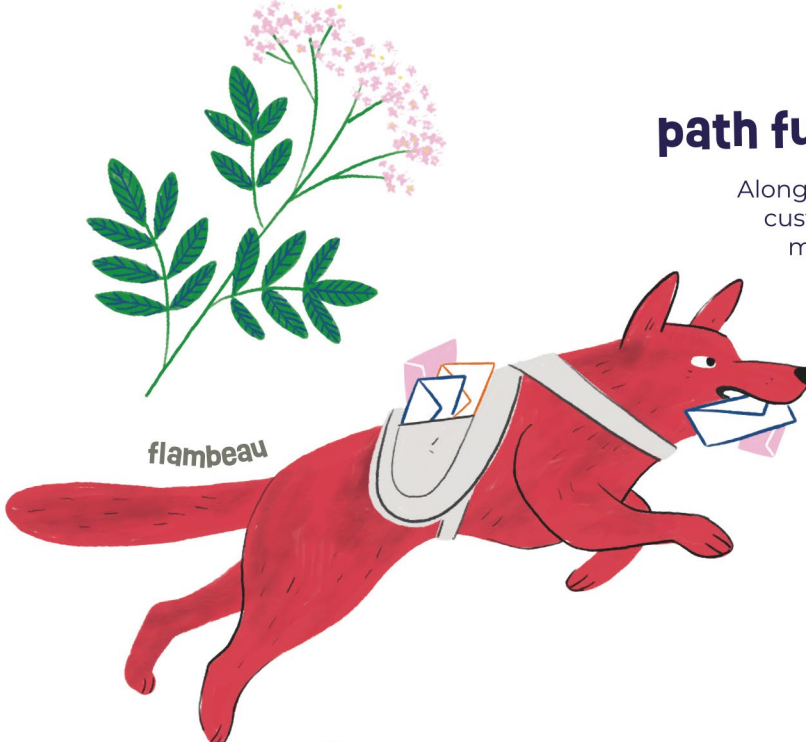
branded wood hiking stick

At a bend, near a tree or a clearing, you will find rustic looking wood hiking sticks branded with "le chemin du petit bonheur" along the path. If by chance you find one that suits you, adopt it! It will be your companion during your walk. Afterward, you can put it back along the path and make another person happy or choose to keep it as a souvenir from the Haute Maurienne forest.



path furnishings

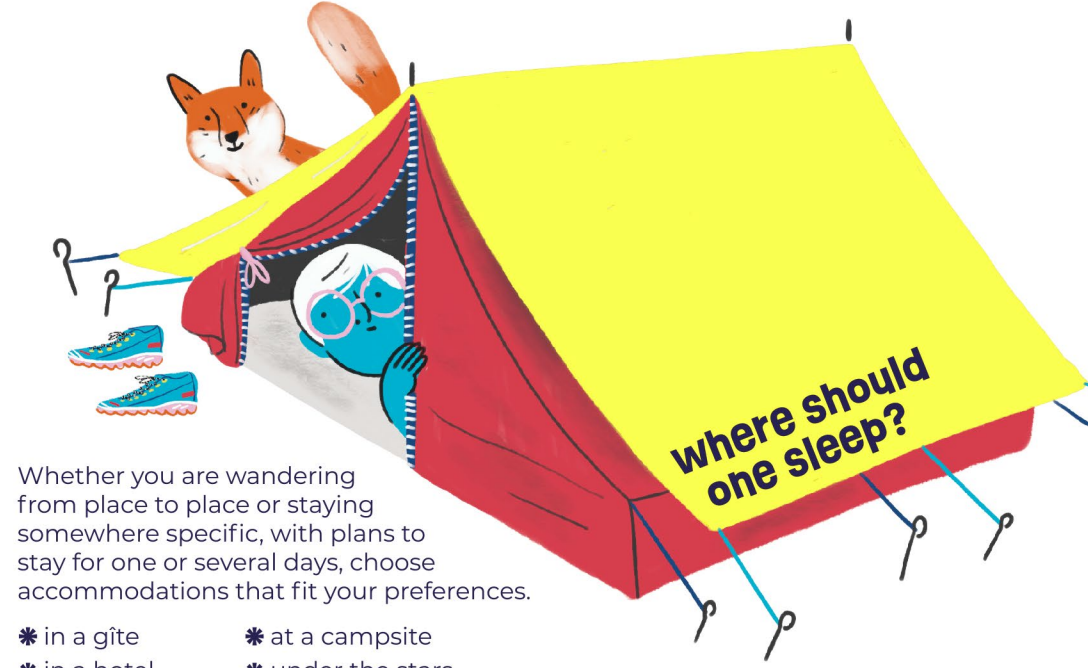
Along the way you will find various custom-made pieces of furniture made of larch, and with this type of wood, the possibilities are endless!



Large tables for entertaining 2, 16 or 32 people; tiny wooden forts to play hide-and-seek; sun decks for napping, contemplating, stretching, or reading; a wind indicator to see when the wind picks up; swings in the forest with a view; an area for sylvotherapy to recharge your batteries with the help of trees; 700 small steps as an alternative to a steep climb. However, everything you can find isn't written here...

hidden boxes of "petit bonheur"

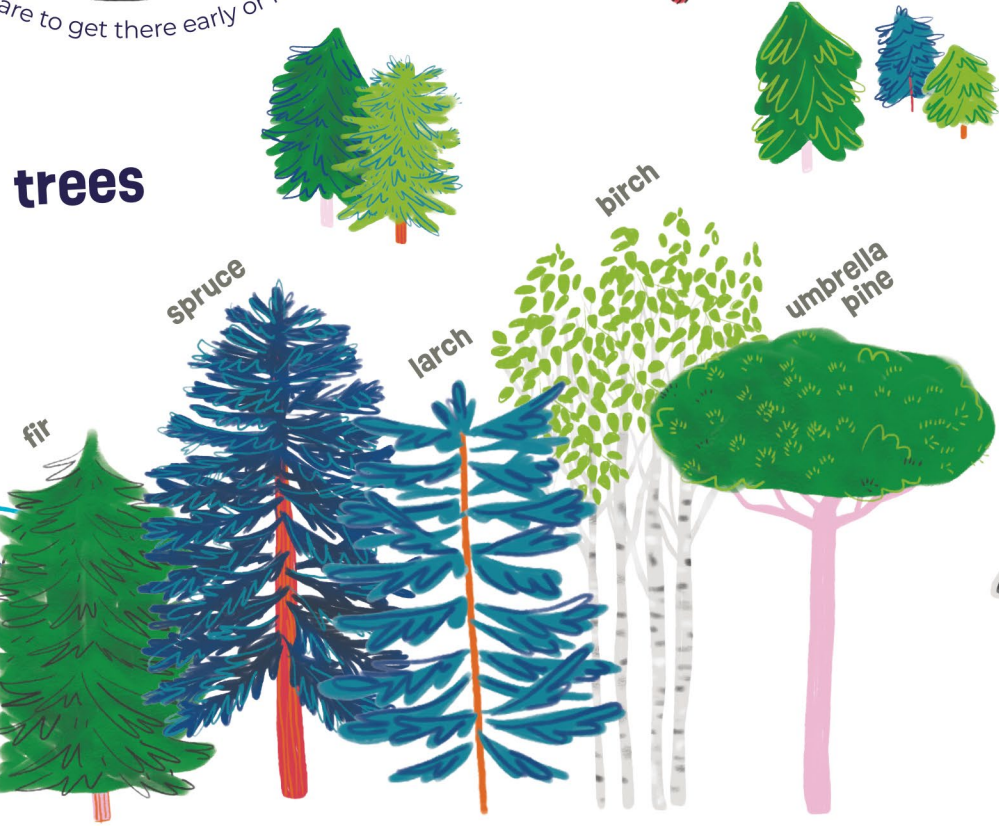
There are boxes of "petit bonheur" (simple pleasures) along the path. Can you find them? They are more or less hidden, but can be recognized because of yellow markings on their sides. If you see one, take the time to open it, see what others have said, and to add to it. People who have walked along this path before you have written a few words as testimony to the simple pleasures they experienced along the way. Visitors from the past, the present, and the future are all connected through these boxes and what is written in them.



Whether you are wandering from place to place or staying somewhere specific, with plans to stay for one or several days, choose accommodations that fit your preferences.

- * in a gîte
- * at a campsite
- * in a hotel
- * under the stars

trees



the history of the wood

You wouldn't guess it... but the trail markers (these yellow-ended pieces of wood) and the small steps (along the steep climb) represent nearly 80 m² of wood. Various species of wood were used including fir, spruce, and larch. Even though they help you travel along the path, they have hardly moved from their place of origin. Made possible thanks to the National Forestry Office, this wood comes from the Avrieux and Lanslevillard forests. Each tree has been carefully selected by the NFO teams, cut by loggers, brought to Lanslebourg to be shaped at the local sawmill, and then put in place along the path by NFO workers.

Choosing the location led to adapting the method of making these posts: simple rough cuts, distinct saw marks, some planing, and then branding that will fade with time, these posts will receive a final coat of paint so they can take on their role as guides.



wild fauna & flora





Haute Maurienne Vanoise

VALFRÉJUS | LA NORMA | AUSSOIS
VAL CENIS | BESSANS | BONNEVAL SUR ARC

Tourist Office Haute Maurienne Vanoise

+33 (0)4 79 05 99 06
hautemauriennevanoise.com

Mountain rescue



To know
more!



UNION EUROPÉENNE
Fonds Européen de
Développement Régional



La Région
Auvergne-Rhône-Alpes

This project is sponsored by the Haute Maurienne Vanoise Community of Municipalities and co-financed by the European Union and the Auvergne-Rhône-Alpes Region, within the framework of the 2016-2020 Espace Valléen program.

Illustrations: Camille de Cussac
Graphic design: Juline Labriet
CCHMV - 9 Place Sommeiller, 73500 Modane
ICA Imprimerie Courand & Associés -
82, Route de Crémieu 38230 Tignieu-Jameyzieu
Tirage & parution: june 2023

