



# SCIG *Ski Club*

## *Le Planay, Chalets de Mayse, Lac de Lessy, Aiguille Verte*

### Dimanche – Sunday 17 September 2023 Moyen++

**Ascent: 1000m, Descent: 895m Length: 11+ km, Hiking Time: 5+hrs with stops to enjoy the views.**

A route for good walkers, alternating uphill and downhill. We are almost always "up there", taking advantage of the wide open spaces, the panoramas of the surrounding mountains, and the Lac de Lessy located in the heart of magnificent mountain pastures. In the heart of the Chaîne du Bargy, this route allows us to loop around two of its main peaks: the Aiguille Verte and the Roc des Tours.

Following the climb up the pass above the Chalet de Planay, then the Col de la Forclaz via the Chalets de Mayse, Lake Lessy is revealed before your eyes. This exceptional natural site, nestled in the hollow of the rocky cirque formed by the foothills of the Jallouvre opposite and the Aiguille Verte, is home to a pastoral activity that you will then be able to discover.



In our final descent we will cross the Aiguille Verte just below its summit...on a beautiful ridge path with a very open view of the Chaîne des Aravis and the Mont Blanc massif in the background. Some more adventurous can run up to the summit to the Pointe de Domingit while others take in the views and breathe the fresh air. Heading down, we will walk through the beautiful alpine landscapes of the Plateau de Samance. **This hike is limited to 16 people or the number of drivers/cars.**

**Hike Leader: Marilyn Blaeser** Inscription: by email: [mblaeser@gmail.com](mailto:mblaeser@gmail.com), 079 502 3237

#### **I need to know:**

- Your full name
- An email address you read on weekends
- Your mobile phone number
- If I don't know you, what is your walking/hiking experience?
- Are you a SCIG member?
- Are you willing to drive?

By registering, you agree that you are fit for this level of hike and/or that you have previously participated in a hike with SCIG.

By registering, you confirm that you carry insurance against accidents and mountain rescue, in particular helicopter rescue operations. (See REGA: <https://www.rega.ch/en/home.aspx>) Check with your employer to see if you are properly insured.

The Hike Leader and SCIG disclaim any and all liability for accidents related to this hike.

**Meeting Point and Transport: By CAR - MEET at 07:50 - for Departure: 08:00 - Rue de Varembe 1.**

**Costs: CHF 30.00** (aller-retour, toll paid by driver) plus the **SCIG CHF 5** club tax. (CHF 15 for non-members). You can get a membership online at [www.scig.ch](http://www.scig.ch) (CHF 50/year) PLEASE BRING THE CORRECT AMOUNT OF CHF.



**Cancellation:** In the event of bad weather and rain, or insufficient participants, the hike will be cancelled. All participants will be notified by GO/NO GO decision by email, Friday (15 Sep), early evening (18:00).

**Withdrawal:** In case of withdrawal, please inform the hike leader no later than Friday evening, 17:00.

**To Bring:** Appropriate clothing, good boots, sun hat, picnic lunch, water, spare warm layer, waterproof rain gear, sunscreen, sunglasses. Walking poles (if you use them).

EUROS & identification papers.

The legend says that during great droughts, a stone emerges from the dry Lac de Lessy on which is written: "When you see me, you will cry". Proof that this lake is an essential element of alpine life.

Another legend says that two newlyweds drowned in the lake. A long time later the bride's veil was found in the river "Le Borne".

