

5

Circuit des Crêtes









Uriage-les-Bains

> Le Sonnant d'Uriage

> Villeneuve d'Uriage

> Vaulnaveys-le-Haut > Uriage-les-Bains

Distance	Cumulative climb & descent	Time to walk circuit	Effort	Technicality	Risk
 9,5km	 270m	 3h00			

FFR rating system - See last page

Uriage
LES-BAINS

The footpaths

A pleasant circuit offering beautiful views of The Belledonne Mountains and Saint Martin d'Uriage.

► **Departure** ➡ Uriage-les-Bains - Tourist Office.

- ① **Alt. 410 m** ➡ Take the track that begins on the car park side of the Tourist Office near Uriage Dermatological Laboratories and follow it gently downhill towards Gières alongside the Sonnant stream. Just after a small bridge, you'll see the kilns of the old cement factory (explanatory panel nearby) and the track narrows as it enters the forest. After about 1 km the path joins the footpath alongside the road in the hamlet of The Sonnant. Continue to the pedestrian crossing in front of La Combe Gourmande shop. Cross the road and stream and enter the Lotissement des Peiffendes.
- ② **Alt. 350 m** ➡ Follow the road for 150 m to the Lotissement du Vaujalas and take the path on the left which goes up into the wood. After a steady climb, the path comes out of the forest and meanders on a gentler slope between fields, to the hamlet of Villeneuve d'Uriage. Turn right on Chemin du Murier and descend for 50m. You'll discover a charming restored wash-house hidden in an alcove at the end of the street on the left. (Opposite is the path which goes to Le Murier.) Make a U-turn, going past the point where you arrived in the village and continue until you reach a crossroads with a stone trough.
- ③ **Alt. 580 m** ➡ Turn right onto the road going to the chapel* (direction Herbeys). At the crossroads in front of the chapel, turn left downhill on chemin des Taillées, passing the stone trough against the cemetery wall. After 150m, fork right onto Chemin de Champ-Quieu, the dirt road in front of you which levels out after the descent from the chapel. This track, bordered by fields, forms a balcony above Uriage with magnificent views of the Belledonne Massif.



Chapel at Villeneuve d'Uriage. Its bell dates from 1618 and the chapel is classified as an Historic Monument

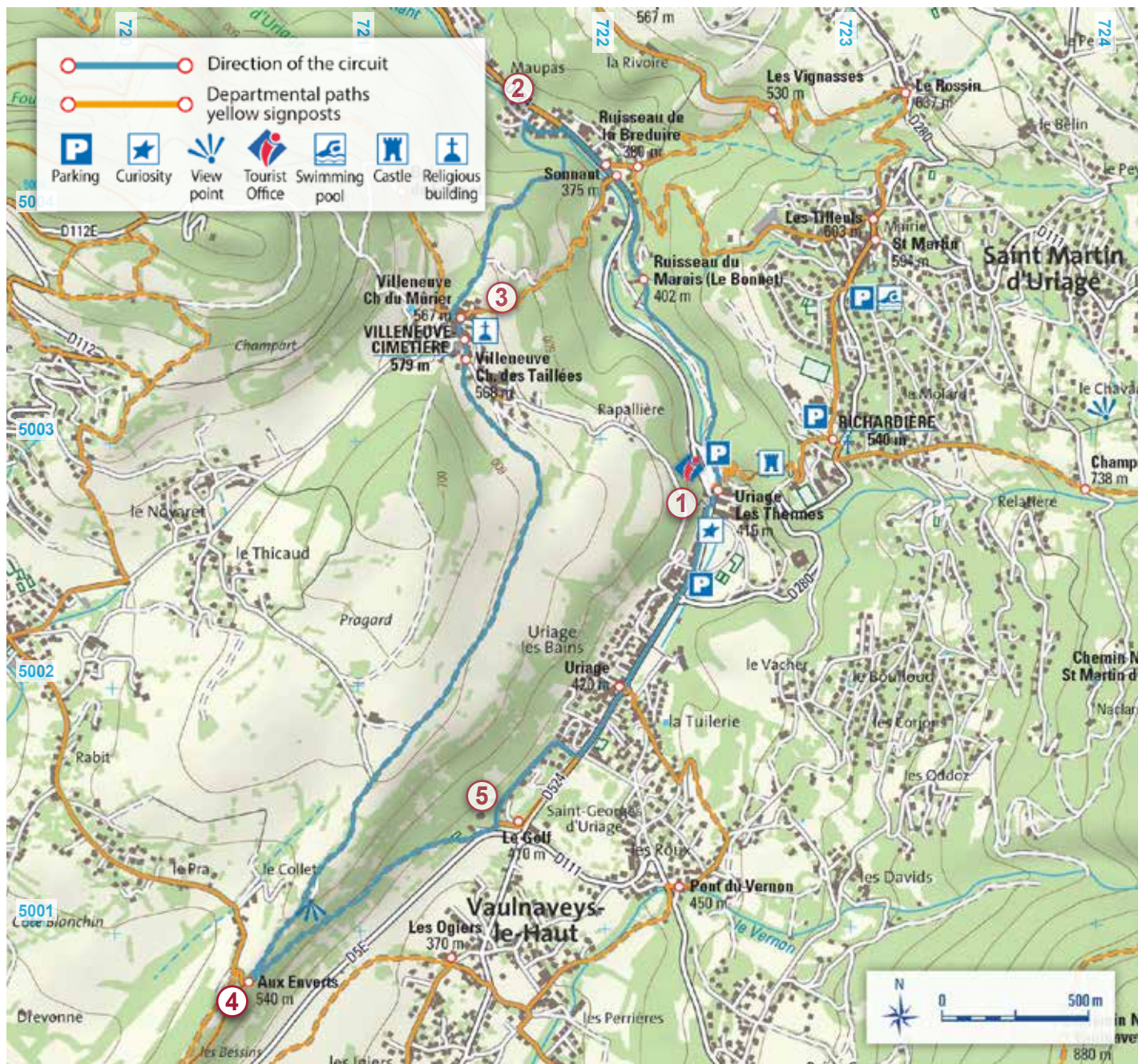
Wash-house of Villeneuve d'Uriage



After a short climb, you'll reach the highest point of the circuit (615 m) and continue along the ridge to eventually enjoy a view of Belledonne on the left, the Vercors on the right and the Matheysine opposite. Continue straight on descending the ridge, ignoring a path on the right climbing through fields and another shortly afterwards to a farm. Don't take the fork on the left which leads to a house, but continue to pass an orientation table before reaching another fork at the edge of the forest.

- ④ **Alt. 500 m** ➡ Do not take the paths leading to Herbeys (on the right) and Vaulnaveys (opposite), but turn sharp left (signpost Uriage & Le Golf) to descend in the forest in an almost straight line towards Uriage.
- ⑤ **Alt. 412 m** ➡ At the bottom, take the first street on the left (chemin des Alberges), which passes behind imposing villas from the early 20th century before returning to avenue d'Uriage at the corner of the golf course opposite. Cross the avenue and continue to the left along the tree-lined road towards the park in Uriage. You'll pass two roundabouts then follow the edge of the park, to eventually arrive back at the tourist office where you started.

The chapel of Villeneuve d'Uriage (villa nova de Aurriaco) was built in the 16th or 17th centuries and renovated in 1901. The small early Romanesque bell tower which flanks the nave on its right side still has its stone spire and bell dating from 1618 and listed as a Historic Monument. Also worth seeing is its 18th century baroque stucco-style high altar painted in marble like that of the chapel of Saint-Nizier (located on the other side of the valley) and its magnificent 17th century wooden celebrant's throne which originated from the Chartreuse of Prémol.



The blue crosses correspond to the UTM-WGS84 kilometric grid - Mogoma map

In and around Uriage, many rural paths have been restored and incorporated into circuits of varying difficulty and length. Some can be walked in half a day, others take longer. They may be interesting for their views, for nature or for local heritage. Most are in the forest in a wild environment, despite the nearby urbanisation. Trail runners will be quick to realise that these circuits can be combined to create alternative routes to suit every level of runner.

Please respect nature and leave no trace of your passing. Nature will thank you!
Don't over-estimate your capabilities - these circuits are, after all, hiking trails.
Please help us maintain our circuits by reporting any work which needs to be done.

[asso-des-sentiers-de-smu.eklablog.com]

Rating system of the FFR*

To rate the difficulty of a hike, three characteristics are graded from 1 to 5



Effort - the length and climb involved in the hike



Technicality - need to use hands or place feet carefully



Risk - consequence of a fall

*Fédération Française de Randonnée pédestre

The Signposts

7

Circuit number

7a

Circuit variation number



Direction to follow



Continue



Alternative route



Turn right



Turn left



Wrong direction

The editor and author of this document cannot under any circumstances be held responsible for any incident or accident which may occur on the hike, no matter how it occurs.

In an emergency call 112  beware signal dead zones

Uriage

LES-BAINS

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