







6

Circuit des Vignasses

Nice little sporty circuit

<i>Distance</i>  4km	<i>Cumulative climb & descent</i>  300m	<i>Time to walk circuit</i>  1 h45	<i>Effort elevation change</i>  2	<i>Technicality</i>  2	<i>Risk</i>  1
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FFR rating system - See last page

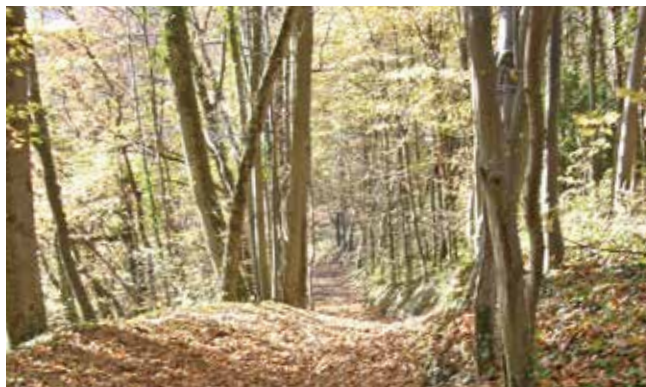
6 Circuit des Vignasses

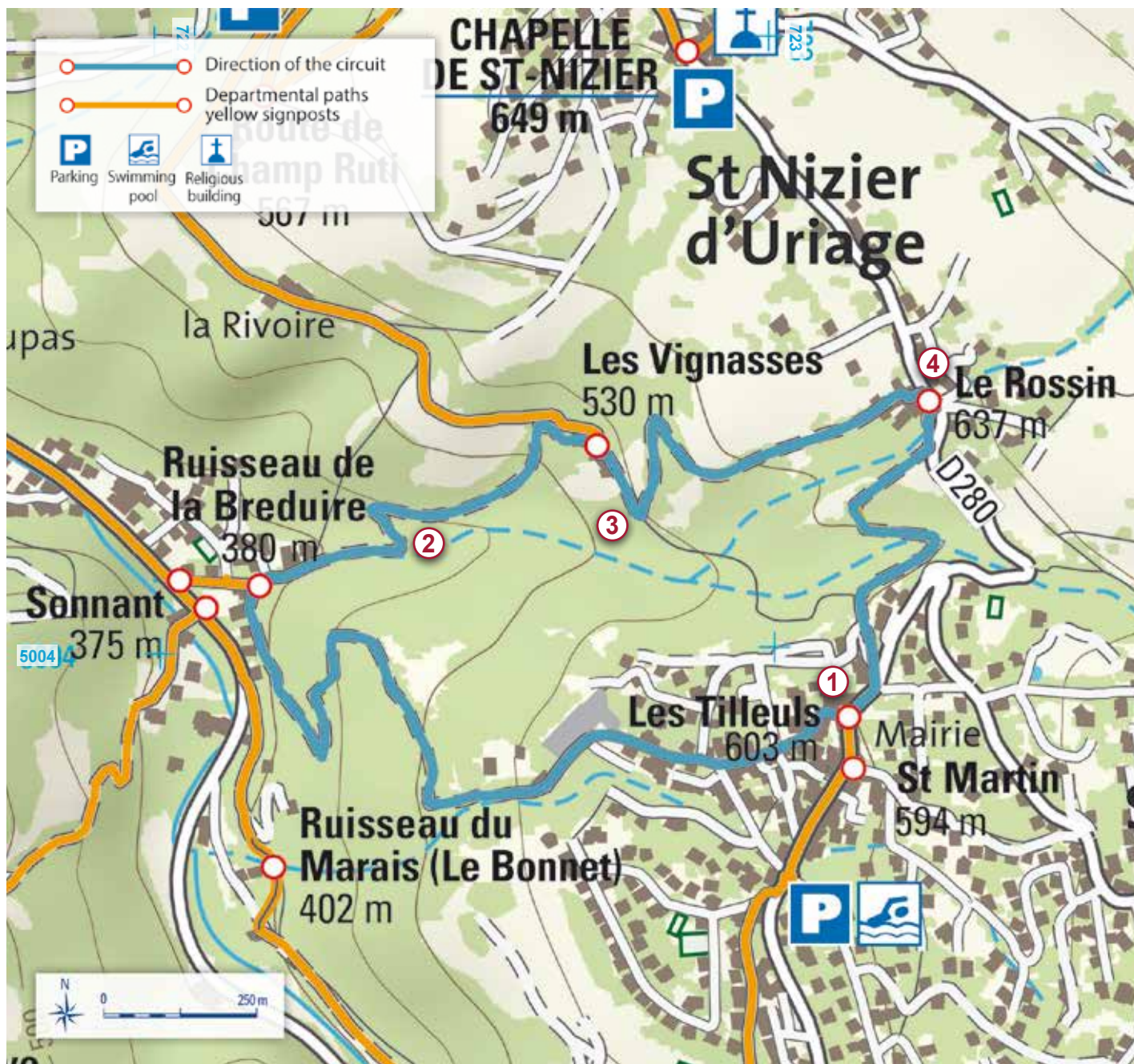
From the village to the Rossin via the Sonnant, this circuit guarantees changing scenery as it passes through woods and meadows and some ancient houses.

Departure ➤ From Saint-Martin d'Uriage, just uphill from the centre, in front of the former École des Filles (Girls' School), which is now converted into the Maison des Arts (Arts Centre).

Access: From the village (there is parking by the swimming pool, townhall or on chemin du Luiset).

- 1** **Alt. 570 m** ➤ Turn left on the allée des Tilleuls, which becomes the route des Artisans and finally chemin du Repos which passes in front of the cemetery. Continue down on the left hand path (chemin du Sonnant), which is fairly steep and tarmacked for 150 m at the beginning. After 1.2 km and after two hairpins, you'll arrive at Le Sonnant d'Uriage. Turn right following the Bréduire stream for about twenty meters, then cross the stream on the left and take the path on the right bank.
- 2** **Alt. 380 m** ➤ Follow the stream uphill along a path which is tarred at first and then becomes steeper and veers slightly to the left and then right to arrive after 500m at the route de la Rivoire. Turn right towards the farm of Vignasses. Don't take the horizontal pedestrian path below the farm but follow the wide path that climbs uphill between the two farm buildings.
- 3** **Alt. 550 m** ➤ After leaving this group of buildings, follow the path uphill into the meadows. At the first hairpin turn, don't take the path on the right then, at the next hairpin, don't take the left path. After passing a small wood, you'll reach the bottom of a large field below the Rossin. Continue towards the houses to the Saint-Nizier road.
- 4** **Alt. 640 m** ➤ Turn right on the St Nizier road for a few meters, then turn right again onto a path which descends at the side of the road. (signposted to Saint-Martin d'Uriage - Mairie), the chemin des Vignasses. Continue downwards (sometimes the path can be quite muddy) to the stream, the torrent de la Bréduire. Cross the bridge, the path flattens, then climbs up to the village - you'll arrive at the Chamrousse Road. Turn right downhill for 70 meters to arrive at the starting point for the circuit.





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

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