













3

Circuits du Roux

Two easy paths

These two easy walks just outside the village guide you through urban, rural and forested areas

	Distance 	Cumulative climb & descent 	Time to walk circuit 	Effort 	Technicality 	Risk 
Petit	5km	200m	1 h45			
Grand	6,7km	340m	2h15			

FFR rating system - See last page

Uriage
LES-BAINS

The footpaths

You'll walk alongside many small streams on this peaceful hike.

From above the village there is a magnificent view of the Vercors massif, the Quatre Seigneurs and the Uriage valley towards Vizille, known as "Barque Valley" because it has the shape of a boat when seen from above.

Departure ➡ The Village of Saint Martin d'Uriage, in front of the old école des filles (girls school), now the Maison des Arts.

Access: from the village (parking by the swimming pool, the Town Hall or the chemin du Luiset).

① Alt. 600 m ➡ From the village square follow the RD 111 towards Chamrousse for 200 m and turn left on the chemin des Vignasses towards Rossin descending gently. Ignore the path to the left that descends steeply and continue slightly right on this pleasant path alongside the undergrowth, to cross the bridge and walk uphill to Rossin.

② Alt. 640 m ➡ At Rossin, cross the RD 280. As you look to the opposite side of the road and slightly right, the chemin du Fournel climbs steeply. At the end of the tarmac part, turn left to follow the chemin du Rossin through the fields eventually arriving at the hamlet of Belin. After passing a few houses, turn sharp left to continue on the Belin road, uphill towards Le Penet. At Le Penet, facing the basin, turn right onto the chemin des Roux. Following the tarmac path, pass the houses and continue into the wood for 250 m to arrive at a crossroads of paths near a stream descending from the left.

③ Alt. 770 m ➡ At this point, decide whether to follow the short circuit (turn right), or the long circuit (turn left).

Short circuit (turn right)

Turn slightly right and cross the stream to continue on the path climbing slightly before going down towards the hamlet of Les Bonnets. The path leaves the woods and leads to the chemin de la Ravinouse. Go left for 120 m and turn right down the chemin des Bonnets which leads to the RD 111. Cross the road and follow it for a few meters, then turn left onto the horizontal Angères road. After 150 m pass a large house on the left, then turn right onto a paved road. It is here that the loop of the big circuit joins that of the short circuit. (go to point **⑤**).

Great circuit (turn left)

After turning left, continue along the path which follows the stream and eventually leaves the wood to arrive at the camping du Buisson. Turn right and take the chemin des Buissons (tarmac), which will leave the camp-site and head towards the forest on the chemin du Chavanais. Ignore the flat track on the right and continue climbing to a crossing of several small paths and a road. You have arrived at the highest point of the walk.

④ Alt. 910 m ➡ At this high spot, take the right hand path downhill to the route de Chamrousse. Cross the main road at La Grivolée and continue straight on the paved chemin du Quartonier. At the crossroads (where the Bit circuit #1 also passes), take the shady path on the right which is flat at the start, then descends after a left turn and follows a stream finally opening into a clearing.

Once on the paved part, take the chemin des Reposes, which climbs slightly to arrive at the RD 111. Follow RD111 downhill for 100 m (careful traffic) and turn left onto a path through undergrowth, (La Traverse du Perrin,) that descends to Angères arriving at a paved road where we again join the route shared by both long and short circuits.

Common path to the 2 circuits

⑤ Alt. 710 m > At Angères, turn right if you came from the short circuit, or left if you came from the long circuit. Continue for 100 m along this paved track which branches off to the right. Take the path in front which descends through fields between two wire fences. On arriving at the paved part of the chemin du Peyret, descend left to arrive at the route de Pierval, then turn right to the main road RD 111. Turn left downhill and follow the sidewalk down this road for 190 m, then turn left onto the path along the stream which eventually arrives at a small road (chemin du Moulin) that goes down to the town hall close to the starting point.



This trail connects Le Bourg to the hamlet of Rossin de Saint-Martin. It passes over the torrent called Borduc (or Brêduire). There's an imposing house at the start of the chemin du Fournel on which two sundials are still discernible. There's also a beautiful chestnut tree, another important feature of the landscape visible from far away. It's estimated to be 200 years old. From the hamlet of Belin there's a clear view through 360°. After the hamlet of Les Roux and on arrival at the camping du Buisson, you'll see unusual accommodation there (yurts). Below the campsite, isolated in a meadow (private, do not enter), there's an imposing 310 year old chestnut tree classified as a "remarkable tree", in itself a reservoir of biodiversity.

There are very beautiful panoramas at the hamlets of Pinet, Le Replat, Le Chenevas, Le Penet, the forest of Montrond and the Mollard (Small Mountain) Allemand. Arriving at the departmental road, you'll pass a working farm. Check out the square shaped house and its 4-sided roof, typical of Belledonne architecture. As you descend, at various points you'll pass the Marais stream, which fed a saw-mill and two other mills, hence the name "chemin du Moulin".



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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