



# HIKING IN AND AROUND SAUZE D'OULX



Sauze d'Oulx and the surrounding area has hundreds of walks, marked trails and places to explore on foot from the high Alps to the Gran Bosco National Park, the Valle Stretta and the Val Argentera.

There's something for people of all fitness levels, with stunning views for all. In this guide we have picked out a selection of itineraries, part of them accessible directly from Sauze and the other part a short drive away, all but one not more than 30km. At the end of the guide you will find a map with the various starting points marked on it.

The distance and times indicated are one way. In some cases the way back is shorter.

None of the excursions listed require mountaineering equipment or knowledge, although clothes and footwear must be suitable for hiking in the mountains.

The following symbols are to give you an idea of the technical difficulty of the itinerary. The itineraries have been designed to be followed with a local guide.

**T**

Easy trail suitable for everyone; firm and well-trodden terrain.

**E**

Medium difficulty trail; uphill, varied terrain. Suitable for hikers with a good preparation.

**EE**

Challenging trail, suitable for medium-trained hikers. Steep and stony terrain: the use of trekking poles is recommended.



## Monte Chaberton (3130m)



EE



Montgenevre (1830)



6,8 km



3h15



Ascent 1300m



Montgenevre /  
Claviere

The first part of the walk leads you through a pine forest, coming out in a plateau with a stunning view over the valley. The second part of the walk is above the tree level and takes you to the impressive Chaberton fortress, with a view over a lot of Piedmont, Aosta Valley and the Briançon valley and its fortresses.

The Italian army started building the Chaberton fortress in 1898 to defend its borders and eventually protect Italy during the second world war. With the Paris peace treaty in 1947 the whole of the Monte Chaberton passed into French hands.



## Monte Thabor (3178m)



EE



Valle Stretta (1790)



8,9 km



4h10



Ascent 1400m



Rifugi of the  
Valle Stretta



The toughest climb around with a magnificent view at the top. The mountain is the source of two streams which join together at the Ponte della Fonderia and subsequently run through Bardonecchia. The route passes numerous points of interest, such as the old steel mines, and arrives at the Chapel of Our Lady of Sorrows.



## Guglia Rossa (2545m)

**EE**

Valle Stretta (1750)



5.6 km



2h30



Ascent 780m



Rifugi of the  
Valle Stretta

The walk starts off steep but steady through a rigorous larch forest which comes out in a plateau with Lake Chavillon and then Thures (2194m) which offers a stunning view over the French valley of Nevache. The view from the top is breath taking and spans numerous peaks in all directions, including those of the 3 kings: Balthazar, Melchior and Gaspard.



## Faro degli Alpini/ Monte Genevris (2536m)

**E**

Stazione Sper. Sauze (1865m)



4,1 km



1h50



Ascent 670m



Ciao Pais (1890)




From the stazione sperimentale follow the dirt track through the woods up to the Lago di Laune and then up the ski slopes to Monte Genevris and the Faro degli Alpini, from where you will enjoy a full view of the Susa Valley. Alternative route down.



## Lago Nero – Notre Dama des Broussailles – Colle Basset (2425m) – Monte Triplex (2506m)




 Sportinia - Sauze (2140m)

 6.7 km

 2h25

 Ascent 400m

 La Marmotta (2420m)


Thanks to the Jouvenceaux-Sportinia chairlift that takes you immediately to 2140m the crest of the mountains above Sauze d'Oulx can be reached with little difficulty. This walk takes you past the Lago Nero, the Notre Dama des Broussailles chapel, up to the Colle Basset and Monte Triplex, walking along the crest that divides the two valleys. It is possible to extend the walk along the crest, according to the energy of the group. We propose a lunch break in the brand new architecturally stunning mountain restaurant La Marmotta, just below Monte Triplex. Recommended for Wednesdays and Saturdays when the road above Sportinia is closed to motorized vehicles.




## Lago dei 7 colori (2335m)




 Claviere (1748m)

 7.3 km

 2h15

 Ascent 664m

 Capanna Gimonot (1924m)

This walk will take you through the lush green woods of the Valle Gimont, alongside the stream and past Lake Gimont. From Lake Gimont you will continue through the woods for another hour before coming out into an opening from where you can continue along the dirt track or take the short cut up through the grassy ski slopes up to this stunning lake that sparkles with 7 colours.





## Strada dei Cannoni/ Testa dell'Assietta (2545m)

**E**

Richardette - Sauze (1740m)



10.6 km



4h05



Ascent 920m



Casa Assietta  
(at the top)

This hike takes you through the Gran Bosco park, inhabited by deer, raptors and wolves. Much of the walk is along the Strada dei Cannoni, a dirt track used by the army to transport heavy artiglieria along the crest between the Susa and Chisone Valleys. The Strada dei Cannoni meets the Strada dell'Assietta (closed to traffic on Wednesdays and Saturdays) shortly before arriving at Testa del Mottas (2550m) and its fortress. Continuing along the famous Strada dell'Assietta, where the Battle of the Assietta took place in 1747, past the Lago dell'Assietta and its rifugio you will reach the Testa dell'Assietta.



## Lago Verde (1845m)

**E**

Pian del Colle - Bardonecchia (1435m)



7.4 km



2h30



Ascent 415m



Rifugio Re Magi  
(1760)

From Pian del Colle you will follow a trail in a steady climb through the dry juniper woods, past the dam and up into the lush pastures of the Valle Stretta. Passing through the little mountain hamlet (Grange della Valle Stretta - 1760m), where you can stop for lunch on your way back, you will continue for 30 minutes before reaching a brief but steep climb from the top of which you can admire the full beauty of the Green Lake.





## Lago Laune (2053m) e Ciao Pais (1890)

**E**

Richardette, Sauze (1716m)



7.3 km



2h45



Ascent 480m



Ciao Pais  
(1890m)

This walk is a little tougher to start with but climbs gradually by 424m over 2.8 km, through the Gran Bosco Park to the start of the Strada dei Cannoni. The next part is downhill arriving at Lake Laune from above. From there you continue gradually up and down with panoramic views over the valley, until you reach the popular local mountain restaurant of Ciao Pais, with its ample terrace area for eating outside. The way back is a lot quicker.



## Laghi Margherita (2508m)

**E**

Valle Stretta (1750m)



8.7 km



3h10



Ascent 765m



Rifugio del  
Thabor (2472m)

Through the lush green pastures of the Valle Stretta this route reaches the waterfall of the near the Fonderia plain, up into higher grounds coasting the mountain range of the 3 kings. After passing the Peyron lake the path climbs again before reaching the rifugio del Thabor, behind which you will find the Santa Margherita Lakes. Lunch at the rifugio del Thabor and descent along the same route.



## Fort de Variselle (2106m) and Refuge du Petit Mont Cenis (2127m)

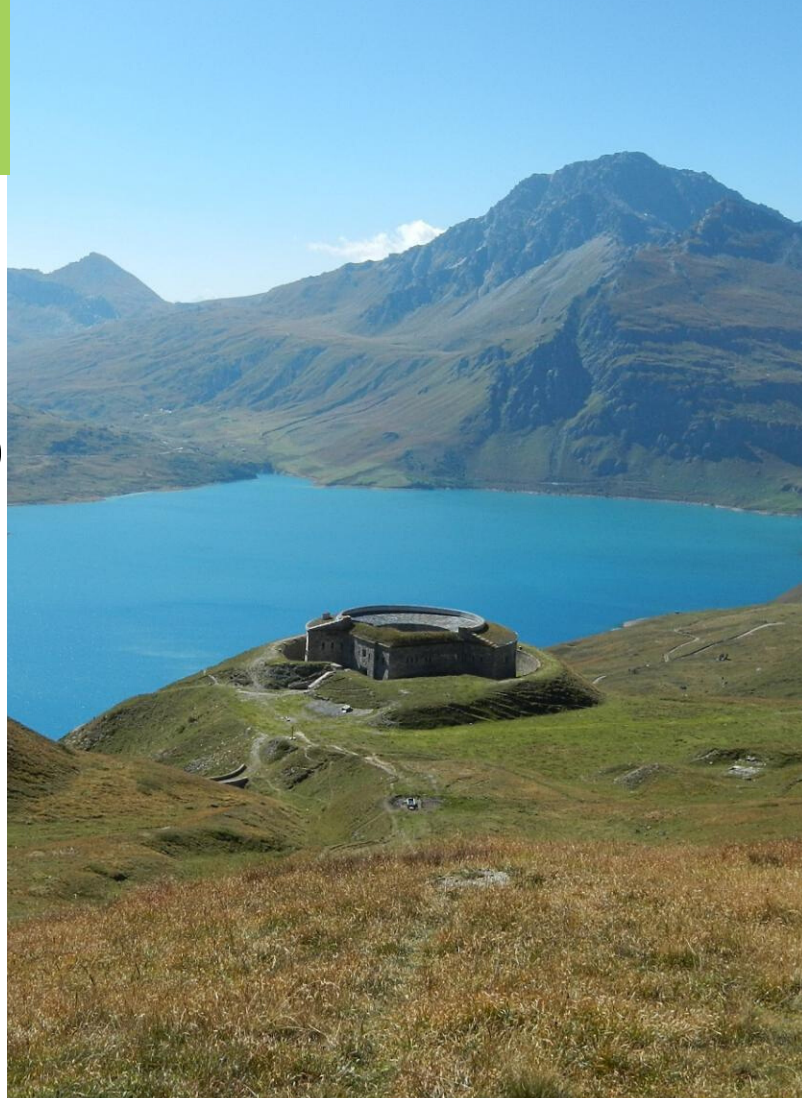


 Piazzale della Grand Croix di Moncenisio  
(1900m)

 10.6 km  3h15

 Ascent 426m  Refuge du Petit  
Mont Cenis (2127m)

A day trip to the Lake of Moncenisio, on the French side of the Italian village of Moncenisio is a must for its stunning natural scenery. The road itself from Susa to Moncenisio makes the trip worthwhile. There are numerous itineraries in the area. We have chosen one of medium difficulty, where the lake is reached on foot from below, and you have the possibility to visit an imposing fortresses and stop for lunch in a relaxing mountain refuge. After a 1 hour walk and a 226m climb you will reach the fort of Variselle (2106m) which is remarkably intact and offers beautiful views over the lake. From here you go down for 15 minutes and then gradually up and down for 2h15 to the Refuge du Petit Mont Cenis (2127m).



## Cima del Bosco (2095m)



 Thures (1665m)

 3.4 km  1h50

 Ascent 711m  Bousson (1428m)  
Cesana (1354m)

From the characteristic hamlet of Thures (limited parking) a steep path leads through the dense larch forest, up to another little hamlet, Croce Chalvet. From here the path flattens out a little for the rest of the way up to the Cima del Bosco. At the top there is a spectacular view over the Valle di Thures and the Valle Argentera and a well-preserved little church which it is possible to visit. It is possible to come back down the same way or via the Valle Argentera.




## Fort de Variselle (2106m) and Refuge du Petit Mont Cenis (2127m)



E

 Piazzale della Grand Croix di Moncenisio  
(1900m)

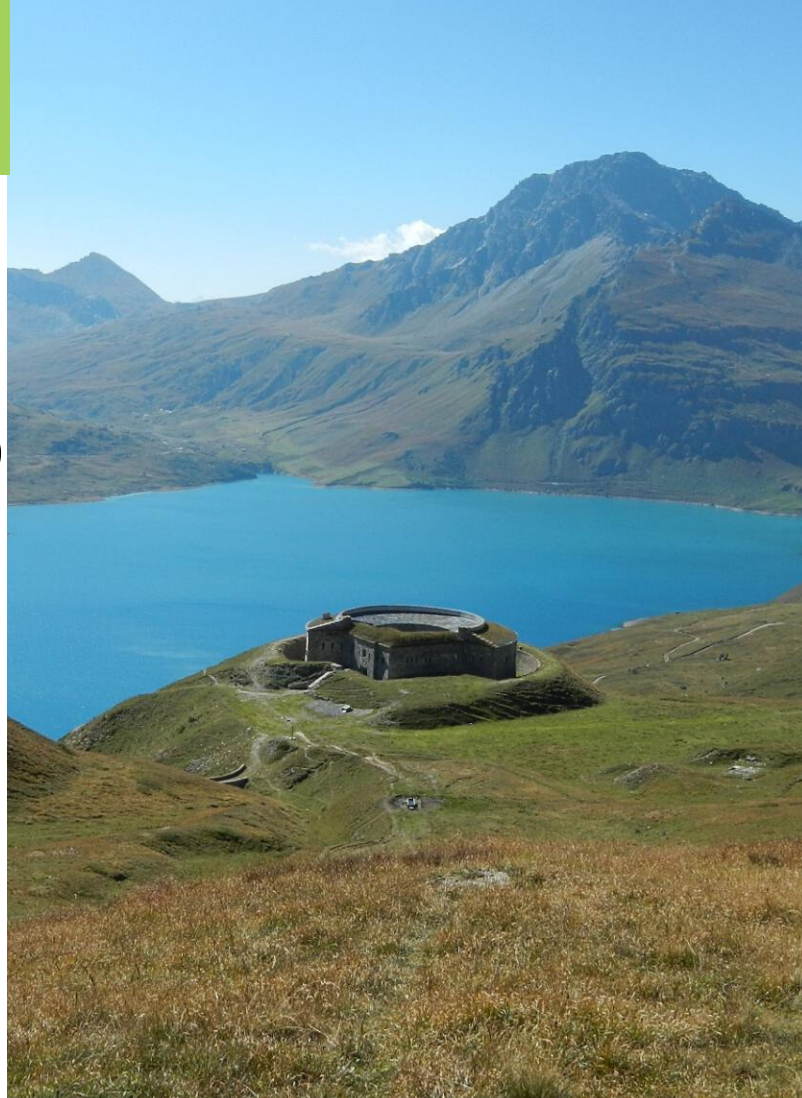
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## Monte Seu – Rifugio Apino

Daniele Arlaud (2536m)



T



Monfol – Sauze (1665m)\*



6 km



1h30



Ascent 150m



Rifugio Arlaud  
(at the arrival)

A gentle excursion in the Gran Bosco natural park in the midst of the beautiful flora where it is possible to sight numerous animals of which: marmots, badgers, foxes, roe deers, deers, woodpeckers, imperial crows, royal eagles and possibly a wolf.

\*It is also possible to walk directly from Sauze d'Oulx adding 3km and an ascent of 120m to the total.



## Val Argentera -

Alpe Plane (2095m)



T



Brusà del Plan – Val Argentera (1816m)



6.9 km



2h05



Ascent 280m



Rifugio Alpe Plan  
(2095m)

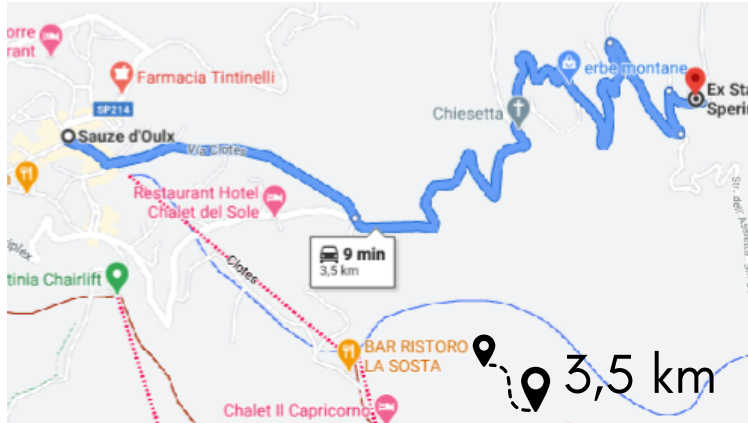
The Val Argentera is a stunning valley, that can be reached from the secondary road between Cesana and Sestriere. Here we propose an easy walk through a natural paradise, along a mountain stream that runs for the whole of the valley. The vegetation is beautiful and waterfalls dot the scenery along the sides.





# Departure point

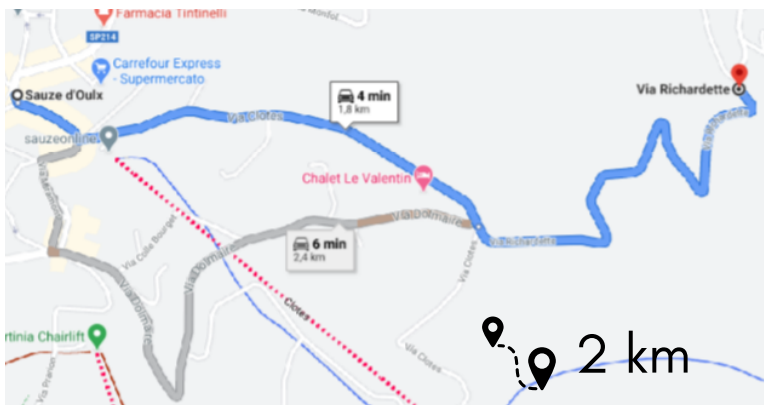
Sauze d'Oulx – Stazione sperimentale V. Vezzani



Sauze d'Oulx – Pian del Colle (Bardonecchia)



Sauze d'Oulx – Richardette



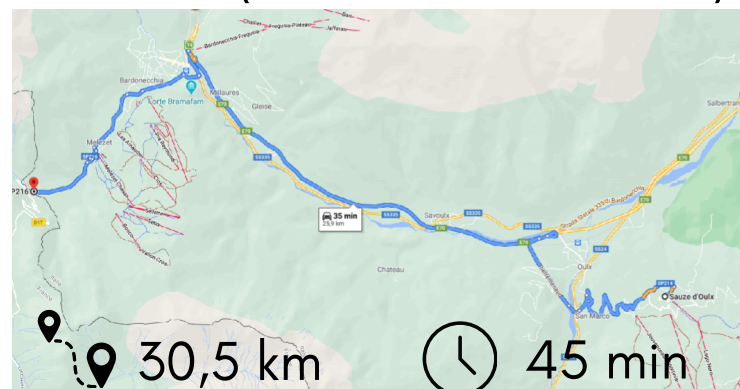
Sauze d'Oulx – Thures (Cesana - TO)



Sauze d'Oulx – Monfol



Sauze d'Oulx – Valle Stretta (from Bardonecchia)





# Departure point

## Sauze d'Oulx – Brusà del Plan (Val Argentera)

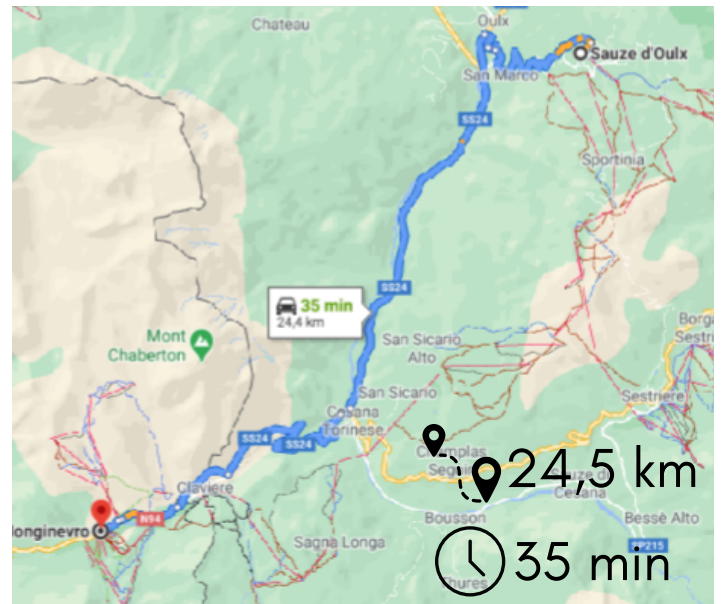


Small stretch of dirt track – cost to access the Val Argentera (approx. euro 5 per car)

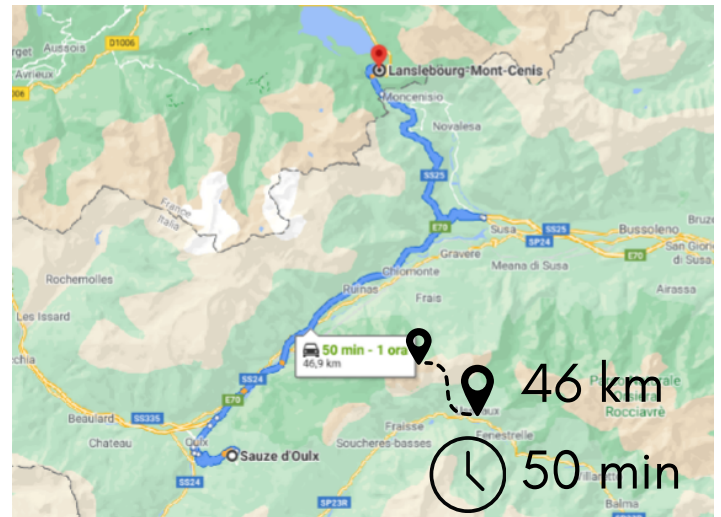
## Sauze d'Oulx – Claviere



## Sauze d'Oulx – Montgenevre (France)



## Sauze d'Oulx – Lago di Moncenisio



first part motorway