



VIA FERRATA

COME AND DISCOVER THE NEW ITINERAY CALLED "LA GROTTTE"

Via Ferrata from la Guinguette to Hostiaz...

⇒ **Discover and Experience Verticality !**

The Via Ferrata ('Voies Ferrées' in French) are secured itineraries along the cliffs. You can make your way on the rock faces thanks to a system of wire cables and metal stairs. The first 'Vie Ferrate' were created in Italy, in the Dolomites massif to improve the conditions of traveling of the military troupes.

⇒ How to get there ?

From Tenay : take the 'chemin du facteur' opposite the chemistry. Then go up 40 to 60 minutes.
From Hostiaz : go to the north of the village then follow the signs.

⇒ Technical Description

height : 710 m
length : from 350 m to 700 m
course duration : from 1h00 to 2h30
aspect : west
difficulty : Not Difficult (fr : PD) -
Rather Difficult (fr : AD)

The Via Ferrata

>itinerary map and technical explanatory leaflet are available at the Tourist office and the Gîte La Fora.

Minimum recommended equipment

- 1 harness
- 1 set 'ferrata' composed of two ropes with shock absorbers equipped with two karabiners with wide opening for cables and chains and automatic sleeve.
- 1 helmet
- a pair of good shoes and mountain-bike like gloves.

Equipment Rental

Mrs Manas "Gîte La Fora" in Hostiaz -
04 74 37 59 44 www.gite-lafora.com

Qualified Rock Climbing and Canyoning
Instructors :

Pierre COILLARD : 06 32 35 97 84
Stéphane BODILLARD : 06 12 50 65 77