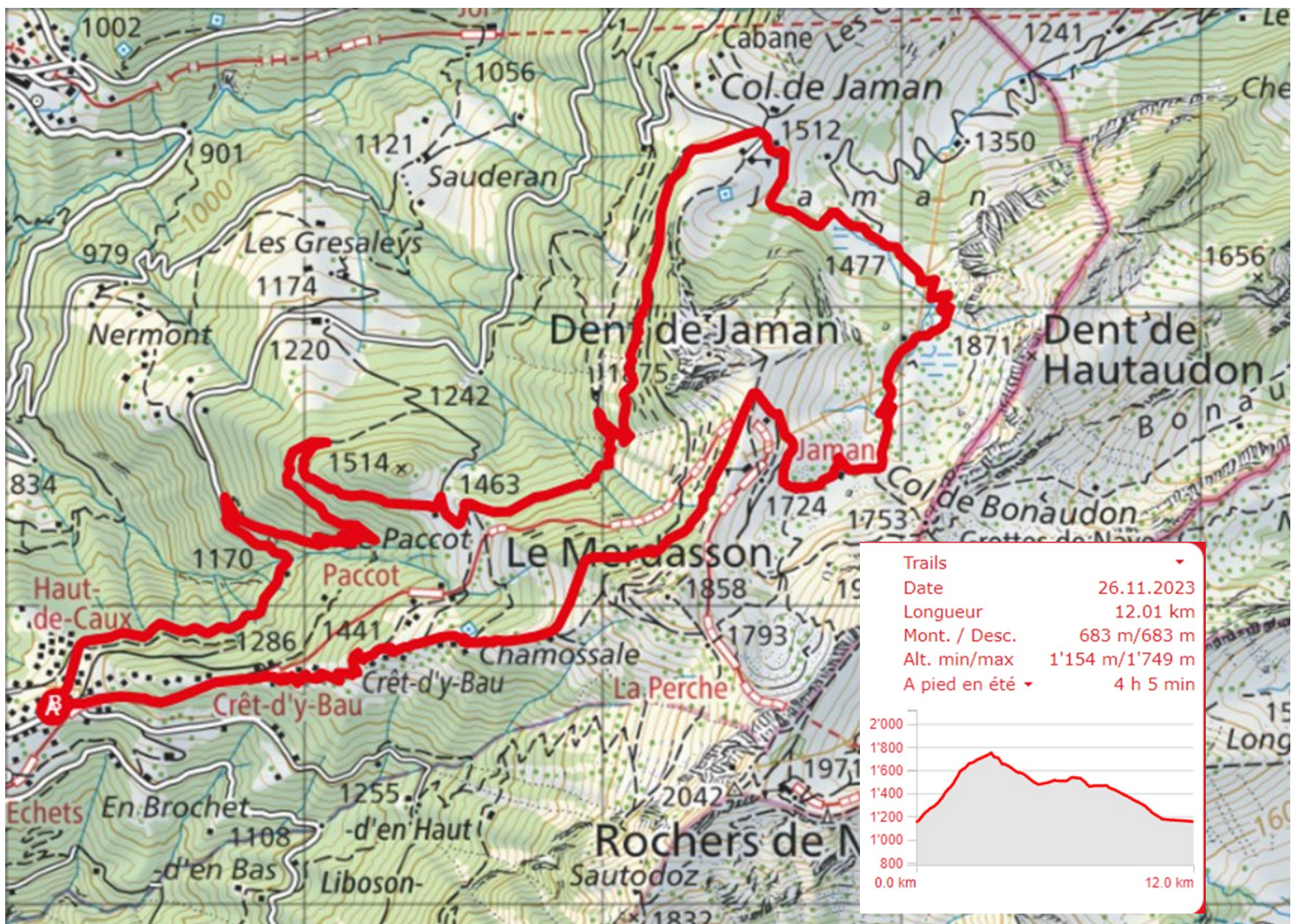


One Trail, one Top ! La Dent de Jaman



Location: Right bank of Lac Léman, canton Vaud, above Montreux / Glion / Caux.

Description: Easy trail for those used to steep paths. Course in the pre-Alps, with exceptional views of Lake Geneva and its left bank, opposite the Croix de la Lé. A dream run alternating between spruce and deciduous forests and alpine meadows.

Difficulty: T3

Total length: 21 km-effort

Distance: 12 km

Difference in altitude: 683 m

Altitude: between 1154 m and 1749 m

National excursion map 1:25,000: Montreux 1264

Best period: June to November

Helpful hints: small crampons may be useful in autumn or winter. Poles are recommended.

Route

Public transport is recommended here, as the train serves Haut-de-Caux station. Leaving Haut-de-Caux from the parking lot of the Hôtel-restaurant Le Coucou (2'562'155/1'142'666). The path runs alongside the railroad line to the Crêt-d'y-Bau stop. Cross the track towards Merdasson. At Chamossale point 1612, follow the path into the forest, turning to take in the panorama below. The slope is steep and the path runs alongside the avalanche barriers. Continue on to the summit of the Dent de Jaman (1875 m) only if the terrain is suitable, without snow cover, which could be risky.

Start the descent in a south-easterly direction along the path that passes under the railway station and reaches Montagne-d'Amont at pt 1650. The road then leads smoothly to the Col de Jaman, which remains the most northerly point on the route. Head back west towards the Chalet des Chèvres along the median path that leads to the Tête du Paccot at pt 1463. From here, tackle a path that quietly wends its way through the forest, but which demands your full attention: leaves, roots, stones and steep slopes mark it out. At pt 1177 you reach the road that takes you back to the starting point. An excellent route for the beginning or end of the season, with no heavy muscular load. What's more, as the possibilities are endless, it's easy to let your instincts guide you without worrying too much about the return journey, and the numerous train stations make it easy to get back to the starting station in Montreux.