



Réserve Naturelle CONTAMINES-MONTJOIE

Visits and activities

Traditional activities like breeding, forestry and hunting are still being practised in the natural reserve of Contamines-Montjoie.

The natural reserve is opened to visitors but not accessible by car.

Visitor's center «Espace nature au sommet», located in the heart of the village just next to the city hall, is an opened door on the reserve for those who want to learn more about it before going inside the reserve.

Rules

Help us to reconcile leisure activities with nature protection.

You are entering a protected area. To get the best out of the reserve without disturbing natural fauna and flora, please respect the access code and stay on the walkway. Some information boards located at the entrance of the reserve provide visitors with all the rules and regulations.



Reserve management

The Natural Spaces Conservatory of Haute-Savoie manage the natural reserve (5 500 ha). The main purpose is to maintain the natural habitats and their associated species. The Conservatory also works to find a balance between human activities and preservation of endangered habitats and species. Local actors are mobilized to maintain this balance between men and nature.

The number of visitors is another issue of this very wellknown site enjoyed by hikers and nature lovers.

The reserve is a place to discover nature and a field of investigation for scientists.

CREDITS PHOTO: JULIEN HEURET, GEOFFREY GANCEL - 2014



Informations

- In the village you can find «Espace Nature au sommet» of Contamines-Montjoie
04 50 91 51 36

- Tourist office of Contamines-Montjoie
www.lescontamines.com
info@lescontamines.com
04 50 47 01 58

Informations : www.cen-haute-savoie.org
and on **facebook**

This leaflet was realised with the support of



Together, let's protect nature

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Welcome to the natural reserve Contamines-Montjoie

The Natural reserve of Contamines-Montjoie, located around the city of Contamines-Montjoie offers calm and tranquillity. This area protected since 1979 is a place of genuine and wild nature. It boasts wonderful natural habitats like lakes, mountain pastures and glaciers... You can walk there and discover its beauty and fragility.

Be aware of the access code and take care of nature.

Black Grouse

The Black Grouse, also referred to, as Blackcock, is emblematic of the alpine space. It lives in the natural reserve, just above the forest, where it can find a patchwork of different habitats like woodland, thickets, and high meadows.



The male cock can be distinguished by its whole black plumage, except its red wattles, a white wingbar, and a lyre-shaped tail, which appears forked in flight. It calls to the female in springtime with showy courtship dances and songs. In winter, it digs a hole in the snow and takes advantage of a steady temperature. During wintertime, the black grouse is very sensitive to disruptive factors.

Drosera

Droseras, commonly known as sundews, are one of the largest type of carnivorous plants. Very rare and protected, they can be found in the natural reserve, most likely in the wetgrass lands.

It lures, captures, and digests insects using stalked mucilaginous glands covering its leaf surfaces. The English common name (sundew) refers to the glistening drops of mucilage at the tip of each tentacle that looks like drops of morning dew.



Natural habitats

From the village (1 100 m) to the Northern Aiguille de Tré-la-Tête (3 892 m) the natural reserve is the highest of all natural reserves in France. You can find all the altitude vegetation levels : conifer forests, high meadows, rocks slides and glaciers up to the summits.



FORESTS

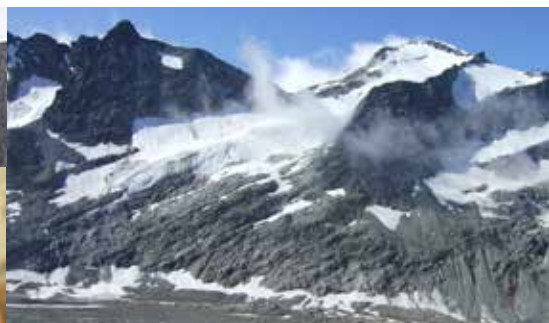
Walking from the village, first you will come across the forests where spruces prevail. Here and there are the peat bogs which present a high patrimonial heritage. These peat bogs are the kingdom of discrete species like grouses or tiny mountain owls. The owls enjoy the holes shaped by woodpeckers. They use them to nest in the trunks of old trees. The presence of these species features the quality level of the forest. As a matter of fact, these species thrive in natural and aged forests.



MOUNTAIN PASTURES

Above the forest, the landscape broadens into meadows, a testimonial to ancestral breeding activity. Nowadays, herds still graze on the flowered slopes of the natural reserve. In the middle of the pasture, marshes and wetgrass lands shelter different species of batracians (common frogs, alpine newts), dragonflies and butterflies.

At this level of the mountain, you can see the golden eagle. Its wingspan can go up to 2.40 meters. Open your eyes, you may be lucky enough to glimpse the brown silhouette of the largest bird of prey nesting in the natural reserve.



SUMMITS

Near the summits, the natural conditions are demanding. Wind, snow and cold are common conditions. Glaciers take up almost one third of the natural reserve surface. The biggest and most impressive is the glacier of Tré-la-Tête, which have become one of the 166 glaciers on earth serving as references for collecting data on World Glacier Monitoring Service.

This very high area shelters a few species specially adapted to altitude conditions. The rock ptarmigan, spotted brown colored during the summer months. During wintertime both sexes shed their brown plumage for an almost pure white coat.

The ibex is another animal of the high mountain. It can easily move in the rocks thanks to very adhesive hooves.