

WHY DO WE NEED REGULATION ?

The purpose of a nature reserve is to protect an exceptional and recognised natural heritage.

To find the right balance between heritage issues and human activities, regulations apply.

They serve as a safeguard and allow everyone to make the most of the site while preserving the fauna, flora, landscapes and natural environments. The agents of the nature reserves, the French Office of Biodiversity, the National Forestry Office and the National Gendarmerie, among others, are responsible for enforcing these regulations.



Dogs are not allowed, even on a lead, as they can harm ground-nesting birds and disturb wildlife.



Bivouacking is tolerated from 7pm to 9am but it is forbidden to pitch a tent outside these hours or for several days.



In order to limit the high fire risk - especially in summer - damage to the flora and disturbance of the fauna, it is forbidden to make fires.



Flora are protected within the nature reserve. Look at them, breathe them in, but do not pick them.



Flying over the nature reserve with a drone, paraglider or any other aircraft is prohibited to limit the disturbance to wildlife.



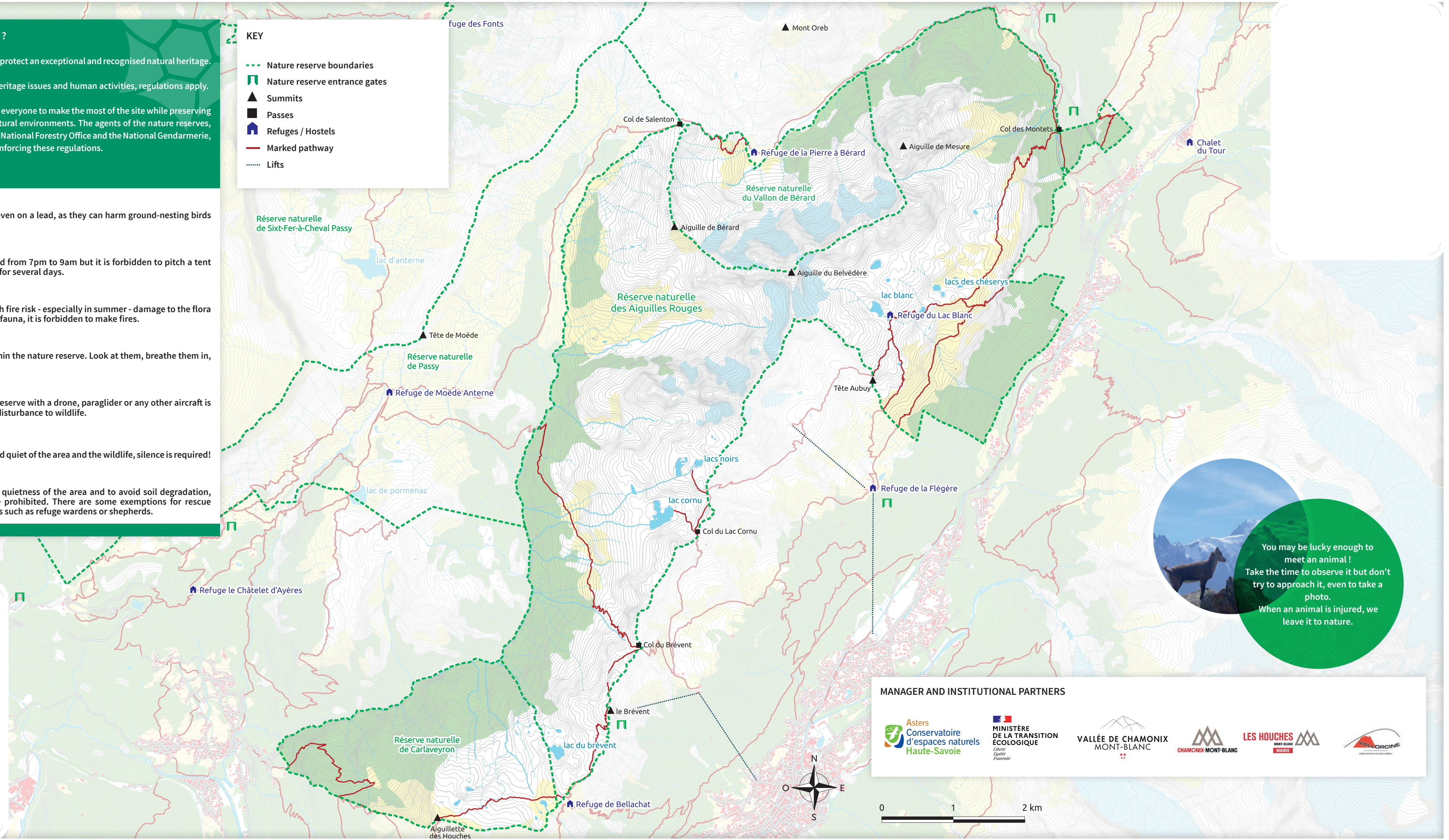
To respect the peace and quiet of the area and the wildlife, silence is required!



In order to respect the quietness of the area and to avoid soil degradation, motorised vehicles are prohibited. There are some exemptions for rescue services or certain users such as refuge wardens or shepherds.

KEY

- Nature reserve boundaries
- ▣ Nature reserve entrance gates
- ▲ Summits
- Passes
- 🏠 Refuges / Hostels
- Marked pathway
- Lifts



You may be lucky enough to meet an animal !
Take the time to observe it but don't try to approach it, even to take a photo.
When an animal is injured, we leave it to nature.

MANAGER AND INSTITUTIONAL PARTNERS



AIGUILLE DU BELVÉDÈRE

AIGUILLE DE L'ENCRENAZ

FALAISE DES CHESERYS

COL DES MONTETS

The Massif des Aiguilles Rouges nature reserves, located in the communes of Chamonix Mont-Blanc, Les Houches and Vallorcine, are managed by Asters, Conservatoire d'espaces naturels de Haute-Savoie.

THE PURPOSE OF A NATURAL RESERVE

KNOW

Science is a fundamental tool for better understanding the world around us and its fragility.
The nature reserve is an open-air laboratory!

PROTECT

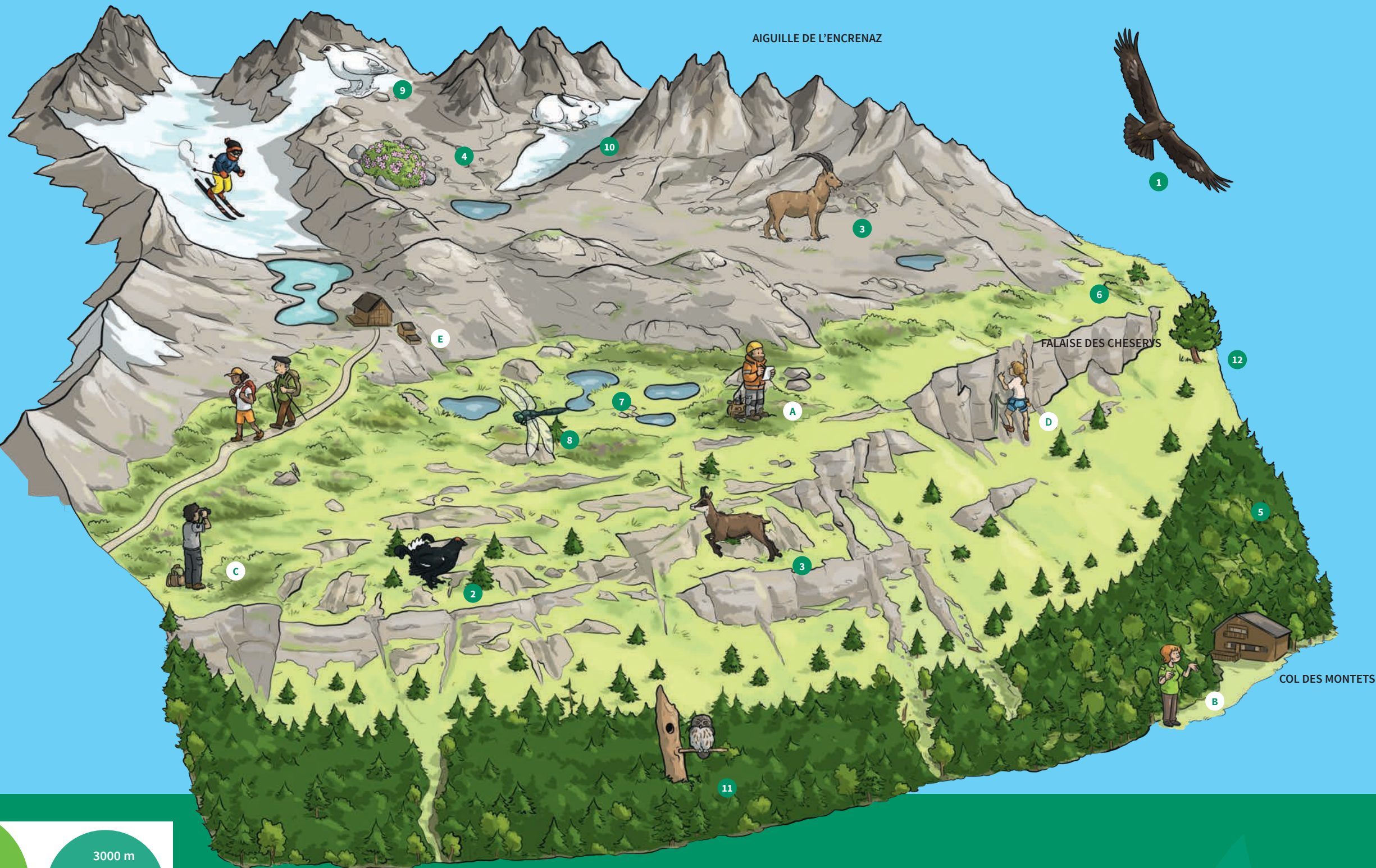
Specific regulations apply to each nature reserve. The manager ensures the protection of this area through environmental policing.

MANAGE

A project for the conservation and management of species and natural environments exists in this area, in search of a delicate balance between humans and nature.

SHARE

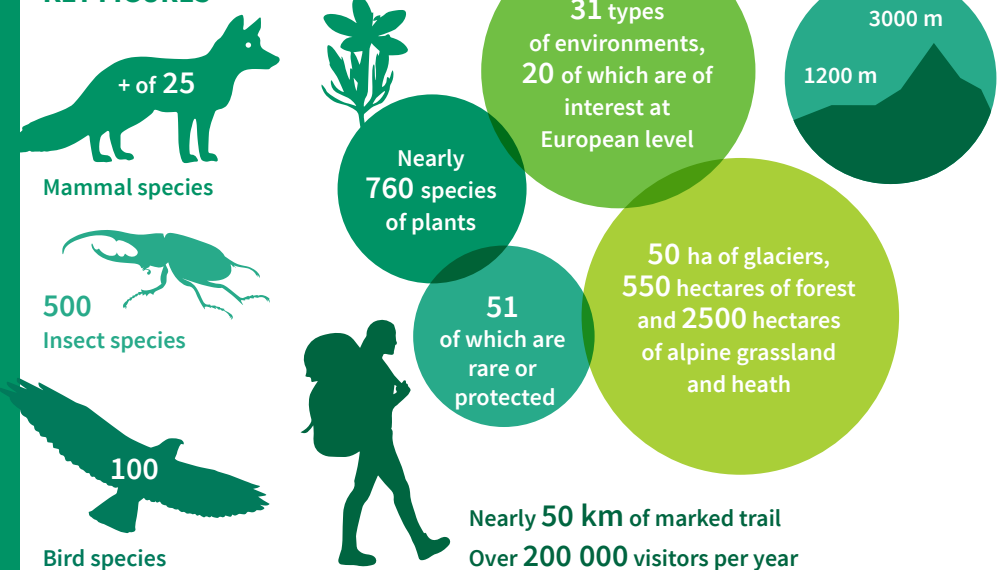
Loving, discovering, learning, respecting... this space is open to the public and takes visitors far beyond wonder..



HERITAGE OF THE NATURE RESERVES

- 1 The golden eagle** is a bird of prey with a wingspan of up to 2 metres. It rules in pairs over a territory equivalent to 10,000 football fields. Its legendarily keen eyesight can detect the movements of prey at a distance of more than 1 km. Its eyes are like magnifying glasses which magnify 6 to 8 times and its field of vision is 240°. This large hunter can swoop down on its prey at a speed of 350 km/h. But no-one is perfect - it misses 9 out of 10 targets !
- 2 The black grouse**, an icon of mountain fauna, is a shy bird. The male, or cock, with its blue-black plumage and red wattles above the eye, is impossible to confuse. The hen, which raises its chicks alone, has a less flamboyant reddish-brown plumage which allows it to blend in with the vegetation.
- 3 The female ibex** is often confused with the chamois. The chamois is of similar build and they both have horns, but it can be distinguished by its characteristic facial markings: white or cream-coloured cheeks and muzzle.
- 4 Androsace** is a small plant with white or pink flowers. It grows mainly on bare rock, at high altitudes, in extreme conditions, grouped in mats or compact cushions which maintain a higher temperature inside the cushion than outside.
- 5 Spruce forests**, also known as "pessières", are refuge areas for wildlife in winter. Little used by humans and subject to climatic hazards, these forests are rich in dead trees. Decaying wood is a home for many species, especially insects.
- 6 Alpine moors** are natural environments made up of small trees, where the iron rhododendron, with its pink flowers in early summer, dominates. There are also blueberries and cranberries, which produce colourful fruits which birds and mammals love.
- 7 Peatlands** are great reservoirs of fresh water. These wetlands take on water when the snow melts and release it in times of drought. Not many species live in these extreme environments, but they are often some of the most endangered.
- 8 The alpine emerald** is a dragonfly with a metallic green body which likes peat bogs. The female lays her eggs on the surface of the water and the larvae develop in the peat. Threatened in France, this dragonfly finds good conditions to live and reproduce in nature reserves.
- 9 The rock ptarmigan** lives at high altitude. It changes colour according to the season to blend in with its surroundings. Climate change will significantly alter its habitat, making it an endangered species in the Alps.
- 10 The mountain hare** lives between 1,500 m and 3,000 m and can cover large distances and steep slopes quickly. It's quite difficult to observe, but you can see where it's been thanks to its Y-shaped footprints.
- 11 The Eurasian pygmy owl** is the smallest owl in Europe. Living in mountain forests, it hunts at dawn and dusk as its sight is poor in complete darkness. It builds up food reserves which it hides in natural cavities for when it's too snowy to hunt.
- 12 Swiss pine or Arollé pine** is a tree which grows between 1,700 and 2,400 metres above sea level, where the winters are long and harsh. Its cone contains small seeds which rodents love to eat. The reproduction of Cembro pines is partly ensured by a bird, the spotted nutcracker, which extracts the seeds from the cones and buries them underground in hiding places. Despite its extraordinary memory, the bird forgets about them a lot.

KEY FIGURES



ACTIVITIES IN THE NATURE RESERVE

- A** A scientific committee supports the nature reserve manager in measuring the effects of climate change on certain natural environments, the evolution of black grouse populations or understanding the functioning of high-altitude lakes.
- B** In partnership with the Communauté de Communes de la Vallée de Chamonix-Mont-Blanc, exhibitions, screenings, events, outings and conferences are offered to satisfy those who are curious about nature. The Chalet du Col des Montets, situated in an exceptional natural setting, invites you to discover this natural heritage.
- C** The nature reserve manager's team regularly scours the field. Their tasks include scientific monitoring, restoration of natural environments, observation and awareness-raising..
- D** The beauty of the sites attracts many mountain sports enthusiasts (mountain biking, hiking, climbing, paragliding, etc.). They have to comply with the regulations. Hikers are asked to stay on the paths. Climbers and skiers should limit disturbances to wildlife, especially in the winter. It is therefore advisable to find out more before undertaking any activity in the nature reserves.
- E** Wiped out by an avalanche in 1986, the Lac Blanc refuge was rebuilt a little way away and now welcomes hikers and visitors.

FIND OUT MORE

www.cen-haute-savoie.org
rando.nature-haute-savoie.fr
www.facebook.com/rnnar

Chalet du col des Montets :
Col des Montets – RD 1506
74400 Chamonix Mont-Blanc
T. (+33) 450 54 02 24

