



GRAVÉ DANS MON CŒUR.

Tour des Grands Barrages

| h | min | Itinéraire / Wanderroute | Alt. / Höhe | h | min | | | | | | |
|----|--------|----------------------------------|-------------|----|--------|---|---|---|--|---|---|
| | | Mauvoisin | 1841m | | | X | X | X | | | X |
| 2h | 25 min | | | 1h | 55 min | | | | | | |
| | | Ecurie du Crêt | 2298m | | | | | | | | |
| 1h | 25 min | | | 1h | 25 min | | | | | | |
| | | Le Dâ | 2365m | | | | | | | | |
| | 50 min | | | | 35 min | | | | | | |
| | | Col du Bec d'Aigle | 2567m | | | | | | | | |
| | 35 min | | | | 55 min | | | | | | |
| | | Cabane de Louvie (Lac de Louvie) | 2250m | | | | X | X | | | |
| 1h | 40 min | | | 1h | 10 min | | | | | | |
| | | Col Termin | 2648m | | | | | | | | |
| 1h | 25 min | | | 1h | 35 min | | | | | | |
| | | Cabane de Mont Fort | 2457m | | | | X | X | | | |
| 1h | | | | | 40 min | | | | | | |
| | | Les Attelas | 2733m | | | | | | | | |
| | 30 min | | | | 30 min | | | | | | |
| | | Col de Chassoure | 2740m | | | | | | | | |
| 1h | 20 min | | | 2h | 10 min | | | | | | |
| | | Tortin | 2045m | | | | | | | | X |
| | 20 min | | | | 20 min | | | | | | |
| | | Ouché | 1973m | | | | | | | | |
| | 40 min | | | | 30 min | | | | | | |
| | | Barrage de Cleuson | 2187m | | | | | | | | |
| | 40 min | | | | 30 min | | | | | | |
| | | Cleuson (La Gouille) | 2323m | | | | | | | | |
| | 40 min | | | | 30 min | | | | | | |
| | | Refuge de St-Laurent | 2485m | | | | X | X | | | |
| | 30 min | | | | 20 min | | | | | | |
| | | Lac du Grand-Désert | 2642m | | | | | | | | |
| 1h | 40 min | | | 1h | 20 min | | | | | | |
| | | Col de Prafleuri | 2987m | | | | | | | | |
| | 50 min | | | 1h | 10 min | | | | | | |
| | | Cabane de Prafleuri | 2657m | | | | X | X | | | |
| 1h | 05 min | | | 1h | 20 min | | | | | | |
| | | Barrage de la Dixence | 2365m | | | X | | X | | X | X |
| | 30 min | | | | 30 min | | | | | | |
| | | La Barma | 2390m | | | | X | | | | |
| 1h | 15 min | | | 1h | 15 min | | | | | | |
| | | Pas du Chat | 2371m | | | | | | | | |
| 1h | 50 min | | | 1h | 15 min | | | | | | |
| | | Col de Riedmatten | 2919m | | | | | | | | |
| 1h | | | | 1h | 30 min | | | | | | |
| | | Remointse d'Arolla | 2399m | | | | | | | | |
| | 45 min | | | 1h | 10 min | | | | | | |



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|-----------|---|-------|-----------|--|---|---|---|--|---|
| | Arolla | 2006m | | | X | X | X | | X |
| 45 min | | | 40 min | | | | | | |
| | Point 2'089 m | 2089m | | | | | | | |
| 2h 05 min | | | 1h 35 min | | | | | | |
| | Haut Glacier d'Arolla, pied du glacier | 2550m | | | | | | | |
| 2h | <i>S'encorder, prendre un guide / anseilen, Bergführer engagieren</i> | | 1h 30 min | | | | | | |
| | Col Collon | 3087m | | | | | | | |
| 30 min | | | 50 min | | | | | | |
| | Rifugio Nacamuli | 2828m | | | | X | X | | |
| 1h 40 min | | | 2h 35 min | | | | | | |
| | Rifugio Prarayer | 1990m | | | | X | X | | |
| 1h 10 min | | | 1h 10 min | | | | | | |
| | Place Moulin | 1980m | | | | | | | |
| 1h 10 min | | | 1h 05 min | | | | | | |
| | Grand Chamin | 2018m | | | | | | | |
| 50 min | <i>Randonnée alpine / Alpinwanderung</i> | | 35 min | | | | | | |
| | La Tsa | 2241m | | | | | | | |
| 55 min | | | 1h | | | | | | |
| | Berrier | 2202m | | | | | | | |
| 40 min | | | 30 min | | | | | | |
| | Rifugio Crête Sèche | 2391m | | | | X | X | | |
| 1h 30 min | | | 55 min | | | | | | |
| | Col de Crête Sèche | 2899m | | | | | | | |
| 1h 25 min | <i>Randonnée alpine / Alpinwanderung</i> | | 2h | | | | | | |
| | Gouille de Crête Sèche | 2447m | | | | | | | |
| 15 min | | | 20 min | | | | | | |
| | Prise d'eau d'Otemma | 2357m | | | | | | | |
| 50 min | | | 40 min | | | | | | |
| | Cabane de Chanrion | 2462m | | | | X | X | | |
| 40 min | | | 30 min | | | | | | |
| | Col de Tsofeiret | 2628m | | | | | | | |
| 1h 55 min | | | 2h 30 min | | | | | | |
| | Barrage de Mauvoisin | 1976m | | | | | | | |
| 15 min | | | 25 min | | | | | | |
| | Mauvoisin | 1841m | | | X | X | X | | X |

