



Photo : Alain Rumpf

GRAVEL

Biking

5

favorite routes

Alpes
Vaudaises

Welcome to the Alpes Vaudoises

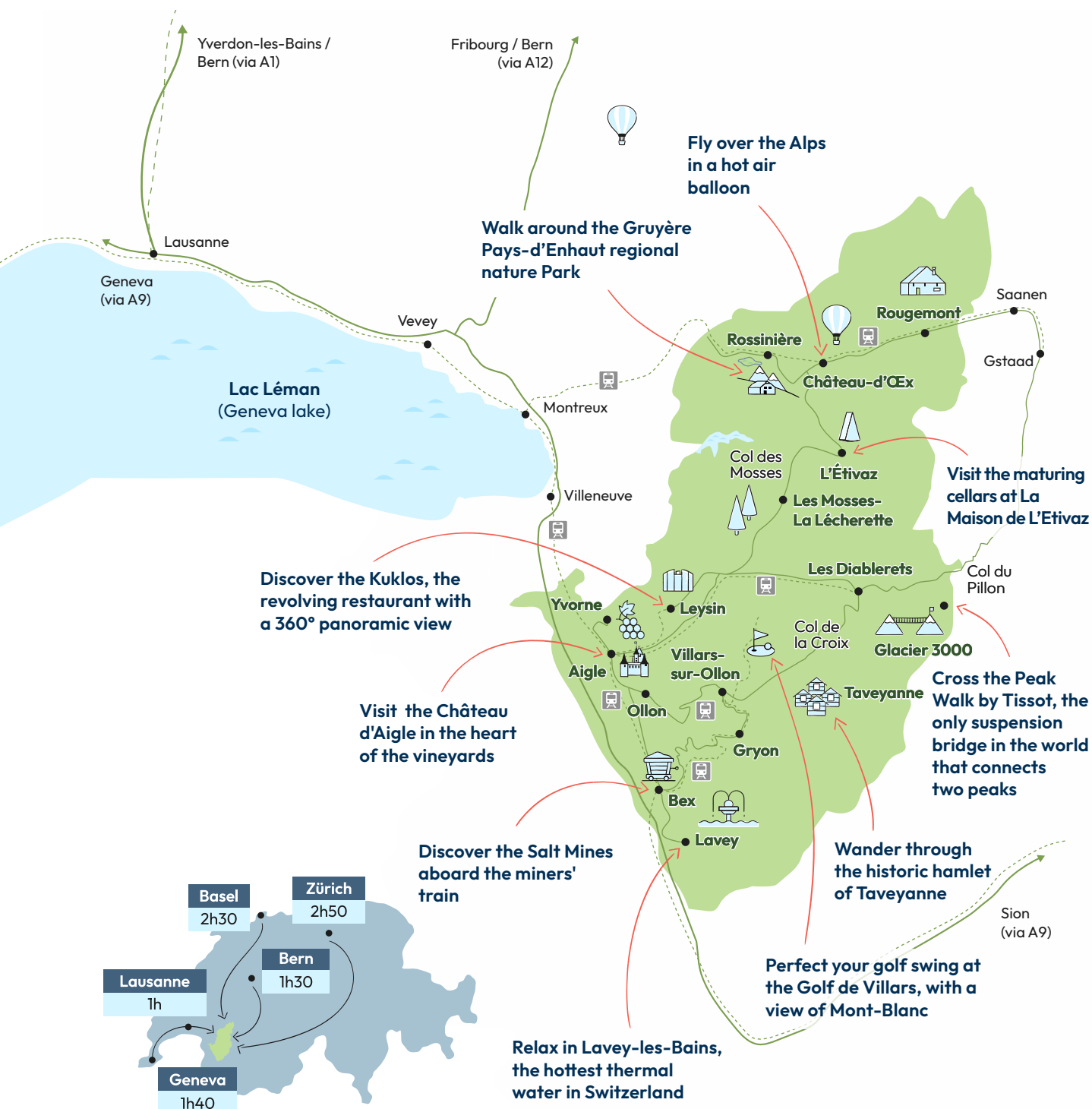


Photo: Jeremy Blatti

One territory. Eight destinations.
An infinite number of experiences.

Close to Lake Geneva, one hour from Lausanne and two hours from Geneva, come and discover a destination that will never cease to surprise you.

Feeling a bit adventurous or a fan of cycling, gravel biking is for you. With hundreds of kilometres of trails that will take you via pastures, passes and alpine lakes, the Alpes Vaudoises are an ideal playground for gravel biking. For a gravel biking tour lasting several hours or several days, we have numerous routes to match your expectations.



INFINITELY ADVENTUROUS

Hiking, via ferrata, whitewater activities: to exercise according to your needs.



INFINITELY SUMMER

Breathtaking panoramic views, natural parks and reserves, preserved fauna and flora: to be enthralled with.



INFINITELY TASTY

Mountain restaurants, traditional dishes, local products: to bring your taste buds alive.



INFINITELY RICH IN HERITAGE

Villages and hamlets, castles, ancestral know-how, vineyard: to discover the hidden treasures of the region.



INFINITELY CYCLING

Cycling, part of the DNA of the Alpes Vaudoises.



Portrait: Alain Rumpf

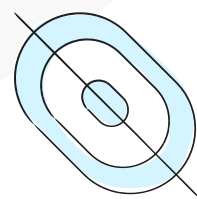
Hello cyclists!

Guide and photographer based in the Alpes Vaudoises I'm rediscovering the region on a gravel bike. Here are 5 loops that I have created especially for you: they will take you on idyllic alpine roads, trails and some easy single tracks. All in the calm and beauty of our alpine landscapes.

See you soon in the Alpes Vaudoises!

Alain Rumpf

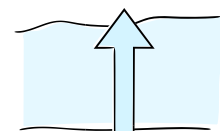
My favorite routes



1

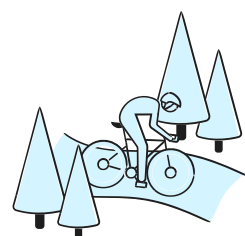
international headquarters

UCI (Union Cycliste Internationale)
in Aigle at Centre Mondial du
Cyclisme (CMC)



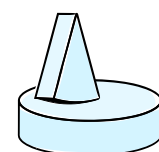
450 meters

it's the height of the face
of the Miroir d'Argentine



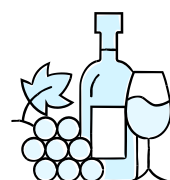
more than 275 km

of roads and trails adapted to the
practice of gravel biking



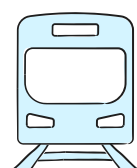
35'000 wheels

of L'Étivaz AOP to observe
in the maturing cellars



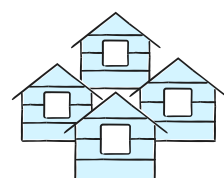
more than 50 winegrowers

in the Vaud Chablais



5 train lines

to reach the start of the
loops more easily



1 historic hamlet

named Taveyenne, nestled in
the heart of a nature reserve

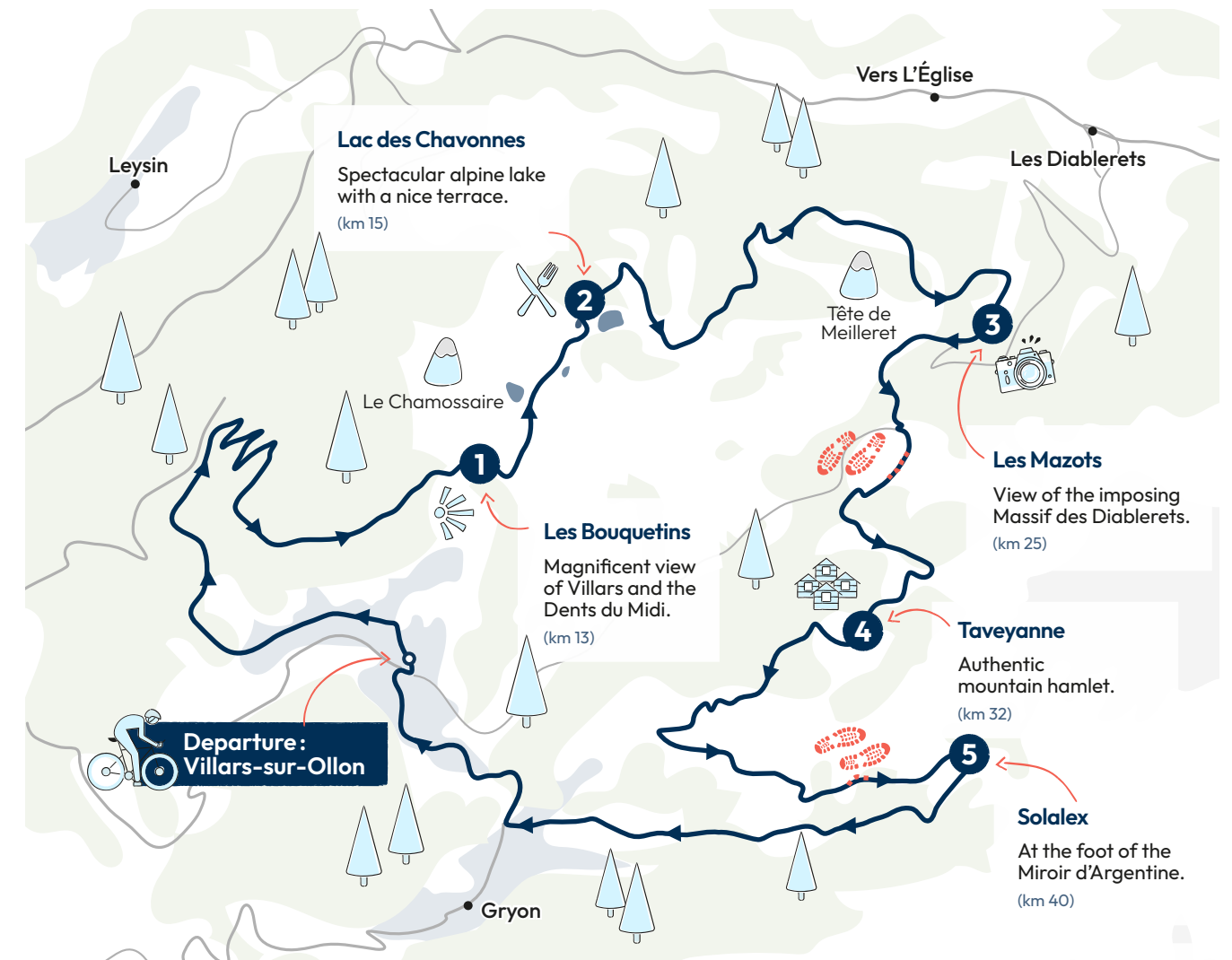
- 1 The Col de la Croix gravel biking version**
The gravel biking version of the famous Col de la Croix passing through the regions of Villars, Les Diablerets and Gryon. (p. 6-7)
- 2 Around the Ormonts Valley**
From Leysin to Aigle, breathtaking views of the peaks of the Alpes Vaudoises. (p. 8-9)
- 3 The tour of Chablais**
A loop on the plain with some surprises in the Chablais vineyards. (p. 10-11)
- 4 Between plain and mountains**
To climb when the peaks are inaccessible. (p. 12-13)
- 5 The Grand Tour**
For adventurers, an XXL tour with technical passages and wonderful climbs. (p. 14-15)

There is no signage along the routes.




1. The Col de la Croix gravel biking version

« The gravel biking version of the famous Col de la Croix passing through the regions of Villars, Les Diablerets and Gryon »



The Taveyanne and Plambuit-Bretaye segments are part of the Alpes Vaudoises Strava Challenge. Record your time and join this friendly competition.
Info: alpesvaudoises.ch/strava - Strava Club - Alpes Vaudoises Vélo

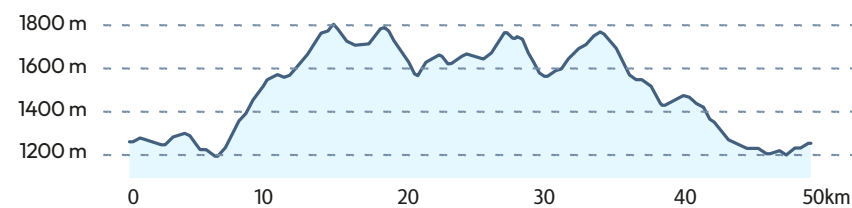
 Technical area: you may have to walk a short distance

Roadmap

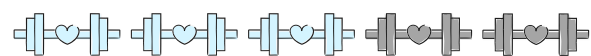


Distance: 49 km
Duration: 3-4 hours
Elevation: 1370 m
Starting point: Villars
Course type: loop

Profile



Physical conditions



More info on alpesvaudoises.ch

Download the GPX file to a GPS or a dedicated application



Alain Rumpf's advice

By train

To save yourself the first long climb, take the train to Bretaye.

Take a break (or two)

Many refreshment bars and restaurants welcome you on this loop. In Taveyanne, let yourself be tempted by the famous creamy cones.

Open at noon during July and August.

Technical

Shortly after the Col de la Croix, a short single track awaits you at km 28. If that's not for you, stay on the road and take the next left to join the trail a bit further on.

2. Around the Ormonts Valley

« From Leysin to Aigle, breathtaking views of the peaks of the Alpes Vaudoises »

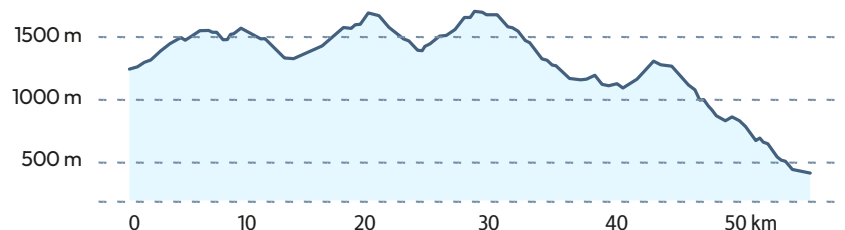


Roadmap



Distance: 56 km
Duration: 3,5-5 hours
Elevation: 1390+/2220-
Starting point: Villars
Course type: loop
 (with public transports)

Profile



Physical conditions



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alpesvaudoises.ch

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 the GPX file
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GPX



The Lavanchy-Ilsenau segment is part of the Alpes Vaudoises Strava Challenge. Record your time and take part in this friendly challenge.
[Info: alpesvaudoises.ch/strava](https://alpesvaudoises.ch/strava) - Strava Club - Alpes Vaudoises Vélo

Alain Rumpf's advice

Long live the train

To reach Leysin, take the Aigle-Leysin train line, operated by Transports Publics du Chablais. It is much more pleasant than the road, where the traffic is often dense.

Technical

To avoid the first technical sector, do not turn left at km 4 and stay on Chemin de Solepraz. You join the Pierre du Moëllé road and find the track at km 8.

Lac Retaud

Shortly after halfway through the route, Lac Retaud is the ideal place to take a bucolic break by the waterside or on the restaurant terrace.

3. The tour of Chablais

« A loop on the plain with some surprises in the Chablais vineyards »



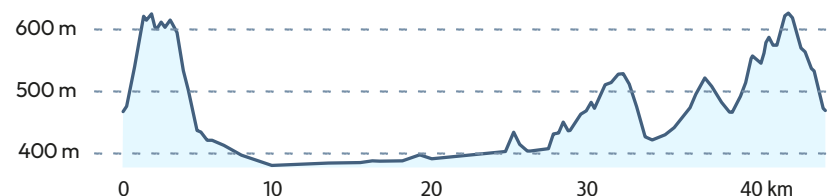
Photo: Alain Rumpf

Roadmap



- Distance: 44 km
- Duration: 2-3 hours
- Elevation: 630 m
- Starting point: Ollon
- Course type: loop

Profile



Physical conditions



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alpesvaudoises.ch

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Alain Rumpf's advice

It looks like the south

The Provence trail does not lie: the vegetation is reminiscent of the south. And if you have to walk a few sectors, you will enjoy it all that much more!

Break at the World Cycling Centre

Take advantage of the terrace on the banks of the Rhône and admire the magnificent wooden velodrome inside the building.

Erratic blocks

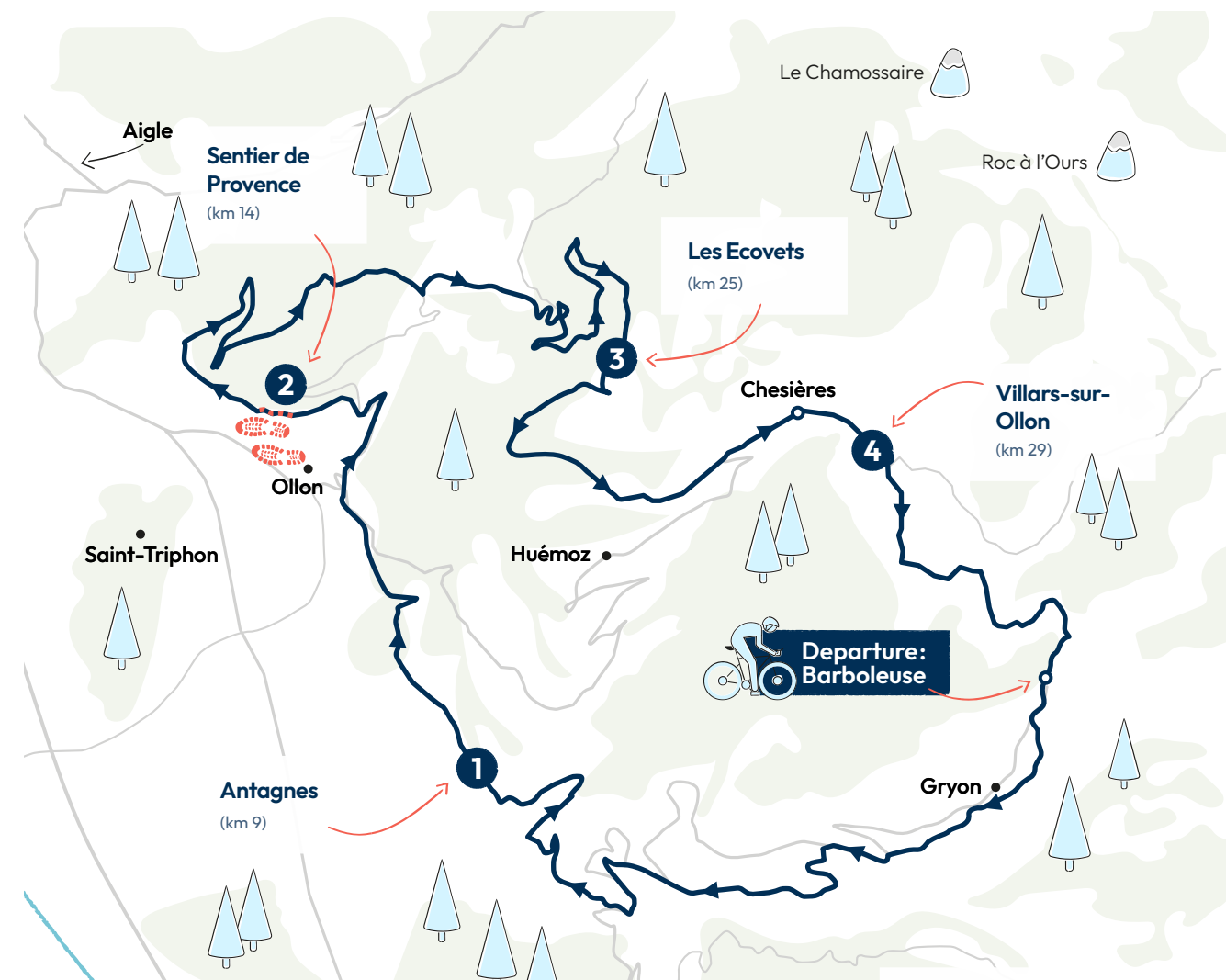
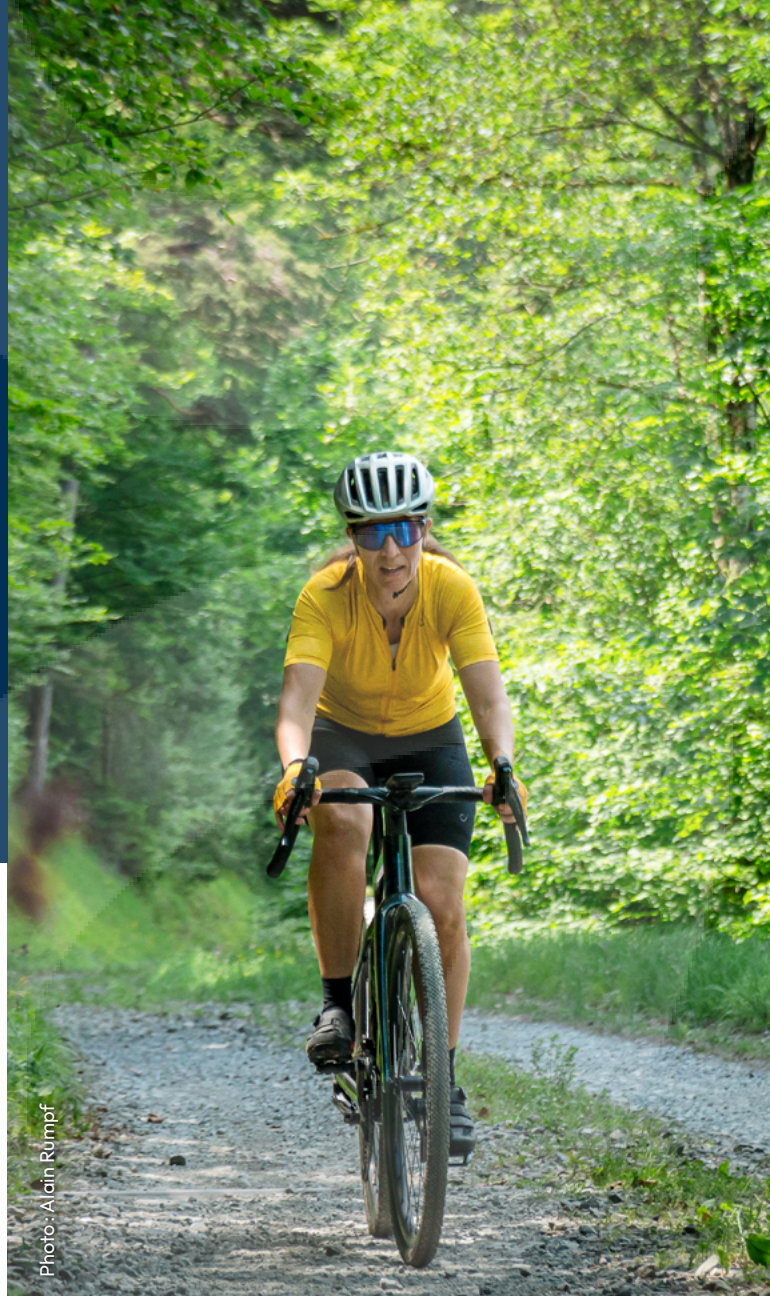
In the Dévens forest (km 37), there are several huge blocks of limestone that were carried by the glaciers.



Technical area: you
may have to walk a
short distance

4. Between plain and mountains

« To climb when the peaks are inaccessible: ideal while the mountains are still snow-covered »



The climb between Verschiez and Panex is part of the Alpes Vaudoises Strava Challenge. Record your time and join this friendly challenge.
[Info: alpesvaudoises.ch/strava](https://alpesvaudoises.ch/strava) - Strava Club - Alpes Vaudoises Vélo

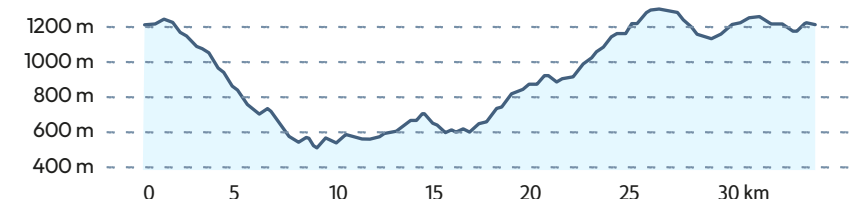
Technical area: you may have to walk a short distance

Roadmap



Distance: 32 km
Duration: 2-3 hours
Elevation: 1150 m
Starting point: Barboleuse
Course type: loop

Profile

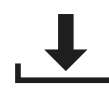


Physical conditions



More info on
alpesvaudoises.ch

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application



GPX

Alain Rumpf's advice

History

Crossing Gryon (km 1), admire this authentic village with its church and historic chalets which are over 300 years old.

Work hard, relax harder

Before heading back to your starting point, treat yourself to a relaxing break at the Bains de Villars.

For gourmets

Several bakeries welcome you on this route, in Ollon, Villars and Barboleuse. Our favourite: pastries from Charlet in Barboleuse. That's good news as it's at the start and finish of the loop!

5. The Grand Tour

« For adventurers,
an XXL tour with
technical passages
and wonderful climbs »

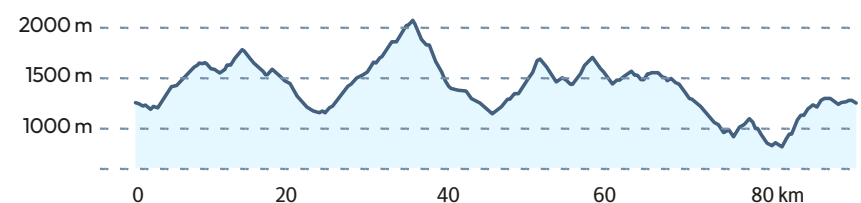


Roadmap



- Distance: 92 km
- Duration: 6-8 hours
- Elevation: 3340 m
- Starting point: Villars
- Course type: loop

Profile



Physical conditions



More info on
alpesvaudoises.ch

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the GPX file
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application



Alain Rumpf's advice

On the move

After the summit of the Col d'Isenau, you have to walk downhill for 2 km before finding a road suitable for cycling. Your reward: magnificent views of the surrounding peaks.

Equipment

Several climbs are steep, ensure you have the correct gear ratios fitted. You will also be more comfortable with 40-45 mm tyres.

Say cheese

A stop at L'Étivaz (km 45) is a must. Because you are halfway there, but also to taste the eponymous cheese at the Maison de L'Étivaz.





Photo: Alain Rumpf

6 tips

for a safe
gravel bike ride

Quizz

The opinion of a pro

Alain gives you some tips
for going on a stress-free
bike ride:

1.

Study the route and make sure you have sufficiently trained. In the mountain, the elevation is more important than the kilometers.

2.

A climb on gravel is more difficult than on tarmac: ensure you have the correct gear ratios fitted, like on a mountain bike.

3.

The width of the tyres is essential to be comfortable as soon as you leave the asphalt roads. Minimum: 35 mm, but 40 or 45 mm is even better.

4.

Be careful on the descents, control your speed and always keep to the right.

5.

Bring enough food and drink. You will find many drinking fountains on the road to fill your containers.

6.

In the mountains, the weather can change quickly and you can get cold on the descents. Wear suitable clothing and take at least one windproof jacket with you, even if the weather is fine.



Photo: Alain Rumpf

Test your knowledge

1.

Which pass in the Alpes Vaudoises can be climbed by its old gravel road ?

- a. Col de la Croix
- b. Col des Mosses
- c. Col du Pillon

2.

In which city is the World Cycling Centre located ?

- a. Aigle
- b. Lausanne
- c. Martigny

3.

In which year did the UCI organise the first gravel world championship ?

- a. 1953
- b. 2022
- c. 2017

4.

What is the name of the vineyard located at the foot of the Alpes Vaudoises ?

- a. Lavaux
- b. Chablais
- c. Chianti

5.

Which AOP cheese is produced in the Alpes Vaudoises ?

- a. Emmental
- b. Camembert
- c. Etivaz

Answers : 1.a 2.a 3.b 4.b 5.c



Alpes Vaudaises



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best photos

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www.alpesvaudoises.ch

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