

## HIKER'S CHARTER

### Planning for his hike



#### Choose the right hike

depending on the length, duration, and your fitness level



#### Check the weather forecast

and adapt your route



#### Adapt your outfit

and hike well-equipped: drinks, meal, emergency-kit



#### Inform

tell someone where you will be

### Behaviour during the hike



#### Stay on the marked trails, avoid shortcuts



#### Respect crops and meadows, do not pick or collect fruit



#### Keep to the rules

specific to each site: do not make a fire, do not camp ...



#### Close fences

after opening them remain cautious of a herd and do not get close



#### Take your rubbish back in your bag

leave no trace from your break



#### Stay discreet

respectful and courteous to other users



#### Keep control of your dog

keep him always on a leash, in some protected areas they are not allowed even on a leash. Remain crossing a herd with him.



#### Nature is a living environment

which evolves with time, hiking is to set off on an adventure with all the risks that go with it. Knowing how to give up and turn back is also a sign of respect.

### After the hike



Remember to check that no ticks are on your skin. If necessary, remove it with a little hook (sold in pharmacies) and disinfect the area to avoid complications (Lyme disease).

### IF EMERGENCY, call the 112

The tourist office disclaims responsibility in case of wrong or missing information. If you face difficulties in the legibility of the road, notice a missing of marks or for any suggestion of improvement, please report it to the Tourist Office.

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# HIKING ROUTE

## LA BORNE DES 3 COMMUNES



SEASON  
WITHOUT SNOW



DURATION  
3 HOURS 15



LENGTH  
10,5 KM



ELEVATION  
+ 350 M



DIFFICULTY  
2,5/5



- This pretty walk towards the Col du Lait offers beautiful views of the village before stopping at the Abri du Vallon and the Borne des 3 Communes to finally discover the view from the Roche du Frey.

OFFICE DE TOURISME COMMUNAUTAIRE DES BALLONS DES HAUTES VOSGES

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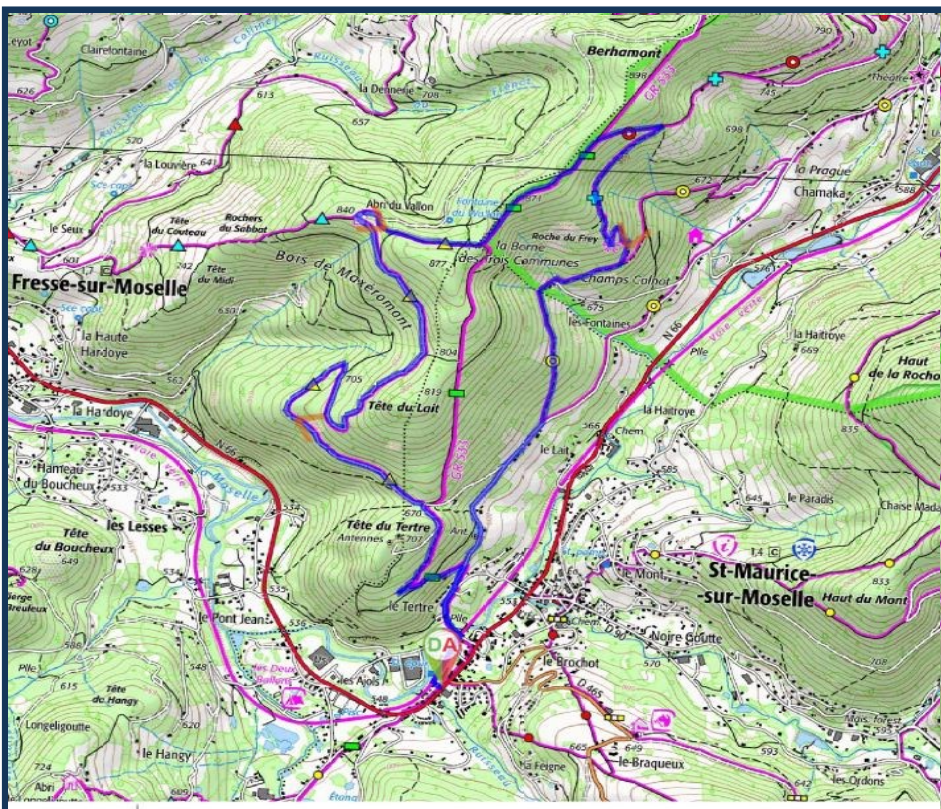


## ACCESS AND DEPARTURE POINT

**Access :** The Tourist Office is located on the edge of the RN66, at the crossroads with the D465. **Departure :** Saint-Maurice-sur-Moselle Tourist Office parking lot.

## MARKINGS

Green rectangle, yellow triangle, green rectangle, red ring, blue vertical cross, yellow ring



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## ROUTE AND POINTS OF INTEREST

- ➡ Behind the Tourist Office, take the Voie Verte going to the right until the first intersection with a road. Follow the green rectangle markings on the left towards "Col du Lait". Take the path to the right of the road and cross the footbridge. The path leads to a road to follow on the right. In the bend, you find the green rectangle: follow it up the road and leave it 100 meters higher to go up to the left (green rectangle GR533).
- ➡ At the end of the road, take the path which goes up to the right. At the crossroads, go left. At the intersection, turn right following the green rectangle markings towards "Col du Lait".
- ➡ You pass in front of the Lait sighting stone. Continue on the trail to the viewpoint with a bench and picnic table. Follow the green rectangle until Col du Lait. Follow the yellow triangle to the Abri du Vallon (photo above).
- ➡ After the chalet, stay on the marked yellow triangle path which goes to the Borne des 3 Communes. At the directional sign, which indicates the Borne des 3 Communes (3 villages borders stone), follow the green rectangle (Croix de Fresse GR533).
- ➡ At the crossroads, follow the red ring (sentier des Faisans) which goes down to the right. At the crossroads, follow the blue cross on the right (Roche du Frey).
- ➡ At Roche du Frey (picnic table), continue on the rocks for the viewpoint. Retrace your steps and go down the path (blue cross).
- ➡ At the crossroads, follow the yellow ring on the right. At the farm, follow the path straight ahead with the yellow ring "Le Lait". After the gate, go down the path.
- ➡ Arriving on the road, turn right to join the route taken on the way to the parking lot.



## TO DISCOVER

### > The Lait sighting stone

It was built in 1932 for the "Percée des Vosges" construction site with a view to build a tunnel which was to connect Saint-Maurice-sur-Moselle to Urbès, in Alsace (on the other side of the Col de Bussang). This sighting stone or direction pillar was used to align the axis of the west head of the tunnel. This was never completed.

### > The « Fremis »

The Fremis (word meaning ants in dialect) are the inhabitants of Saint-Maurice-sur-Moselle. It was the inhabitants of Bussang, called the Bussenets, who named them thus for a rather unusual reason.

In fact, when they went to mass in Saint-Maurice, they took their lunches with them. When mass was over, while waiting for vespers (afternoon religious service), they went to eat on the grass but the ground was infested with anthills...

## ELEVATION PROFIL

