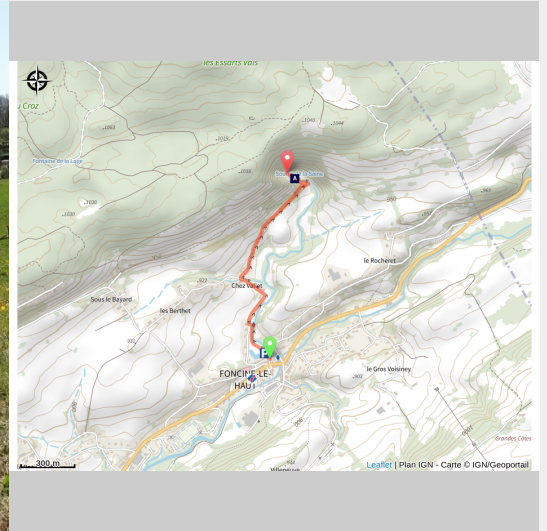


The Saine's source trail

Champagnole Nozeroy Jura



Vue sur Foncine-le-Haut (PNRHJ - F. Jeanparis)

A short crossing through a meadow and a small wooded area leads to a chalky circus in which, surging out of the stone, the fresh water of the Saine river appears.

The mineral environment from which this source springs arouses much admiration. This rocky amphitheatre shows off its pleated structure and its faults, in which vegetation that is unique to this environment attempts to grow. Interpretive signs answer any questions raised by this surprising geological phenomenon.

Useful information

Practice : Nature trail

Duration : 1 h

Length : 1.5 km

Trek ascent : 59 m

Difficulty : Easy

Type : Linear out-and-back

Themes : Geology, Lakes, rivers and waterfalls

Trek

Departure : Chez Vallet, Foncine-le-Haut

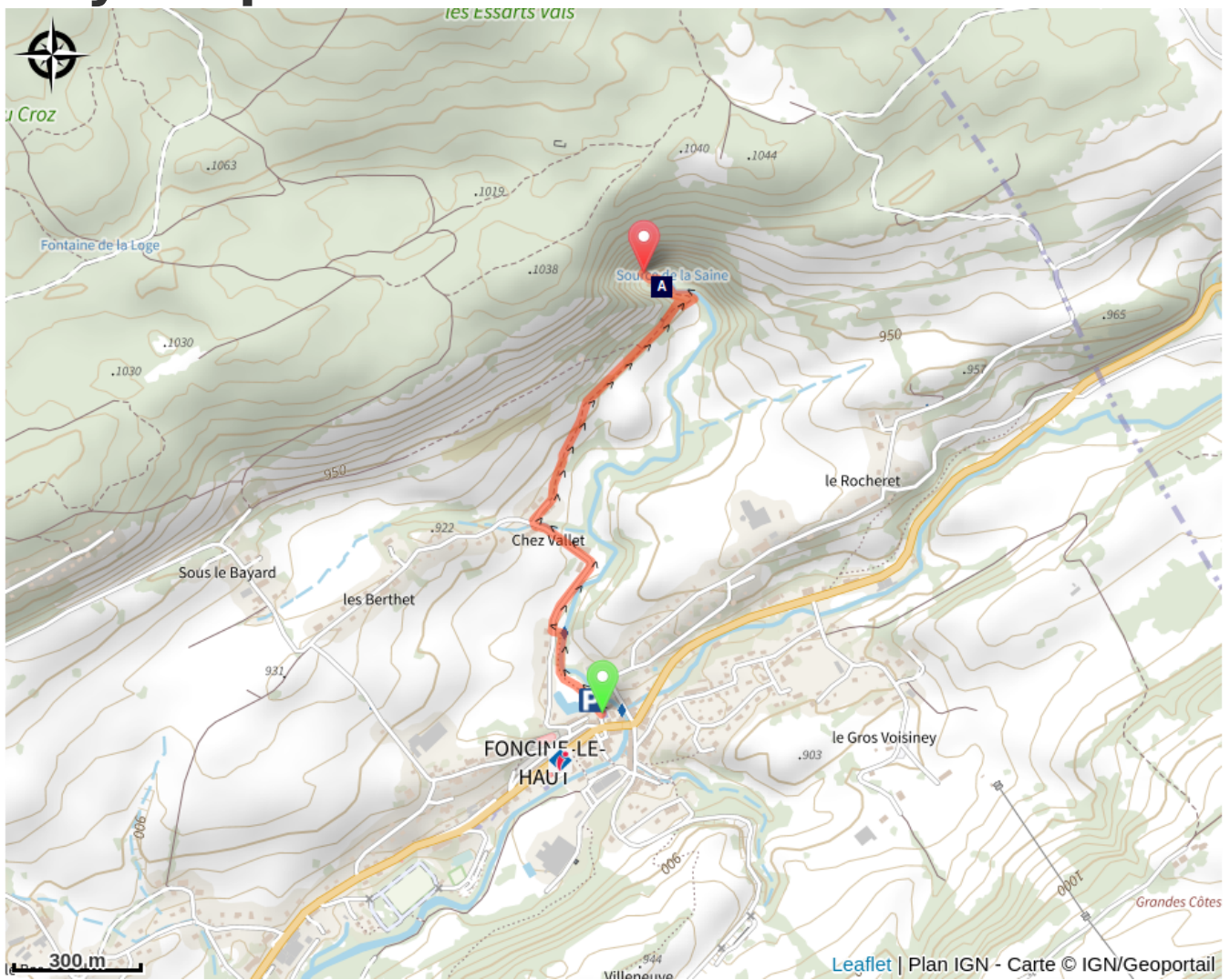
Arrival : Chez Vallet, Foncine-le-Haut

Markings :  PR® (Walking & hiking trail)

From the **Chez Vallet** parking lot, a sign and a map mark the start of the trail. Head to the **Bayard Pasture** (white and red waymarking), then to the **SAINE'S SOURCE** (yellow waymarking). Then head back to the parking lot the same way you came. During this short walk, you will come across 5 interpretive signs relating to this landscape marked by the Saine and its geology:

- The Saine's source in its landscape
- The low wall, between municipal and good lands
- From stone to water
- Faults and chasms
- Stone knives honed by the water

On your path...



The source of the Saine, a karst spring (A)

All useful information

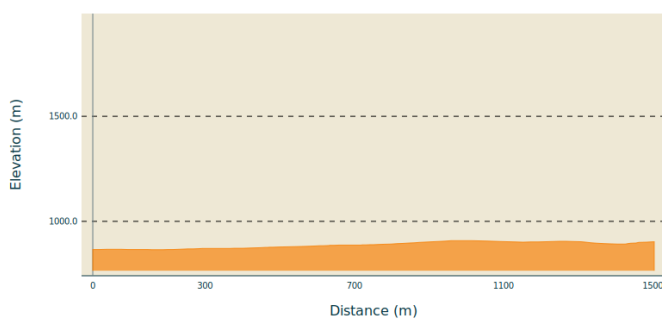
Advices

Be careful in the event of high waters at the Saine's source.

This trail passes through pastures with livestock and forest paths. To respect the owners and farmers granting you passage, and for the security of livestock and wild fauna, we ask that you remain on the waymarked paths.

Use the adapted passageways to get across fencing and be sure to close gateways behind you. Lastly, please keep your dog on a lead if you have one. Wild flowers are beautiful, they may be rare and protected and often wilt quickly. Do not pick them! They will delight the next hikers. In case of forest works (felling, skidding, etc.), for your safety, know when to stop and turn around.

Altimetric profile



Min elevation 865 m
Max elevation 908 m

Transports

To visit and get about in the High-Jura, visit www.reshaut-jura.fr, the eco-mobility portal listing all means of transport within the Park.

Access

16 km northeast of Saint-Laurent-en-Grandvaux via the D 437. From Foncine-le-Haut, the road to the "Chez Vallet" hamlet heads past the right of the church.

Advised parking

Chez Vallet parking lot

i Information desks

Tourist information centre - Foncine-le-Haut
60 Grande Rue, 39460 Foncine-le-Haut
Tel : +33 (0)3 84 51 93 11
<http://www.juramontsrivieres.fr/>



On your path...



The source of the Saine, a karst spring (A)

The Saine, or formerly the “Sène” springs from an intimate location at the foot of a rocky amphitheatre under the eastern slope of the Croz Mont mountain forest. Its waters have travelled a long way underground through galleries that have been carved over time into the limestone. Its flow rate varies, not according to the rainfall on that day or the previous day, but according to the rainfall having occurred several days before over the massif. The source once sprung from much higher up in the rocky fault. Today, it only uses these old exits during times of high flow rates. Above Foncine-le-Bas, the flood and temporary waters of the Creux des Joyaux are said to occur due to excess waters in the Saine’s underground reserves.

Attribution : PNRHJ / Gilles Prost