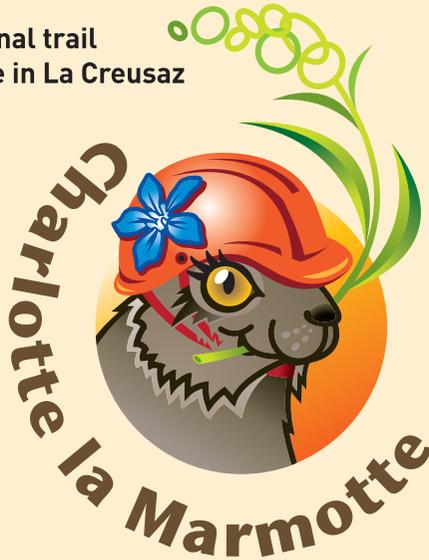


The adventures of



La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Welcome to my trail!

All along the route, there are activities and information just for you : look out for the logo above.

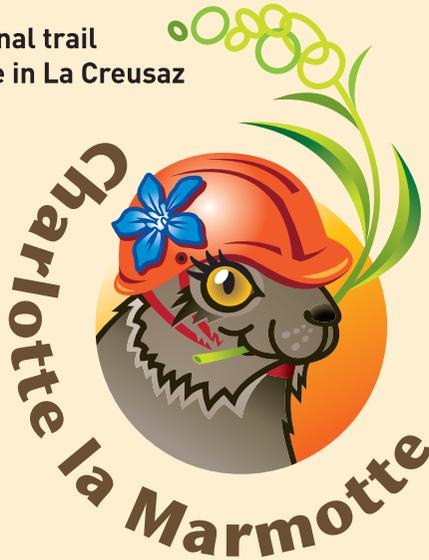
In order to play and note your answers, you'll need the « Charlotte the Marmot » leaflet: don't forget to pick it up at La Creusaz restaurant.

I hope you have a great walk with me.

How about starting at «Departure» with me? Off we go!

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Welcome to my trail!

All along the route, there are activities and information just for you : look out for the logo above.

In order to play and note your answers, you'll need the « Charlotte the Marmot » leaflet: don't forget to pick it up at La Creusaz restaurant.

I hope you have a great walk with me.

How about starting at «Departure» with me? Off we go!

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



The embankment

The Eau-Neuve embankment is a huge structure for avalanche protection.

It is 27 metres high (the height of a 9 storey building). If the building material had not been taken from the site, it would have taken the equivalent of 3,400 lorries (30,000 m³) to transport it!

Its role is to protect the village of Les Marécottes. Above the valley, snow slides are regularly triggered remotely with Gazex cannons and explosive charges placed on poles.

The pinball game shows how the region is secured. The ball represents avalanches or rockfalls. You have to stop the danger by guiding it into one of the holes!

You are allowed three turns: after each go, note your score in the leaflet.

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Can you eat berries?

Several sorts of berries grow at La Creusaz. As you can see in the pictures opposite, whilst walking you can find mountain cranberries, juniper berries, wild strawberries and bilberries. These berries have one thing in common: they can all be used in cooking. **Warning ! Some toxic berries look like edible berries.** If you aren't sure, it's better not to eat them. As for the others, don't forget to wash them before eating.

As you saw with the pinball game, the forest is one of the ways to protect against natural dangers. On the path to the next post, look at the trees around you and note which ones play this role.

You'll find it easy to recognise them, as some of them have stopped some pretty big rocks.

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Charlotte's friends

Charlotte organised a dance with her friends in La Creusaz but she can't remember who was there. Can you find who went to the dance by identifying their footprints? Check your leaflet for clues.



Mammal footprints illustrated by Paul Marchesi ; source : P. Marchesi, M. Blant et S. Capt (éds.), Mammifères de Suisse, Clés de détermination, Neuchâtel, CSCF, 2008.

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



The spotted nutcracker and the Arolla pine

The spotted nutcracker is particularly fond of Arolla pine cones. In autumn, he stores them in a multitude of hiding places, which he memorises. He is even able to find the seeds under a thick layer of snow! Sometimes he forgets about them or leaves them: they can then germinate and give birth to new Arolla pines.

Without the help of the nutcracker, this pine tree would have problems propagating, because its seeds are too heavy to be carried by the wind. In addition, the bird buries them at an ideal depth for germination (0.5 to 5cm underground). Therefore the Arolla pine and the nutcracker do each other a great service.

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Listening to nature

In the mountains, you can hear sounds that generally we don't hear in towns, for example the sound of crickets and grasshoppers, falling rocks, streams, torrents, the wind in the forest and even marmots whistling.

Charlotte wants you to stay still for 30 seconds, closing your eyes and listening to the soundscape around you. When the time is up, note in the leaflet 3 sounds that you heard.

La Creusaz fun nature trail

Educational trail
Charlotte in La Creusaz



Views of the Rhone Valley





4

Swiss pine



Spruce



Using the cylinders, find the branch and fruit that corresponds to each tree.

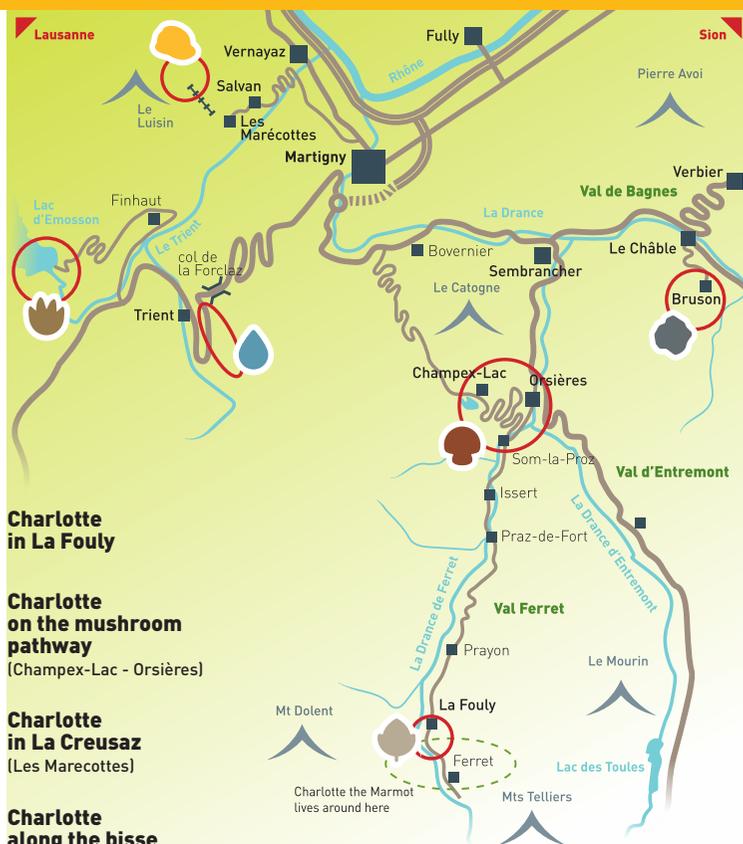
Then search the spots marked with a letter in the drawing above to find the four hiding places where the nutcracker has stashed a Swiss pine nut. Here are the clues: The first pine nut is hidden in front of the larch tree, the second is between the rowan and the spruce, the third is to the right of the birch, and the fourth is stashed in front of the Swiss pine.

Birch

Lar ch

Rowan

Find out the adventures of Charlotte the Marmot on the following educational trails:



Charlotte in La Fouly



Charlotte on the mushroom pathway
(Champex-Lac - Orsières)



Charlotte in La Creusaz
(Les Marecottes)



Charlotte along the bisse du Trient
(La Forclaz)



Charlotte in Emosson
(Finhaut)



Charlotte on the mine pathway
(Mayens de Bruson)



www.charlottelamarmotte.ch

salvan
RANDONNÉES THÉMATIQUES

