

'Cascades' & Waterfall

Route Grade: Family friendly, beautiful walk or trail run along river from Morzine centre
For longer trail run, link this to the Dereches river trail run (Route Card #11)

Duration: 1Hr+ walk (5km); 30-40min trail run or bike. Extend the route by linking it in with the Dereches river trail (Route Card #11) to make a 10-12Km+ run/bike/walk

Facilities: Café & snack bar at Cascades Adventure

Activities to do: Great access walk to the 'Cascades' Adventure Park or Canyoning

Cost: Nyon gondola pedestrian lift ticket (free)

Age/Fitness: No fitness required and suits little walkers from age 6-7+

Variation:

Extend the route further up the valley to Lac Mines D'Or, (Route Card #5), 12-13Km+;
Or extend the route by tying it in with the Dereches trail run, (Route Card #11), 9-10Km+

Description: A beautiful nature-filled route and suited for all the family. It leads to the Nyon Waterfall and 'Cascades' Adventure Park, or you can continue further to Lac Mines D'Or, a beautiful bucolic lake. It's a steady but satisfying climb to the Nyon Waterfall, following the river Dereche to its origin. Walking through the pine forest and shadowed by Pointe De Nyon, you will find the impressive waterfalls a great picnic stop. Enjoy a high ropes adventure course and once you're finished - it's all downhill on the way back (or catch the free bus from the Nyon carpark)



TRAIL
RUN

WALK

BIKE

BUS

Route:

Start by foot or bike, at the resort centre (town hall and church) cross over the small bridge (100m from Mairie) and pass in front of the library before turning left on Rue Bidon. Follow the road until it turns into a narrow footpath and continue until you pass under a bridge which, just after, has the fire station on the right. Follow the trail along the river for a kilometre or so until you see a large open car park, stay on the trail among the trees and bear right up to the waterfall and 'Cascades'. There is a steep climb for the last 200m up to the waterfall. You can park your bikes at the bottom (lock them by the bridge) and finish the journey by foot up to Cascades.

At the top, is an open meadow which is a nice picnic spot and the Adventure Park.

TIP: You can ask hotel reception for a picnic, from €6

To continue your walk (and if you are not doing the Cascades Adventure Park), then from the Cascade cafe follow the path left across the top of the water falls continuing along the track through the woods; and then across a field with a small chalet. Continue straight on for 200m and bear left down the ski piste and back to the Nyon car park to retrace your steps back to Morzine.

To extend your walk: When you come to the field with the small chalet, rather than heading down to the carpark, after 200m you will enter the woods again. Continue through the woods for around 1km; the track will bring you back down onto the riverside track. Turn left and head back down the track for another 1km, and then you will reach the Nyon carpark.

Return: From the Nyon car park, retrace your steps back to Morzine or catch the free bus, which you may prefer to do if you've just done the high ropes adventure course. But rest assured, it's downhill on the way back and you'll be in Morzine in around 30/40mins if you are on foot.

Variance: If you are not doing the Adventure Park then why not extend the walk even further and go up to Lac Mines D'Or, See Mine D'Or Route Card. It's another 1Hr45 (less by bike) and takes you to this stunning bucolic lake which is far from the crowds.

The lac Mines D'Or



PDF of route which takes you past 'Cascades' for extending your walk, ride or run.
Total distance is 10Km (each way)

https://espacestrail.run/assets/resources/res16233_7661.pdf

