



Cascades & High Ropes - Day Out

Cascades – Voted #1 Free Activity | Walk, Ride, E-Bike

Description

A super day out that takes in the 'Cascades' High Ropes activity (free with our Active Packs). Set off on foot or bike (E-bikes are great to extend your adventure) with a gentle 3km walk or ride or trail-run to Cascades for your inclusive activity at the Nyon waterfalls. After the activity, take lunch and head back or continue your adventure with a walk or ride up to Lac Mines D'Or a beautiful bucolic lake at the top of the valley – a great **extended adventure on a bike or E-Bike**.

Route Information

Distance: 3km to Nyon waterfalls (Cascades)

Time: 45 mins by bike to Cascades (each way), or 1Hr 15 by foot.

Difficulty: Easy riding / walking on tarmac and trails. No steep inclines. Suitable for families.

Free Bus: Line E: From Morzine centre to Nyon cable car & Lac des Mines d'Or.

Tip: After the activity, E-bike, bike or take the free bus from Nyon carpark to Lac Mines D'Or to extend your adventure.

Bike & Walking Route

Starting from the Morzine Town Hall and Church, cross the bridge and follow the signs past the library onto Rue Bidon. Cross the main road and pick up the trail by the fire station, keeping the river and cemetery on your left. The road soon becomes a woodland trail, following the river (on your left) towards Nyon.

Follow the path through the trees for about 1km to the carpark. At this juncture, the track inclines up to the **Nyon Waterfalls (Cascades)** which is signed. The final 200m is a little steeper, so cyclists may prefer to lock their bikes at the wooden foot bridge by the carpark and walk the last section. At the top, you'll find the waterfalls, a lovely meadow, picnic area and the Cascades Adventure Park where our Reps will meet you.

Return to Morzine: After Cascades, simply retrace your steps or take the free bus home from Nyon carpark.

Extend Your Walk / Ride (Great for E-bikes)

Shorter 1hr loop past the waterfalls:

From the Cascades Café, perhaps after the Adventure Park you can walk a little further past the water falls by following the path across the top of the waterfalls. The trail winds through the woods before crossing an open meadow with a small chalet. Continue for around 200m, then bear left down the ski piste to the Nyon car park, where you can retrace your steps back to Morzine.

Longer 2.5hr+ loop to Lac Mines D'Or:

From Cascades, return to Nyon carpark and pick up the trail at the top end of the carpark – heading east. This wooded trail runs adjacent to the river and main road, 'Rte de la Manche', which would be a better route for E-bikes. The wooded trail leads onto the tarmac'd col-road and winds up tp Lac Mines D'Or. 1hr ride on E-bikes, 2hr walk). **You can return home from lake via the free bus.**

