

The background of the entire page is a light beige color with a pattern of dark green contour lines, resembling a topographic map. The lines are of varying thickness and some are dashed, creating a sense of depth and movement across the page.

GUIDE TO HIKES IN GRENOBLE

by soft mobility

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2025 Pagora student project

GUIDE TO HIKES IN GRENOBLE

by soft mobility

INTRODUCTION



In front of you is a small guide to hiking in and around Grenoble, a city surrounded by stunning mountains and endless trails waiting to be explored. This brochure is meant to inspire you to experience the outdoors in a simple, sustainable, and accessible way, using only soft mobility. Whether you are taking a tram, biking, or just walking to the starting point, every journey can begin right from the city.

We have gathered some of our favorite hikes, routes, and tips to help you discover Grenoble's natural beauty without needing a car or special equipment. Each hike also comes with a detachable page that you can take with you on your trip. It includes the route description and useful details, so you do not have to carry the entire brochure with you.

This guide was created by three students who love hiking, exploring nature, and spending time outside. Our goal is to make it easier for everyone, locals, visitors, and students alike, to connect with the mountains and find joy in slow, mindful travel.



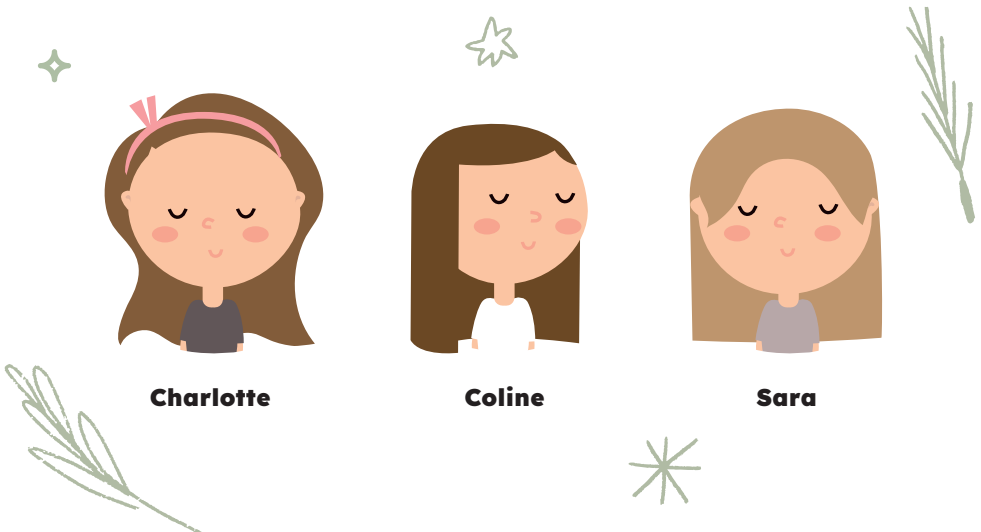
Charlotte



Coline



Sara



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HIKE 1

The Bastille - Mont Jalla - Mont Rachais

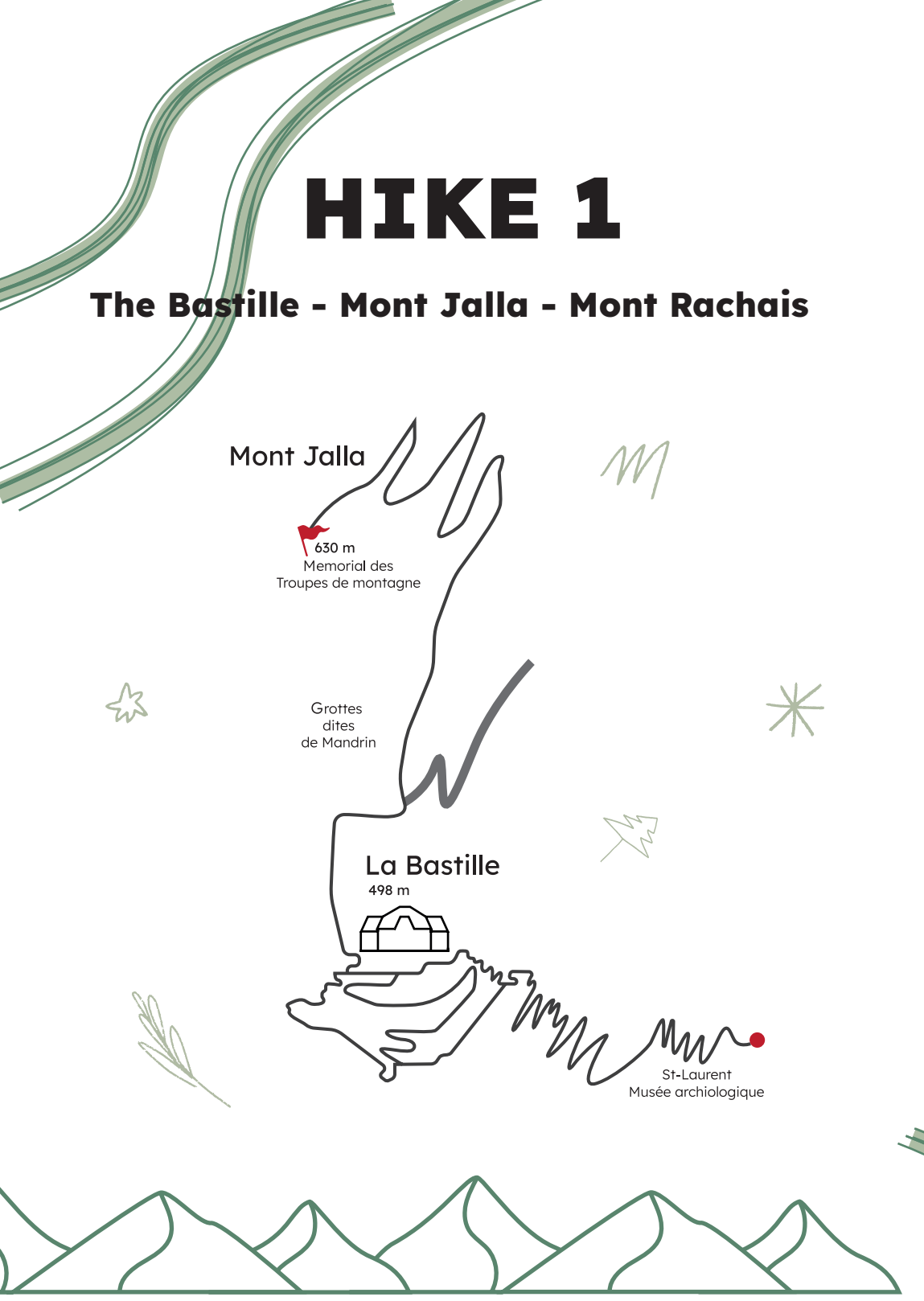
Mont Jalla

630 m
Memorial des
Troupes de montagne

Grottes
dites
de Mandrin

La Bastille
498 m

St-Laurent
Musée archéologique



A symbol of Grenoble, the Bastille dominates the city and offers an exceptional panorama of the Isère valley, the Vercors massif, the Chartreuse and the Belledonne mountain range. Directly accessible from the city center, it offers a network of marked trails perfect for all types of visitors: walkers, experienced hikers, and trail runners.



From the Bastille, it is possible to continue on to medium-altitude hikes, up to the plateaus and forests of the massif.

Useful information



Departure: Grenoble center

(several possible access points)

Arrival: Fort de la Bastille (476 m) or Mont Jalla (630 m)

Elevation gain: approximately +300 m

(up to +450 m with Mont Jalla)

Duration: between 30 min and 2 hrs depending on the route chosen

Distance: 2 to 8 km depending on the route

Level: easy to moderate

Recommended period: all year round (avoid in slippery or icy conditions)

Access by soft mobility



La Bastille is fully accessible by public transport, tram, bus, bike, or on foot. You can also take the Bastille cable car (the famous “Bulles”) for an effortless ascent or descent.

Prices and timetables are available here: bastille-grenoble.fr/tarifs-individuels



Two routes to climb the Bastille

The Bastille on the Saint-Laurent side

Ascent: 1 hour

Descent: 40 minutes

Elevation gain: +300 m

Terrain: paths and stairs

Departure: Porte Saint-Laurent

La Bastille from Porte de France

Ascent: 50 min

Descent: 30 min

Elevation gain: +300 m

Terrain: paths and stairs

Departure: Porte de France, left bank of the Isère

Once at the top of the Bastille, there are several hikes to choose from :

Promenade de la Poudrière

30 min loop (50 m elevation gain) or 1 hr round trip to the bottom (230 m)

Terrain: trail and stairs

From Cavalier to the Mandrin Caves

30 min

Elevation gain: +30 m

Special feature: underground stairs (more than 260 steps!)

Mont Jalla – National Memorial to Mountain Troops

30 min from the Bastille

Additional elevation gain: +140 m

Terrain: forest trail

View of the Chartreuse massif as far as the Voreppe gorge

Towards the Chartreuse Regional Nature Park

2 to 4 hours, or even several days

Saint-Martin-le-Vinoux, La Tronche, or Mont Rachais

Fun fact

From the fort's terraces, you can see Avenue Jean Jaurès, the longest avenue in Europe !

Tips and Safety

Wear suitable shoes: the stairs can be slippery, especially after rain.
Avoid the hottest hours in summer; there is little shade on some sections.
In winter, watch out for ice on the steps.

The site is open to the public all year round, but access is restricted at night:

- Fort gate: closed between 9 p.m. and 6 a.m. (or midnight if the cable car is open in the evening)
- Jardin des Dauphins: open from 8 a.m. to 9 p.m. all year round

More information about trails, fitness trails, and access conditions can be found here: bastille-grenoble.fr/sport-et-loisirs/sentiers-et-parcours-sportifs





Detachable Page



Ascent to the Bastille – via the Porte Saint-Laurent

This is the most iconic route for reaching the Bastille fort on foot. From the banks of the Isère River, at the Porte Saint-Laurent, a staircase climbs up the hill, gradually leading to the summit, alternating between paths, stone steps, walls, and bastions. Accessible route but with many steps



Useful information

Duration: approx. 1 hour uphill, 40 minutes downhill


Elevation gain: +300 m

Starting point: Porte Saint-Laurent (right bank of the Isère)

Access: tram B or on foot from Grenoble's historic center

Itinerary

From Porte Saint-Laurent, take the staircase on the right towards the Jardin des Dauphins. The marked trail winds its way uphill through the ancient fortifications, offering beautiful views of the city. After about an hour's walk, you will reach the Bastille esplanade, with its breathtaking view of Grenoble and the Belledonne, Vercors, and Chartreuse mountain ranges.





Detachable Page

Ascent to the Bastille – via the Porte de France



A pleasant alternative to the classic climb. Less crowded, this route offers a calmer atmosphere while leading to the same destination: the summit of the Bastille.

Useful information



Duration: 50 minutes uphill, 30 minutes downhill

Elevation gain: +300 m

Departure: Porte de France (left bank of the Isère)

Itinerary

From the Porte de France, cross the small park and follow the path up the hillside. You will pass several secondary bastions, remnants of the city's former defensive system. The path, shaded in places, joins the upper stairs leading to the Bastille.

You will rejoin the main path shortly before reaching the summit.





Detachable Page

Promenade de la Poudrière



A family walk around the old military structures, ideal for exploring the area around the fort without straying too far. Accessible from the top of the Bastille, it allows you to gently explore the side paths.

Useful information



Duration: 30 min (loop) or 1 hour round trip

Elevation: 50 m to 230 m depending on the route

Starting point: top of the Bastille

Itinerary

From the upper esplanade of the Bastille, take the walkway that goes around the fortifications on the right (west). The path descends slightly towards the powder magazine, offering several unobstructed views of the Drac valley. The short loop quickly returns to the starting point along the bastions. For the more motivated, you can continue to the bottom of the fortifications, with a steeper climb on the way back up.





Detachable Page

Mandrin Caves – via underground stairs



This little underground adventure takes you into the bowels of the fort. A staircase of more than 260 steps carved into the rock connects the Bastille to the mysterious caves known as “Mandrin’s caves,” named after the famous smuggler.

Useful information

Duration: approx. 30 min

Elevation gain: +30 m

Departure: from inside the Bastille



Itinerary

From the inner courtyard of the Bastille, locate the entrance to the long underground staircase. It descends into the hill through an impressive vaulted tunnel. At the bottom, you will find yourself in a series of rooms carved into the rock.

Bring a torch or headlamp (even though there is often lighting). Be careful of the damp, which can make the steps slippery.





Detachable Page

Mont Jalla – Mountain Troops Memorial



Set off to explore Mont Jalla, a small peak overlooking Grenoble at an altitude of 735 m. It is home to the National Memorial to Mountain Troops and offers exceptional views over the entire region.

Useful information



Duration: 30 min from the Bastille

Elevation gain: +140 m

Starting point: summit of the Bastille

Itinerary

From the rear of the Bastille, take the marked forest path that climbs gradually through the forest. The path is well marked and signposted. After a short climb, you will reach a large esplanade where the memorial stands. From there, you can see the Chartreuse mountains, the Voreppe gorge, the Vercors and the entire Grenoble basin.

The more athletic can continue on to Mont Rachais.





Detachable Page

Routes to the Chartreuse Natural Park



For experienced hikers, the Bastille is also the gateway to more challenging hikes towards the Chartreuse Regional Natural Park. These routes connect several nearby peaks and villages, such as Saint-Martin-le-Vinoux, La Tronche, and Mont Rachais.

Useful information



Duration: 2 to 4 hours (or more)

Elevation gain: varies depending on the route

Departure: from the Bastille or Mont Jalla

Different Itinerary

- Towards Saint-Martin-le-Vinoux: follow the ridge trails from Mont Jalla, crossing through forest with unobstructed views.
- Towards La Tronche: gradual descent on the southeast side of the hill, passing through the wooded trails of Mont Rachais.
- Mont Jalla – Mont Rachais – Bastille loop: a long loop of about 3 to 5 hours, with a ridge crossing, spectacular views, and alternating ascents and descents.

Please note that these routes require good physical condition, hiking boots, and a map or GPS. Bring water and snacks. Ideal for a day trip if you leave early.

Mont Jalla

630 m
Memorial des
Troupes de montagne

Grottes
dites
de Mandrin

La Bastille

498 m



St-Laurent
Musée archiologique

HIKE 2

The Moucherotte



Le Moucherotte from Saint-Nizier-du-Moucherotte is an iconic hike on the outskirts of Grenoble. This peak (1,901 m) is one of the most accessible and famous in the Vercors. You will overlook the Drac valley with spectacular views of the surrounding mountains.

Between fir forests, bright clearings, and airy ridges, this gradual climb appeals to both regular hikers and those looking for a day trip.



Useful information



Departure: Saint-Nizier-du-Moucherotte
(village square, 1,180 m)

Finish: Moucherotte summit (1,901 m)

Elevation gain: approx. +720 m

Duration: 3 hours uphill / 2 hours downhill

Distance: 10 km round trip

Level: Medium

Recommended period: May to October (check snow conditions)



Access by soft mobility

From Grenoble, take the Transisère bus line 5110 towards Villard-de-Lans from the Grenoble bus station. The journey takes 1 hour and costs 2 euros.

Get off at the Saint-Nizier-du-Moucherotte – Le Village stop.

The trail starts right in the village, near the church.



Tips and Safety



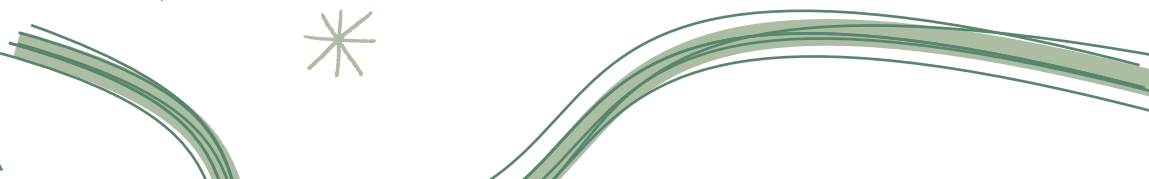
Wear good walking shoes.

The wind can be strong on the ridges: bring a windproof jacket.

In winter, the climb can be done on snowshoes, but is reserved for experienced hikers.

More information here :

<https://www.visorando.com/randonnee-le-moucherotte-en-partant-de-saint-nizie/>





Detachable Page

The Moucherotte



Useful information

Departure: Saint-Nizier-du-Moucherotte (village square, 1,180 m)

Finish: Moucherotte summit (1,901 m)

Elevation gain: approx. +720 m

Duration: 3 hours uphill / 2 hours downhill

Distance: 10 km round trip

Level: Medium

Recommended period: May to October (check snow conditions)



Itinerary

Departure – Saint-Nizier-du-Moucherotte

Cross the village via the main road, then follow the signs for Le Moucherotte. The path quickly enters the forest.

Under the Pas de la Bergère

The trail winds through the forest. A few clearings already offer superb views of the eastern Vercors.

Old ski slope/disused resort

You will pass close to the remains of the old Moucherotte resort, which closed in the 1970s. It has a special atmosphere, combining nature with memories of the 1968 Olympic Games.

Arrival at the summit of Moucherotte (1,901 m)

The arrival on the ridge offers a 360° panorama. You can see the city of Grenoble and the Belledonne and Chartreuse mountain ranges, the Vercors plateaus and the Ardèche mountains in the distance. On a clear day, you can see Mont Blanc on the horizon.



Descend via the same route, or make a loop via the Pas de la Bergère for a change of scenery (signs on site).

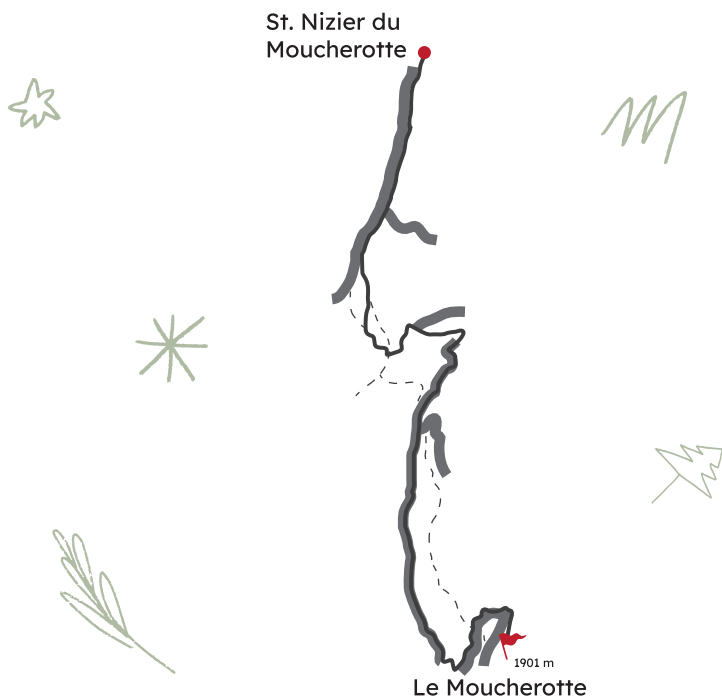
Access by soft mobility



From Grenoble, take the Transisère bus line 5110 towards Villard-de-Lans from the Grenoble bus station. The journey takes 1 hour and costs 2 euros.

Get off at the Saint-Nizier-du-Moucherotte – Le Village stop.

The trail starts right in the village, near the church.



HIKE 3

Chamechaude from le Col de Porte



Proudly overlooking the Grenoble basin, Chamechaude is the highest peak in the Chartreuse Mountains (2,082 m). The climb offers absolutely spectacular 360° views: Grenoble at your feet, the Belledonne ridges opposite, the Vercors cliffs to the south and, on a clear day, the silhouette of Mont Blanc on the horizon.

Useful information



Starting altitude: 1,326 m (Col de Porte)

Summit altitude: 2,082 m

Elevation gain: approximately +750 m

Round trip distance: approximately 7 km

Average duration: 3.5 to 4 hours

Difficulty: Moderate to strenuous

Markings: yellow and red (PR)

Recommended period: May to October



Access by soft mobility

From Grenoble city center, take tram B to the La Tronche – Hôpital stop, then take bus 62 of the TAG/TouGo network towards Sappey-en-Chartreuse/Col de Porte. Get off at the Col de Porte terminus, which is the starting point of the trail. The journey takes about an hour from Grenoble and costs €2.

The line runs every day, with around six to eight departures daily, and more at weekends and in summer. Timetables are available at tag.fr or tougo.fr.

When you arrive, the trail starts just above the bus stop.



Good to know



Chamechaude is also suitable for winter outings: the same route can be done on snowshoes or cross-country skis, provided you are familiar with the mountain and check the snow conditions and avalanche risk. The summit is very exposed: it is not recommended to go there in stormy weather. The cable passage, although easy, requires caution, especially if the rock is wet. Remember to stay on the marked trails to preserve the alpine flora. Bring water (there are no springs on the route) and protection from the wind and sun.



Find more information at

<https://www.grenoble-tourisme.com/fr/catalogue/detail/chamechaude-sommet-511914/>



Detachable Page

Chamechaude from le Col de Porte



Useful information



Starting altitude: 1,326 m (Col de Porte)

Summit altitude: 2,082 m

Elevation gain: approximately +750 m

Round trip distance: approximately 7 km

Average duration: 3.5 to 4 hours

Difficulty: Moderate to strenuous

Markings: yellow and red (PR)

Recommended period: May to October

Itinerary

1. The departure point is Col de Porte (1,326 m).
2. Follow the yellow and red markings throughout your ascent.
3. You can take a break at the Bachasson hut to enjoy the view.
4. The final cable section (only a few meters) requires a little caution, especially if you are not comfortable with heights, but it is still very easy.
5. Once at the summit of Chamechaude, the more experienced hikers can choose to make a loop by descending via the Habert de Chamechaude. This route is a little longer and wilder, but well marked.





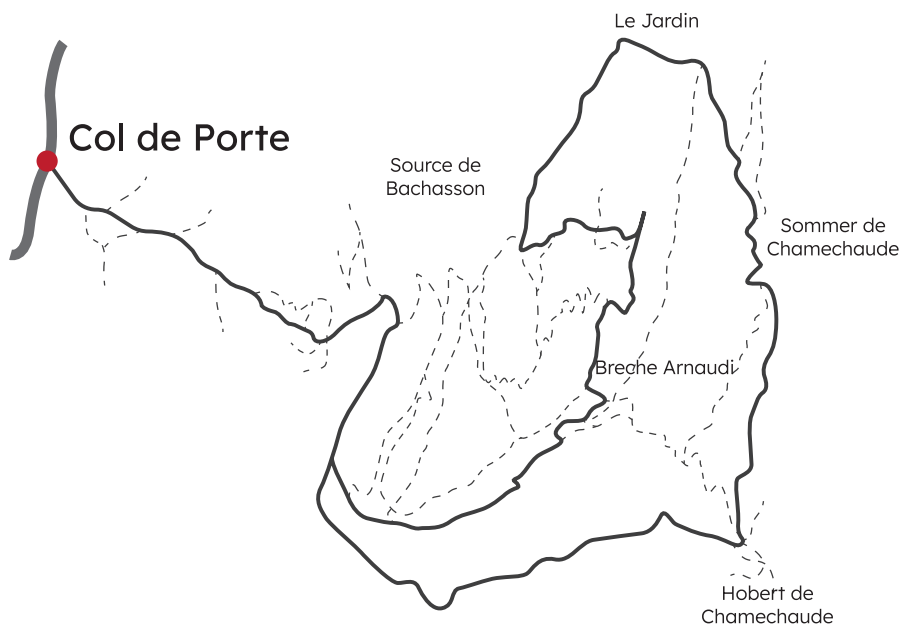
Access by soft mobility



From Grenoble city center, take tram B to the La Tronche – Hôpital stop, then take bus 62 of the TAG/TouGo network towards Sappey-en-Chartreuse/Col de Porte. Get off at the Col de Porte terminus, which is the starting point of the trail. The journey takes about an hour from Grenoble and costs €2.

The line runs every day, with around six to eight departures daily, and more at weekends and in summer. Timetables are available at tag.fr or tougofr.fr.

When you arrive, the trail starts just above the bus stop.



HIKE 4

The Robert Lakes from Chamrousse



The Robert Lakes are one of the most beautiful sites in Belledonne. This iconic hike takes you on a journey of discovery through a series of glacial lakes surrounded by majestic peaks and offers spectacular views of the Grenoble valley. The combination of lakes, rocks, and alpine pastures makes it a popular outing for hikers of all levels. The hike can be done entirely by soft mobility from Grenoble, making it an ideal option for a car-free day in nature.



Useful information

Starting altitude: 1,650 m (Chamrousse – Recoin)

Altitude of the lakes: ~1,990 m

Elevation gain: +550 to +600 m

Round trip distance: 7–10 km depending on the route

Average duration: 3 to 4.5 hours

Difficulty: Medium

Markings: yellow and red (PR)



Access by soft mobility

From Grenoble, take the TouGo bus 601 from the bus station or City Hall, heading towards Chamrousse 1650 – Recoin. The journey takes about 1 hour and 10 minutes and the ticket costs around €4 to €5.

Timetables are available at tougo.fr

When you arrive, the trail starts right from the station.



Good to know

- The hike can also be done by mountain bike or electric bike for the climb up to Chamrousse 1650, then continued on foot.
- The best time to enjoy the Robert Lakes is from June to October, before the first snowfall.
- There are no drinking water sources on the trail.
- Some areas around the lakes can be slippery, especially after rain or at the beginning of the season.
- Stay on the marked trails to protect the fragile alpine flora and avoid disturbing natural habitats.
- Always check the weather before setting off, especially if you want to extend your hike to Croix de Chamrousse.



Find more information at <https://www.chamrousse.com/lacs-robert.html>





Detachable Page

The Robert Lakes from Chamrousse



Useful information

Starting altitude: 1,650 m (Chamrousse – Recoin)

Altitude of the lakes: ~1,990 m

Elevation gain: +550 to +600 m

Round trip distance: 7–10 km depending on the route

Average duration: 3 to 4.5 hours

Difficulty: Medium

Markings: yellow and red (PR)



Access by soft mobility

From Grenoble, take the TouGo bus 601 from the bus station or City Hall, heading towards Chamrousse 1650 – Recoin.

The journey takes about 1 hour and 10 minutes and the ticket costs around €4 to €5. The bus runs regularly, every 1 to 2 hours, with more frequent departures in summer and at weekends.

Timetables are available at tougofr.com.

When you arrive, the trail starts right from the station, so you are at the foot of the hike as soon as you get off the bus.





Itinerary

From Chamrousse 1650 – Recoin, the trail climbs gradually through alpine pastures and forest areas. The first part of the hike crosses Lac des Pourettes, offering an initial panorama of the surrounding mountains.

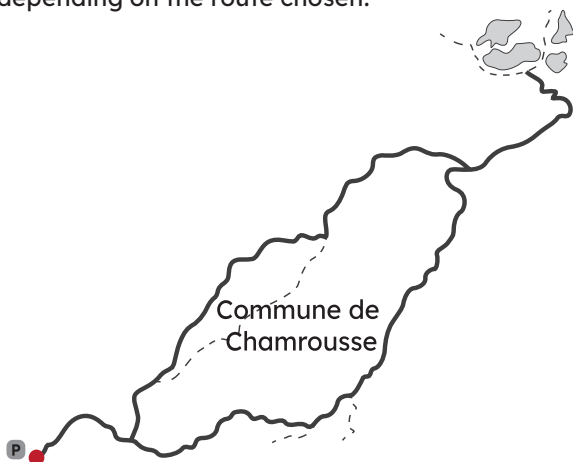


The trail then continues towards the Lacs Robert lakes, winding between rocks and alpine meadows. The climb is steady but accessible, and the path is well marked. The landscape becomes more open as you approach the lakes, offering magnificent views of Belledonne, Taillefer, and the Grésivaudan valley.

For the more athletic, it is possible to extend the outing to the Croix de Chamrousse, offering an even more extensive panorama of the massif and the valley. For hikers who prefer tranquility, a simple round trip to the Robert Lakes is enough to fully enjoy the beauty of the site.



The round trip distance varies between 7 and 8 km for the classic route and around 10 km for the routes via Lac des Pourettes or Croix de Chamrousse. The elevation gain is around 550 to 600 meters, with an average walking time of 3 to 4.5 hours depending on the route chosen.



HIKE 5

Fort du Saint-Eynard



The Fort du Saint-Eynard is an iconic site in the Chartreuse Mountains. Perched at an altitude of 1,333 m, it offers exceptional views over the Grenoble valley and the Belledonne and Vercors mountain ranges. A former 19th-century military fort, it is now accessible to hikers and is an ideal destination for a half-day or full-day outing, combining nature, heritage, and spectacular views. This hike can be done entirely by sustainable transport from Grenoble.

Useful information

Starting altitude: 930–1,000 m (depending on bus stop)

Summit altitude: 1,333 m

Elevation gain: ~400 m

Distance: 2 to 3 km for the climb from Col de Vence, plus depending on the starting point

Average duration: 1.5 to 2 hours one way

Difficulty: Medium

Markings: yellow (PR)



Access by soft mobility

1. From Grenoble, take tram B to the La Tronche – Hôpital stop, then bus 62 towards Le Sappey-en-Chartreuse / Col de Vence.
2. Get off at the Col de Vence or Le Sappey-en-Chartreuse stop, depending on your chosen route.
3. The journey takes about 30 to 40 minutes, with a TAG ticket costing €2. The line runs every day, with several departures each day. Timetables are available at tag.fr.
4. Upon arrival, the trail starts directly from the bus stop, allowing you to begin the hike without a car.



Good to know



The hike can also be done by mountain bike or electric bike, especially to reach the Col de Vence before the final climb. Bring water and sun protection. The fort is often open to visitors on weekends and offers places to rest. The trails are rocky in places: good hiking shoes are recommended. In winter, watch out for snow and ice on the last few meters. Stay on the marked trails to protect the flora and avoid erosion.



Find more information on:

<https://www.grenoble-tourisme.com/fr/catalogue/detail/le-fort-du-saint-eynard-5949128/>

Detachable Page

Fort du Saint-Eynard

Useful information



Starting altitude: 930–1,000 m (depending on bus stop)

Summit altitude: 1,333 m

Elevation gain: ~400 m

Distance: 2 to 3 km for the climb from Col de Vence, plus depending on the starting point

Average duration: 1.5 to 2 hours one way

Difficulty: Medium

Itinerary

From Col de Vence, the trail climbs gradually through forests and meadows to the fort. The climb is steady but requires a little stamina, with an elevation gain of about 400 meters and a distance of 2 to 3 km depending on the exact starting point.

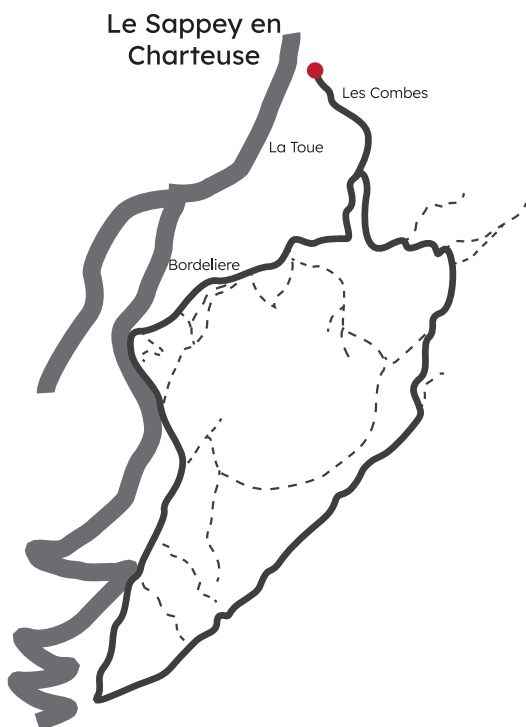
The path is well marked and secure. Hikers who wish to extend the outing can start from Grenoble city center or La Bastille, combining different trails for a longer and more challenging climb, offering continuous views of Grenoble even before reaching the fort.

At the top, Fort du Saint-Eynard is easily accessible and sometimes has a small restaurant or refreshment bar open in season, perfect for enjoying a bite to eat while taking in the view. The journey takes 4.5 hours depending on the route chosen.

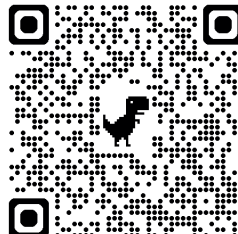
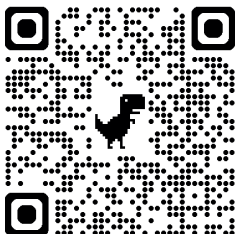
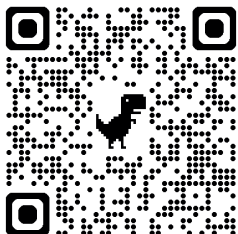


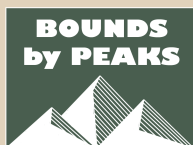
Access by soft mobility

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2. Get off at the Col de Vence or Le Sappey-en-Chartreuse stop, depending on your chosen route.
3. The journey takes about 30 to 40 minutes, with a TAG ticket costing €2. The line runs every day, with several departures each day. Timetables are available at tag.fr.
4. Upon arrival, the trail starts directly from the bus stop, allowing you to begin the hike without a car.



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For even more information, check out the websites below.





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website