

Brides-les-Bains and Salins-Moutiers (Savoy) : their neighbourhood and mineral waters / by P. Delastre.

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BRIDES-LES-BAINS

AND

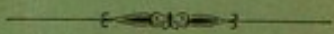
SALINS-MOUTIERS

(SAVOY)

THEIR NEIGHBOURHOOD AND MINERAL WATERS

BY

Dr. P. DELASTRE



F. DUCLOZ, BOOKSELLER-EDITOR

MOUTIERS

Grande-Rue et rue Cardinal

BRIDES-LES-BAINS

Avenue de la Source



| | | | |
|--------------------------|--------------|---------------|---------------|
| | P.M. | A.M. | A.M. |
| Train leaves Paris . . . | 9.20 | 6.30 | 11.15 |
| „ Arrives Aix les Bains | A.M. 7.58 | P.M. 10.31 | P.M. 11.55 |
| „ Leaves „ „ | 9.30 | | |
| „ Arrives Albertville . | 11.56 | | |

By Coach to

Brides takes 3 hours.

BRIDES-LES-BAINS

AND

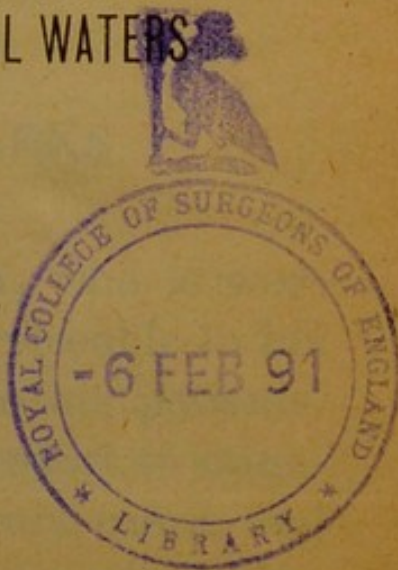
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CHILES-LES-BAINS

CALMS-MOUTIERS

THEIR NEIGHBOURHOOD AND MINERAL WATERS

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Dr. F. DEJASTRI

ROBERT DEJASTRI, DIRECTOR

CHILES-LES-BAINS

CHILES-LES-BAINS



PART I

BRIDES-LES-BAINS

GENERAL REMARKS

The first duty of a physician, who is worthy of his calling, is to be serviceable to his fellow-creatures and helpful to his patients. In these days, we constantly resort to mineral waters in chronic and obscure cases, and the most eminent doctors, as well as the most unpretending practitioners, yearly send numbers of sufferers abroad to benefit by their use. I feel sure I am doing right in mentioning to my English colleagues certain mineral springs which, though comparatively unknown in Great Britain, have enjoyed a great reputation in France, and to which

an increasing number of patients continually resort. I speak of the hot springs of Brides-les-Bains and Salins-Moùtiers, in Tarentaise (Savoy).

It is easily reached by train as far as Albertville, on the P.-L.-M. line. From this interesting little town omnibuses, diligences, or private carriages, soon convey the traveller to his destination. We mention Brides and Salins together, though they are, in reality, two miles apart, for the waters are used so frequently together, and the communication between the two spas so easy, that they are, for us, one and the same watering-place.

Brides is a charming village, clean and primitive in aspect. It is delightfully situated in the Tarentaise, a part of Savoy which reminds one of the finest parts of Switzerland. The valley ends in the imposing glacier of Pralognan, and is washed by an impetuous and roaring torrent, which forms numerous picturesque waterfalls. The meadows are deliciously verdant and fertile, and the botanist finds endless delight from the charming variety of wild flowers to be found on the mountain slopes. The air is remarkably pure and bracing, the eye is constantly refreshed by the ever-changing aspect of the landscape; and the multitude of picturesque hamlets nestling among the foliage adds variety to the at-

tractive scene. Above the habitations of men, the mountain sides are clothed with pine forest, which fill the air with their wholesome scent, and lowering above all are the « éternal snows » and the glaciers of Champagny and Bozel.

Dr. Hermann Weber in his chapter on « Climate and Health Resorts, » in « The Book of Health, » edited by Malcolm Morris (Cassell & Co., London), classes Brides and Salins among the best summer health resorts, not only for its springs, but for its delightfully salubrious air. The environs abound in charming expeditions. According to the strength or energy of the patient, he can confine his walks to the well kept paths of the park and its extensive shrubbery, or wend his way further, till he can

« Stand tiptoe on the misty mountain-top, »

and enjoy the prospect of the great Alpine range.

Brides is situated at an altitude of 570 metres (1800) above the sea-level. It is three miles from the thriving town of Moûtiers, which was formerly the capital of Tarentaise, now *sous-préfecture* of the Département of Savoy.

During the summer months, the tempera-

ture varies from 65° F. to 75° F., and the cool mountain breezes moderate the noontide heat. Violent storms and sudden changes of weather are almost unknown, and the mildness of the climate is proved by the splendid vineyards which line the right bank of the Doron.

In two or three years'time, communication with other countries will be facilitated by the extension of the railway as far as Moutiers. Bridges have been begun already, and the works is being actively carried on. There is also some talk of opening a grand new route between France and Italy, and this brings forward the important question of piercing a tunnel through the Petit-Saint-Bernard. To us this would be of the greatest advantage, as we should profit by the express trains of an international line.

Brides and its waters was known to the ancients, as is testified by several old documents and medals found in the country, and dating from the Roman period.

It is not till 1685 that we find any authentic writing on the waters of Brides. At that epoch a monk, Father Bernard, wrote to his archbishop, describing the springs, explaining their uses, and the diseases for which they were efficacious, and vaunting their many excellences.

From that time till 1818 they were quite forgotten, when, in that year, a certain physician named Hybord found them again, and since that date they have been constantly used. The improvements which are annually made at the springs lead us to hope that they will always be utilized for the benefit of suffering humanity.

The present establishment, commenced in 1840, has undergone many changes, owing to which it is now thoroughly well managed and comfortable. The mineral waters are administered in a variety of ways, varying according to the prescriptions of the physicians.

Besides the large well-fitted bathing pools, there is a series of private baths, which can accommodate several patients at a time. In the ladies' department the baths are provided with the special apparatus to be made use of during the bath, and for vaginal douches, which are so eminently useful in uterine affections. For these and similar complaints I may say, *en passant*, that the waters of Brides and Salins are remarkably salutary.

The dry and damp vapour baths are utilized for the cure of rheumatism and obesity, and the ascending douches, to which particular attention has been paid, have rendered signal service to a number of special ailments.

The whole hydropathic establishment is

perfectly organized, and every sort of douche, shower bath, &c., can be applied.

The water of the torrent is occasionally utilized, as well as the mineral water, on account of the lowness of its temperature, when this powerful therapeutic agent is judged necessary by the consulting physician.

All the above useful agencies for the cure of disease are to be found at Brides.

The season begins officially on May 15th, and ends October 15th, but it is not till the beginning of June that visitors begin to flock thither.

Many persons believe they cannot go to Brides early in the year, fearing that, owing to its situation in the heart of the mountains, the frosts must be premature, and that it must still be cold in the spring. This is an error, for, owing to this mistaken idea, numbers of people delay their arrival till July or August, which is quite the hottest time of the year. Early in June the temperature of Brides is delightfully mild and pleasant, and helps much more to effect a profitable cure than the torrid heat which sometimes prevails from the middle of July to the 15th of August, which always more or less exhausts many patients.

There are several large and comfortable hotels built for the reception of strangers.

There are also several lodging-houses and « pensions » to suit all tastes.

Every day two mails bring news from the great world, and in summer there is a telegraph office open to the public.

Without presenting to visitors the attractions of the world and the varied pleasures of large watering-places (where perhaps the enjoyments are *too* varied, and the gaiety too perpetual to be conducive to health), Brides can yet offer to her patrons a few quiet amusements and diversions of a harmless nature. There is a little casino, adjoining the « Hotel des Thermes, » in the garden of the Establishment, where, twice a day, a well chosen band discourses sweet music. In the evening the musicians form an orchestra for dance music, and the young people dance, while their elders sit in the card-room enjoying themselves in their own quiet way. There is also a reading-room, well supplied with the reviews and news-papers of England, France, Italy, etc.

Such are the diversions that Brides can offer to the health-seeker, but the principal advantage to be gained is the rest to mind and body obtained from the simple, healthy natural life, away from business cares and family anxieties.

THE TREATMENT

THE basis of the treatment consists in drinking the mineral water. The general and special douches are beneficial aids to special cases, but the pump-room in the early morning is the general *rendez-vous* of all the invalids indiscriminately.

Between each glass a little walk is taken either in the park, or up and down the long covered gallery, which a provident administration has built for the shelter of the water-drinkers in wet weather.

The water springs up through the cracks of a quartzeous magnesian schist, in a trickling stream on the left bank of the Doron. Its specific gravity is 1 degree $\frac{1}{4}$ according to Baumé's areometer. Its temperature 95° F. Its output 272 litres a minute (about 60 galls.), or 400,000 litres in twenty-four hours (about 80,500 galls.).

In small quantities it is colourless, but slightly ochreous in a large bulk. This reddish-brown tinge we notice in pools which have an abundant deposit on the margin, showing the presence of iron.

Its taste is flat, with a slightly inky flavour; it is easy of assimilation, and can be taken in

comparatively large quantities (as the physician prescribes) without injurious effect.

According to the effect desired and to the patient's constitution is the quantity of water regulated.

The average is from 2 to 6 glasses of 250 grammes per diem. Taken in small doses it is tonic, invigorating and « eupeptic, » according to the expression of Professor Gubler ; in larger doses, it is a purgative, purging without weakening the system. Its effect in this respect is very marked ; it causes very shortly after its ingestion two or three copious sero-bilious motions, entirely without colic, after which the patient recovers his normal state. To this effect is added another not less marked, and not less important—viz., the remarkable diuretic effect.

The urinary secretion increases in large proportions, and the urine, which is often thick, forced, and slow at the beginning of the cure, soon becomes quite clear and limpid.

When we consider the powerful action of these waters on the general system, and especially on the renal region, the digestive tube and its neighbouring organization, we can but feel sure that medicine derives from them incalculable advantage in a multitude of cases. The following is the result of the

last analysis of the waters, made at the Laboratory of « l'Ecole des Mines, » Paris, 1882 :

| | Grammes |
|-------------------------------------------|------------------------|
| Carbonic acid gas | 0,1258 |
| Silica | 0,0340 |
| Bicarbonate of lime | 0,4032 |
| Bicarbonate of magnesia | 0,0230 |
| Bicarbonate of protoxide of iron. | 0,0191 |
| Sulfate of lime | 1,7680 |
| Sulfate of magnesia | 0,5079 |
| Sulfate of soda | 1,2576 |
| Chloride of sodium | 1,9471 |
| Chloride of potassium | 0,0899 |
| Chloride of lithium | Perceptible traces. |
| Organic matter. | 0,0052 |
| Total per litre. | 6,1808 |

This analysis alone is sufficient to show the richness of the Brides water, and the multiplicity of cases to which it is applicable.

It is not in our purpose to enter into detail about all the diseases that can here be cured ; we only desire to draw the attention of the British members of the profession to this station, of which too little is yet known.

The waters present great analogy to certain German spas, though they are even less debilitating.

The salts of iron which they contain make them at once aperient and tonic, and allow of their long use without detriment to the system.

They have a remarkable and spécial action on the **liver** : they remove all stoppages and obstructions of that organ, favouring the biliary secretion, as is indicated by the true bilious nature of the motions which follow the injection of these waters.

The more or less chronic congestions of the liver, when it is not yet a degeneracy of this organ, that one finds either proceeding from gout ou alcohol, or in patients who have contracted in hot climates intermittent fevers complicated with hepatatis, producing the Indian liver, are treated with the best results by the waters of Brides, better indeed than by those of Vichy or Carlsbad, when the invalids are already anemic or cachectic, and where it is necessary for them to have a therapeutic combined with an anti-congestic agent and tonic, which is found exactly by the double action of our Brides-Salins watters.

Their action on the **portal system** is not less perceptible than in the passive venous congestions of the abdominal organs, and in abdominal plethora, and doing wonders to patients subject to hæmorrhoids.

Acting wonderfully on the general nutri-

tion, they agree admirably with **Diabetes**, and when this illness, now so frequent, is met with in an anemic and debilitated subject, they must always consequently be preferable to the strong bicarbonate of soda waters such as Vichy.

They are of the greatest service in every sort of congestion, either of the nervous centres or any other organ.

Uterine diseases, from simple leucorrhœa to chronic metritis, and congestion of the womb, are very successfully treated at Brides, mostly by a varied course of baths at Salins and Brides, and every year a larger list of cures is reported.

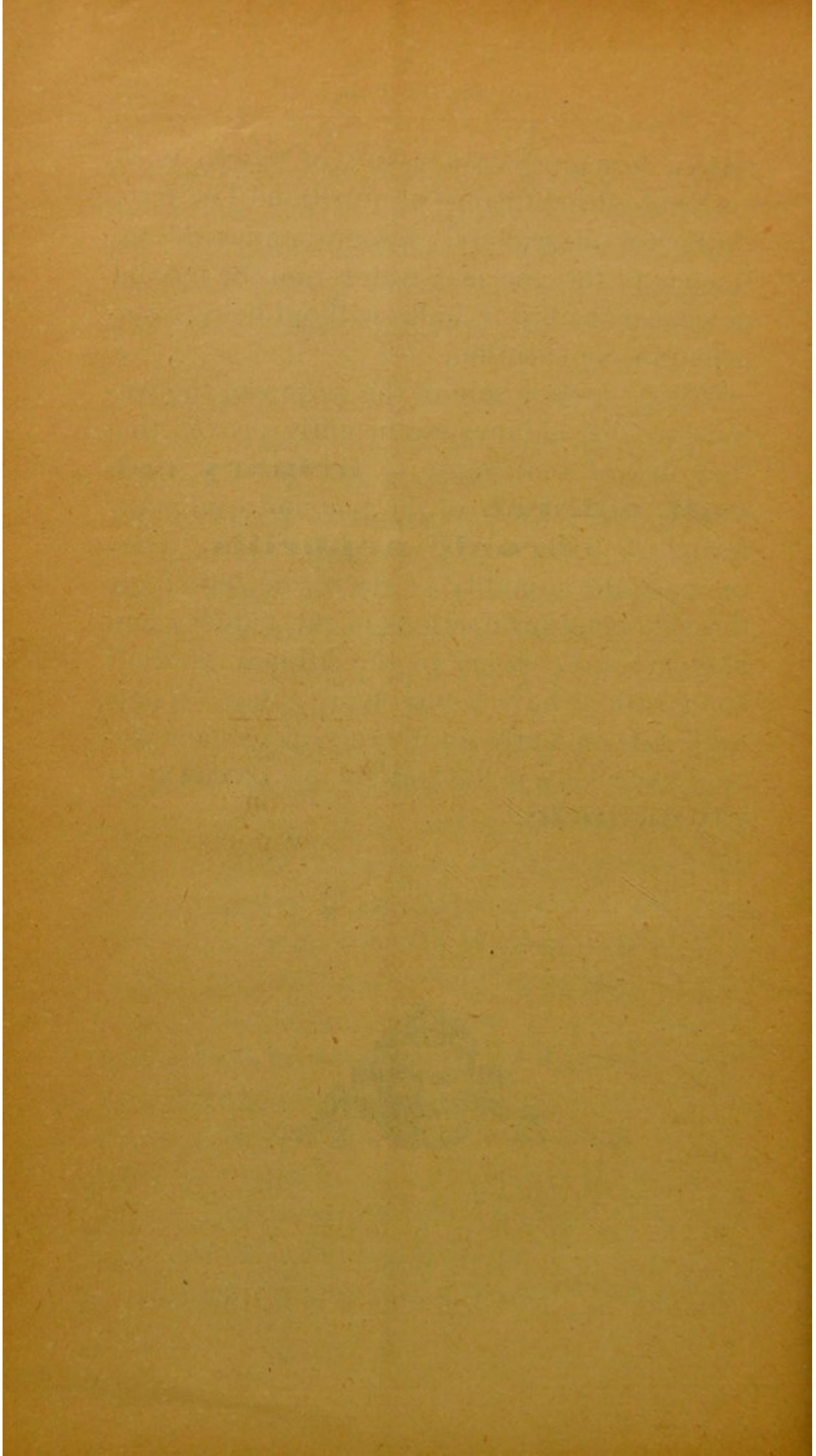
As the waters act powerfully on the **digestive tube**, they stimulate and regulate digestion, render assimilation more complete, and triumph over **dyspepsia** and **obstinate constipation; chronic diarrhœa** and **dysentery** contracted in hot climates yield to treatment here, and occasionally disappear as if by magic. **Gastro-intestinal catarrh, intermittent fevers** brought on by residence in the marshes, congestion of the liver and spleen, and the train of ills which accompany these diseases, frequently are treated here with the happiest result.

A special treatment is reserved for **obe-**

sity, frequently the result of a weakened system and a difficulty of nutrition. The fatty degeneration gradually lessens under the influence of the aperient water, and the invalid decreases visibly in bulk, without being weakened in constitution.

What we have said of the action of the waters on the kidneys sufficiently proves that they are of real value in **urinary calculi, catarrh** of the bladder, and many forms of **chronic nephritis**. They increase the quantity of the urine, eliminate the abnormal productions of the kidneys and bladder, and, owing to the lithium in their composition, have a dissolving action on uric acid, consequently on the certain urinary calculi, especially if the patient be **gouty** or **rheumatic**.







PART II

SALINS-MOUTIERS

The spa of Salins is very near Brides, being barely two miles distant. It is on the direct road to Moutiers, in a narrow gorge on the banks of a tributary of the Isère.

Salins (Savoy), which must not be confounded with Salins in the Jura, was once an important town, submerged by the fall of a mountain in the fifteenth century. It is now but an unpretending village, of which the aspect recalls nothing of its former splendour.

At an altitude of 492 metres (1500 feet) above the sea level, it is only interesting on account of its rich mineral waters, which, thanks to their abundance and their varied

good qualities, are equal to the first medicinal springs in Europe.

Professor Gubler (already quoted by our colleague, Dr. Desprez) considers them the best « chloride of sodium waters » known.

« These waters have until now been undeservedly overlooked, by a mistake for which distance from the spot can alone account. They are the most richly impregnated with chlorides of sodium of all the spas that exist. Spain, Italy and Germany, which boasts of Kreuznach, Homburg, Nauheim, and Kissingen, cannot furnish any waters half so precious ; all are inferior to them. High temperature, concentrated mineralization, surcharged with carbonic acid gas, are qualities which raise them to a high standard among the waters containing chlorides of sodium, and which hold in reserve for them a glorious future. Unjustly neglected by every body until now, let us from this moment repair the fault by recognizing their wonderful properties, and call to them all the attention they merit. (1) »

« Though perfectly clear, the Salins water produces an ochreous deposit when exposed to the air, containing 12 1/2 milligrammes arsenic acid to the gramme. It is nearly inodo-

(1) « Thermal Mineral Waters of Brides and Salins (Savoy). » By L. Desprez. Paris, 1880.

rous, but very salt and bitter, and springs up in the courtyard of the present establishment, which is in the centre of the little village. It rises bubbling from a calcareous rock, throwing off a quantity of carbonic acid gas; its specific gravity is 2°, according to Baumè's areometer. Its temperature is invariably 95° F.; its flow is enormous—five million of litres in 24 hours (about 1,100,000 gallons)!

The chemical analysis of the Salins water gives the following result per 1,000 grammes :

| | Grammes |
|--------------------------------|---------|
| Carbonic acid | 0.68 |
| Chloride of sodium | 10.22 |
| Chloride of magnesium. | 0.30 |
| Sulphate of lime | 2.40 |
| Sulphate of soda | 0.98 |
| Sulphate of magnesia | 0.52 |
| Carbonate of iron. | 0.15 |
| Carbonate of lime. | 0.75 |
| Bromine, arsenic (1). | — |
| Iodide of potassium. | Traces |
| Total per litre | 15.32 |

Formerly these waters were only used in salt pits, the product of which furnished the surrounding district with salt. In 1841 a mo-

(1) Since this analysis, several chemists have discovered in the Salins water important quantities of lithium, arsenic, and bromine.

dest thermal establishment was opened under the auspices of a physician from Moutiers. Since then it was much improved, and every year the accommodation proves less adequate to the increasing number of bathers.

Besides numerous baths fitted with special appliances for the diseases of women, there are large baths for the use of families, two separate rooms on either side for douching of every description, and all the modern resources of hydropathy. The cold water from an ordinary spring is sometimes used for douches instead of the mineral spring. The baths form the basis of the treatment at Salins, but taken internally the water is frequently very beneficial, on account of its thermal properties and the quantity of carbonic acid gas it contains.

Beginning with small doses, the patient can soon drink two large glasses daily without detriment to the gastric functions. Though somewhat nauseous at first, being both salt and bitter, the palate soon accustoms itself to its taste, and even children drink it readily after a few days.

Being tonic, stimulating, and efficient in the highest degree, these waters develop the muscular tone, and have a special effect on the circulation, which is gradually quickened.

The heart becomes strengthened and increases the velocity of its beat.

Their action is specially remarkable on the **glandular system** being very advantageous to **scrofulous** and **lymphatic** patients.

Glandular swellings, diseased joints of every kind, and all the varied complaints attendant on scrofula receive here our particular attention. We have remarked many cases of sickly feeble children, with emaciated limbs and ghastly faces actually regaining their natural rosy colour, and returning to their homes quite strong and healthy-looking.

The Salins waters succeeds admirably in such women's diseases as **amenorrhœa**, **leucorrhœa**, **dysmenorrhœa**, **endometritis**, and **uterine hæmorrhages**; as well as in **fibroid growths** of the uterus. We do not pretend to cure uterine tumours, but certainly when they are not malignant they become smaller under treatment. Our observation in this direction has been very encouraging. We have obtained relief from pain, from hæmorrhage and many attending symptoms. The modification of nutrition caused by **Salins water** produces a diminution in the size of the growths, in the same manner as it

produces the diminution of the enlarged glandular system.

There is no variation in the temperature of the water, as the flow is continuous, and the baths are generally administered at the same heat. Owing to the escape of carbonic acid gas, the body becomes covered with tiny bubbles, and the patient is invariably reluctant to leave his bath, in which he feels so refreshed and soothed. The length of time and the number of baths must be regulated by the advice of an experienced physician, for however salutary when taken under orders, they have occasionally caused serious illness when indulged in ignorantly.

Salins is really a « *mineral sea bath* », for it contains all the salt of the ocean, and also bromides, arsenates, and a remarkable quantity of iron ; indeed it possesses a great advantage over sea-bathing, its constant temperature being 95° F., thus permitting many patients to bathe, where they would be unable to do so in cold sea water.

To debilitated and impoverished constitutions I maintain that a visit to Salins would be more beneficial than going to the seaside, as there is a powerful auxiliary to health in the pure and invigorating mountain breezes.

I may add, moreover, that our waters of Salins, though boasting of all these tonic and

invigorating qualities, do not excite the nervous system, as sea-waters frequently does ; and their heat can be varied according to the advice of the medical man. They can be used by all convalescents weakened from suffering, even those whose lungs are affected.

There are two hotels and several lodging-houses at Salins, but the majority of visitors prefer staying at Brides. The wider valley there is less exposed to draughts, and the situation is 300 feet higher ; consequently the air is lighter and more renovating. The society at Brides is more varied, and there is the casino, with its ever-changing amusements.

There is a constant service of omnibuses between the two villages, which convey the patients to and fro at extremely moderate rates ; and for the more exclusive or luxurious, comfortable carriages can be hired by the day or for the season.

The road between Brides and Salins is one of singular beauty ; in fact, the wild and rather savage grandeur of this part of Savoy has never yet been sufficiently dwelt upon by travellers. It would amply repay a visit from any lover of Nature *not* a health-seeker ; and we feel confident that when the rail is finished, our beautiful valley of Brides will attain a world-wide celebrity.



PART III

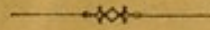
Walks and Excursions round and about Brides-Salins

Brides-Salins situated in the very heart of the « *Tarentaise* » this most picturesque part of Savoy, which with its grand mountain scenery and imposing masses of glaciers can rival the finest sites of the Pyrenees and the most celebrated canton of Switzerland, offers a number of most interesting walks and excursions to the visitor in its neighbourhood.

I do not intend to make this a complete guide to our beautiful country, but will, in a short *résumé* simply indicate the easiest and most enjoyable excursions which a visitor could make either on foot, by carriage or even in the saddle, during his sojourn in our Alpine resort.

With a view of making the daily rambles

casier to invalids, a committee was formed last year to look into the formation and perfect the roads already existing in Brides-Salins and their neighbouring country; this committee has also caused numerous seats protected and well shaded, to be placed at different parts, for the convenience of the visitor.



*From Brides to Salins. — Fontaine. — Melfe.
Le Bois-Champion. — Villarlurin.*

Let me mention first the route of Brides to Salins, which many visitors, who take the waters under the mixed treatment, have to make frequently if not daily.

The newly built road on the left bank of the river Doron forms the highway by which public and private conveyances insure regular and rapid communication between the two places, whilst the old road from Moutiers to Brides following the right bank of the stream is most picturesque to the pedestrian, traversing as it does the charmingly situated village of Fontaine, the hamlet of Frasses, ⁴/₂ hidden in the verdure of surrounding nut trees, and

leading hence through vineyards to the point de Melfe ; from Melfe, where a stylish chalet has been built on the spot where the ancient feudal castle stood, a small winding pathway leads straight through the village to the bathing establishment at Salins.

Another road, not quite so short as the two principal ones, brings the pedestrian to Salins. It traverses the shady grove of oaks and pines of the Bois-Champion, which with its labyrinth of avenues provided with seats, is the daily rendez-vous of many visitors, who love the coolness and calm of the woods. This route brings you after an hour to a finely cultivated plateau in the midst of which is situated the village of Villarlurin, from where a road brings you back to the highway direct to the bridge across the Doron, half a mile distant from Salins.

By the new carriage road you can drive direct to Villarlurin, a favorite promenade, owing to its picturesque situation and the fine view it commands over the surrounding country.

A new path, incomplete as yet will take the visitor direct from the bathing establishment at Brides to that at Salins, by following in the valley the course of the Doron.

Moutiers

The distance from Salins to Moutiers is nearly one mile the way leading through a shady avenue. Formerly the capital of the Tarentaise, Moutiers is at the present time only the seat of « sous-préfecture », it is the see of a bishop and has a civil tribunal. The town divided by the little river Isère, is situated in a cul-de-sac the terminus of the valleys d'Albertville, du Bourg-Saint-Maurice, de Saint-Jean-de-Belleville and de Bozel, close to the junction of the Champagny and Pralognan valleys. A very ancient town, Moutiers in olden times saw the passage of the Carthaginian hordes. The cathedral built by Saint-Marcel dates back as far as 517, but all that is left of the original building are the choir and the porch ; the reconstruction of the edifice took place in 1461. Saint James, who was the apostle of the Tarentaise, was also the first bishop of Moutiers. A stronghold in the middle ages, the fortifications were raised by order of the count Aimon of Savoy, who at the head of his soldiers carried the place by assault.

The sights of Moutiers are the building of the Law Courts, an old church close to it,

the old bridge across the Isère, the episcopal palace, which formerly was the residence of the princes of Savoy, and lastly the cathedral containing many interesting objects, such as ancient wood work, a vault lately discovered and restored, and a stone inserted in the wall near the porch carved with gothic inscriptions. Moutiers furthermore boasts of a library containing many rare and valuable documents and a small museum with an interesting collection of ancient objects found mostly in the surrounding country from the gallo-roman epoch to our day.



Les Allues.

Le Biolay. — Le Bois de Cythère.

To the south of Brides opens the valley des Allues with its rich meadows and fine thick pine woods, a favorite promenade of visitors.

On the left bank of the torrent, coming from les Allues, two roads conduct to the village situated 3600 feet high in a valley open and well cultivated; one of these roads is for driving, winding along and up the mountain

side and offering to the traveller, at certain turns in the mountain a beautiful panorama along the ridges and on the summit of Feysson, or into the valley of Bozel at the foot of the glacier du Grand-Bec ; seats are strewn along this road and the top is reached after an hour to an hour and a half's drive or two hours by foot. Many small diverging paths lead from the road through the wood to the banks of the torrent, which rushing between its rocky channel forms many small and pretty waterfalls. The other way, called the muleteers path, is shorter and conducts the pedestrian to the village in about 1 1/2 hours.

Crossing from the left bank to the right side of the Doron over a bridge only a few minutes walk from the village, one can return to Brides by a new foot-way, leading to the hamlet of Biolay, backed and flanked by a dense pine forest, at the border of which a cold mineral alkaline ferruginous spring comes to light, and from there a footpath, running through meadows and little woods, brings you back to your hotel in about 3 quarters of an hour.

At the door of Brides, at the very entrance of the Combe-des-Allues, on the right bank of the Doron, is the Bois de Cythère, a little park with a rich carpet of moss, beautiful trees and shady walks along the bank of the

torrent. It is the point of attraction to all those visitors, who not wishing to climb into higher regions, want to enjoy the refreshing coolness to be found in this little park. Before long, several bridges will be built across the torrent, so that in following it through the valley, as high up as Les Allues, one can enjoy the sights of many cascades which the torrent forms in the gorge, in its rushing career.



From Brides to Bozel, 1 h. by carriage, 1 h. 3/4 on foot. — La Perrière. — La Saulce. — Les Chavonnes. — Le Carrey. — Villarenard.

The highway which to the east of Brides leads to the village of Bozel, distant about $4 \frac{1}{4}$ miles, is an excellent road; after running through the little hamlet of Vignotan, it leads after nearly an hour to La Perrière. After passing below the hamlet of Carrey, it forms an angle from which point one has a very fine view of the glaciers above; after a short descent towards the Doron, you cross the bridge, and after a few minutes walk up hill one reaches Bozel, charmingly situated at 2900 feet altitude and offering a most pleasing view of the amphitheatre of Saint-Bon,

la Dent de Villars, hovering over the hamlet of des Moulins, and in the back ground the glacier of the Becca-Motta.

Bozel was in olden times a station of the Romans ; last year when workmen were engaged on a building, a great many roman coins in bronze and silver were found which were placed in the little museum at Moutiers. A very old chapel with its quaint decorations, the church the belfry of which resembles the tower of a Russian temple and the ruins of an old castle, formerly the summer residence of the archbishops of Moutiers, are besides the country itself, the only objects which may attract the attention on the way to Bozel.

Another route for the pedestrian leads from Brides to Bozel along the right bank of the Doron, starting from behind the bathing establishment and running through vineyards up to the village of La Saulce, where the old chapel, the first church built in the time of Saint-Marcel, is worth visiting, and passing by the hamlets de La Roche and du Villard brings you to Bozel.

From Bozel one can return to Brides by crossing the Doron and walking by the hamlet des Moulins, climbing 1/2 hour as far as Saint-Bon and from there descending to Brides, viâ le Carrey and La Perrière.

When starting from Brides, if the visitor

leaves the highway running to Bozel, and turns to the right he will reach after a little climbing the delightful little hamlet des Chavonnes. Leaving the multeer road, which to the right runs to Biolay and les Allues, as we have described, if disposed to take a 2 hours walk, let the pedestrian follow a narrow path left over meadows rising slowly towards the hamlet of Champetel, terminating at the saw mills of Carrey, charmingly situated, and a small chapel from which one has a beautiful view of Bozel and the picturesque valley below. From this point a few minutes walk will bring you back to the main road.

Another fine walk for the pedestrian, who does not mind a little climbing is to Villarenard (3350 feet altitude) an hour and a half's walk from Brides passing through les Chavonnes. From Villarenard a way to the right conducts to les Allues, but if the path to the left is followed, after continuous climbing upward for $1/2$ an hour, one arrives at a fertile plateau, where the grand view of the surrounding mountain scenery pays you for all exertion and trouble the ascent may have cost you.

To return, either take the way you came $1\ 1/2$ hours, or follow the path which leads from Villarenard to La Perrière 2 hours.

Saint-Bon, 2 h. by carriage. — Le Praz de Saint-Bon with the lake, 2 1/2 h. by carriage. — Mont Charvet and cascade of La Rosière. — Pralong.

Following the road from Brides to Bozel, passing the village of La Perrière, a mile stone on your right points out the « route de Saint-Bon »; this is the carriage way, which with many windings leads to Saint-Bon (3630 feet altitude), a nice clean looking village built in terrace fashion, from which you gain a fine view of the valleys of Bozel and Champagne. Half an hour's drive from there will bring you to Praz (4200 feet altitude) at the foot of a superb pine forest washed by the limpid water of a miniature lake.

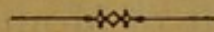
From Saint-Bon driving to the hamlet of Montcharvet, you alight and following a foot path after an hour's walk, you come to the cascade of la Rosière, a beautiful and refreshing spot.

Instead of driving, the visitor can walk from Brides to Saint-Bon in 2 1/2 h. by following a path through the woods from La Perrière.

A fine excursion is from the Praz de Saint-Bon to Pralong, situated in the midst of rich

meadows at the foot of a range of hills easily ascended, the sides of which are studded by masses of rhododendrons. The ascent will take an hour and from the top is a grand view along the heights of the Vanoise, conspicuous among them being the Dôme de Chasseforêt, the Pelvoz, the Grande-Casse, while to the left appear the glaciers of Champagne and in the distance Mont-Blanc.

Instead of coming back by the way you came, you can go from Saint-Bon down to Bozel through the hamlet des Moulins, or to Carrey, les Chavonnes, or gain the valley des Allues from la Perrière.



Gorge aux Pigeons. — Montagny. — La Thuile.

Cross of Brides. — Cross of Feysson.

If you want a short walk cross the Doron by the bridge close to the mineral spring, go through the vineyards and take the narrow footpath to your left, it will bring you to the gorge des Pigeons, a huge pile of rocks curiously shaped, where there is from there a fine view of Brides and the Combe des Allues ;

continuing your way, you come down to the old road leading to Salins, and return home, after an outing of about an hour.

But if you wish to make a longer excursion after having crossed the bridge, instead of going to the left towards the gorge des Pigeons, take the right across the vineyards and reach La Saulce. From there, instead of taking the road leading to Bozel, continue to ascend and after 1 1/2 hours walk from Brides, you will arrive at a green plateau, in the midst of which stands the village of Montagny (3480 feet altitude). Turning from here westward, you soon reach the hamlet of La Thuile, hidden in the trees and bordered by pine woods and backed by walls of rocks on the top of which wide pasture lands extend as far as the summit of Mont-Jovet, of which we shall speak later. Leaving La Thuile, and continuing your way, you will come to a cross called the « Croix de Brides », where the eye is feasted with a beautiful view of the valleys of Les Allues, and Saint-Bon, backed by a range of high mountains and glaciers, and at your feet Brides. The return journey will take 3/4 of an hour, through the hamlet of Fontaine.

Let me mention another excursion, a very interesting one, which you can either make on foot or on a mule, taking 4 hours to go

and return viz : to the cross of Feysson or Thovex. You follow the old road to Salins on the right bank of the Doron, and take a path on your right, rather steep at the beginning, which leads through woods and fields and pasture lands to the village of Feysson. The view from here is grand, but continuing your journey through a short defile, you suddenly emerge on the Cross of Feysson, also called the « Roc du Diable » (at 4780 feet altitude), a sort of promontory overhanging the Isère and Moûtiers, which 3,000 feet below your eye appears like a chart or drawing. If the weather is bright you will have a splendid view of the mountain range of the Tarentaise, from the glaciers of the Vanoise to Mont Bellachat, and of the mountains d'Hautecour as far as the Saint-Bernard and Mont-Blanc.

A carriage road will soon be finished, by which the excursionist can drive or ride through the village des Frasses, the Cross of Brides and the hamlet of la Thuile as far as the village of Feysson.



Pralognan, 3 1/2 h. to 4 h. by carriage. — Cascade of Ballandaz. — The pass of the Vanoise. — The Petit Mont-Blanc. — The Col Rouge.

The most interesting excursion for the tourist, who can devote a day to take it is without doubt to Pralognan. After passing through Bozel and Villars-le-Goitreux, at the end of the village, a fine and comfortable road on your right winds upward and passing through a gorge, brings you to Planay (3800 feet altitude). Close to the entrance to the village at a corner of the road, you alight and following a narrow footpath you will come to the cascade of Ballandaz, hidden by pines and enclosed between high rocks, altogether a beautiful spot.

To view the scenery at its best you must take your stand on the wooden bridge below the waterfall, or from top of the cascade, where the waters rush over the rocks.

Instead of following the carriage road, the tourist could take from Villars-le-Goitreux, a footpath along the torrent, which is much shorter and which will bring you to the cascade after 3/4 of an hour's walk, and this excursion can be made in one afternoon.

Continuing the journey from the Planay, the road runs through a splendid landscape, like an english garden, through which rush the foaming waters of the torrent and which brings one to Pralognan, laid out at the foot the enormous heights of the Vanoise (at 4700 feet altitude). Here a small hotel offers to the tourist comfort and food.

The tourists wishing to visit a glacier, usually choose to make the excursion to the pass of the Vanoise, situated à 8420 feet altitude, by the way leading by Thermignon and Lanslebourg to Modane. Starting at an early hour from Brides, one can accomplish this feat in a day, but it is more advisable to go as far as Pralognan, sleep at the hotel there and undertake the ascent the next morning accompanied by a guide. The journey to the glacier can be made in 3 1/2 hours, it is without any danger and even ladies can undertake it.

Pralognan, is so to say, a centre and starting point for those tourists, who wish to make excursions on a larger scale. They will find there trustworthy guides approved by the French Alpin club. Each guide has a tariff for all excursions and carries a book in which the tourist can make any complaint or observation.

Accessible points are : the Dôme de Chas-

seforêt (11,875 feet), the Pointe de la Recherche (10,635 feet), the Aiguille of the Vanoise or Grande-Casse (12,740 feet), the Grand-Bec (11,230 feet) etc., etc.

Accompanied by a guide the tourist can return to Brides either through the valley of les Allues across the « col Rouge » (9,075 feet) or through the valley de Saint-Bon across the Petit-Mont-Blanc (8840 feet). Either journey can be made in one day.

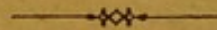


Champagny d'en bas, 2 h. by carriage. — The Gorges, 3 1/2 h. by carriage. — Champagny d'en haut, 4 h. by carriage.

Instead of following the route which through Villard-le-Goitreux, leads into the valley of Pralognan, after passing Bozel, take on your left a fine road, skirting at times the edges of precipices which will bring you into the « Bassin de Champagny d'en bas », surrounded by pine covered slopes and rich pasture lands studded with Chalets. The village excepting its leaning church steeple, offers nothing remarkable besides its wonderful surroundings.

The road continues winding upwards often

cut out of the solid rock, becoming narrow and narrower, until at a point it passes through a gorge, through which the foaming waters of the torrent rush with bewildering noise and form many cascades of a very imposing aspect. This gorge is worth visiting. On emerging from it, the valley opens again and the road passes over the val de Premou flanked by high mountains, the sides of which are enlivened by silvery cascades and at the back towers the splendid glacier of the Grande-Motte, and hence leads to Champagne d'en haut situated at an altitude of 5,000 feet. The traveller finds there a small hotel, where a modest meal can be had, should he not have brought his provisions from Brides.



*Saint-Jean-de-Belleville, 3 h. by carriage. —
Villarly. — Saint-Martin-de-Belleville, 6 h.
The Sanctuary de Notre-Dame-de-Vie. —
The Col des Encombres.*

The valleys of Saint-Jean and Saint-Martin of Belleville are also worth visiting. Passing through Salins a carriage road crosses at Moûtiers to the left bank of the Doron, close

to the junction of the two streams and leads past Pontserand and Fontaine-le-Puits to Saint-Jean-de-Belleville. Close to the hamlet of Villarly and the chapel of Notre-Dame-des-Grâces, exist still the remains of a gallo-roman station, with many tombs, some of which on being searched have yielded an abundant collection of rings, bracelets, vases, etc.

The road after Saint-Jean is only fit for pedestrians and mules, it runs in the direction of Saint-Martin, situated 4620 feet in a picturesque valley in which the sanctuary of Notre-Dame-de-Vie is of special interest. Behind Saint-Martin, in the background of the valley is the Col des Encombres (7,800 feet altitude) connecting this part of the Tarentaise with the Maurienne. Towering over the Col des Encombres, appears the Grand-Perron des Encombres (9,330 feet), which the tourist who passes this way should ascend; from its summit one enjoys the most imposing and extensive view of the panorama of the Alps.

From the valley of Saint-Martin of Belleville one can return to Brides by crossing the col de la Lune into the valley of the Allues.

Saint-Marcel. — The Déroit du Siex. — Villette. — Aime, 2 1/2 h. by carriage. — Bel-lentre. — Bourg-Saint-Maurice, 5 h. by carriage.

A stage coach runs morning and evening from Moûtiers in 2 hours to Aime and in 5 hours to Bourg-Saint-Maurice situated in the foot of the Petit-Saint-Bernard.

After passing Salins and Moûtiers, turning to the left and following for a short distance the right bank of the Isère, through a beautiful little valley, the traveller reaches the village of Saint-Marcel. It is here, on the rock of Saint-Jacquemoz, where Saint-James the evangelist of the Tarentaise and first bishop of Moûtiers, built his residence, which also served to his successor Saint-Marcel, and which later on, was converted into the feudal castle of the prelates and lords of Moûtiers. This castle was destroyed by Lesdiguière in the XVI century and all one can find in its scanty ruins are the cistern and a dungeon cut out of the solid rock. Close to the small lake, at the foot of the road, are also to be seen the remnants of the old highway built by the Romans, and numerous tombs testify to the presence of a gallo-ro-

man burial ground. Not far of to the left of the road, in the midst of the forest, are the ruins of the castle of the Pérouse, ancient residence of the governors of the high Tarentaise.

The road from Saint Marcel rises upwards, skirting the mountain side, and below the Isère rushes through its deep rocky bed. The valley grows more and more narrow until you enter the « Détroit du Siex », a gorge so narrow that the rocks had to be tunnelled in three places, to give passage to the road. Above the last tunnel a lively cascade sends down its sparkling streamlet. On one side the road is bordered by a huge wall of rocks 650 feet high and on the other by an awe inspiring precipice, the aspect of which forms a great contrast to the sunlit beautiful valley you left behind and in which the village of Saint-Marcel appears like a green oasis. It was from this spot, that Lesdiguière destroyed, with his canons the castle of the archbishops.

After the Détroit du Siex, and after having crossed the plain of the Centrons, the name of which calls to memory those robust mountaineers, who dared for an instant to arrest the hosts of Hannibal on their march through Gaul to the conquest of Rome, the road leads, past Vilette and its abbey standing on an eminence, and brings you to Aime.

Axima was entrenched camp of the Romans, and as a fortress was of some importance in the middle ages.

To day Aime is only a simple chef-lieu and all that remains of its ancient splendor, are a few old towers which have withstood the destructive tooth of the elements and ages.

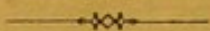
The most remarkable sight is the church of Saint-Martin, a striking edifice which counts among the historical monuments of France. One finds in it the remnants of a roman church, dating from the first century of the christian era, the crypt of which was constructed with the material taken from the ruins of a roman temple. The walls of the church show still fresco decorations dating from the XII century. One also finds several inscriptions dating from the glorious epoch of the Romans, and a collection of roman relics in the shape of weapons, ornaments, pottery, bronzes, etc., arranged in a special hall as a little museum, which will prove of great interest to the archeologist, most of the relics being in a good state of preservation.

One whill also remark close to the church of Saint-Martin, the ruins of the castle of the feudal lords of Montmayeur, and on the heights above, the tower of Saint-Sigismond. which in olden days communicated by a sub-

terenean passage, traces of which still exist, with the castle.

We may mention incidentally the picturesque valley of Beaufort, which is within easy reach from Aime.

From Aime, the road follows the valley, and after passing through Bellentre, an ancient roman station, leaving on the left the village of the Chapelles, and on the right Macôt, a mining village Landry and above Hauteville-Gondon, you will arrive at the Bourg-Saint-Maurice.



Bourg-Saint-Maurice. — The Petit-Saint-Bernard. — Bonneval. — The Chapieux. — The Col du Bonhomme. — The col des Fours. — The Col of the Seigne. — Courmayeur.

The Bourg-Saint-Maurice a bright looking large village, crowned by the rugged peaks and glaciers of the Alps, is beautiffuly situated. One is struck with the fine types of its population and by the headdress of the women, which is called « *frontière* », quite in the sytle one finds in the pictures of the un-

fortunate queen Mary-Stuart. A small, but comfortable hotel offers accomodation to the tourist, and guides and mules, are provided for excursions into the neighbourhood.

A good number of visitors from Brides visit the Petit-Saint-Bernard. Leaving the Bourg-Saint-Maurice, crossing the meadows which stretch from the valley upward to the col of the Saint-Bernard, one comes to the village of Séez. From here two ways conduct to the Saint-Bernard : the first, steep, only fit for pedestrians and mules, leads to the hospice in 3 1/2 hours, the other, a fineroad, broad enough for carriages takes nearly 6 hours. The hospice is tenanted by the members of the religions order of Saints Maurice and Lazare, and its hospitable doors are open to all comers.

Not far from the hospice one finds arranged in a circle, a number of rocks dating from the time of the Druids and at the end of the plateau the antique column called « Colonne de Joux » a fine piece of marble 7 metres high, a monument apparently dating prior to the time of the Romans.

From the St-Bernard 2 1/2 hours easy climbing (a way even easy for ladies) brings you to the rock of Lancebranlette at an altitude of 9,900 feet, from where the view is wonderful on the Mont-Blanc and other giants of the Alps.

From the hospice you can in 4 hours reach Courmayeur, viâ La Thuile and Pré-Saint-Didier; the way over this portion of the country is simply incomparable.

From the Bourg-Saint-Maurice, at the point where the valley forms an angle turning eastward, opens the gorge of Bonneval, leading to the village of the same name, known for its mineral springs. This gorge rises towards Chapieux (5120 feet) and runs out in three different directions. The first runs towards Beaufort through the val of Roselend, one of the most pleasant valleys of Savoy; the second stretches towards the valleys of Saint-Gervais and Chamonix over the col du Bonhomme (7720 feet) or over the col des Fours (8320 feet); and the third towards the valley d'Aoste over the col to the Seigne (8360 feet); this latter passage is beyond imagination, the most beautiful route; the wonders of the Alps appear in all their grandeur; the view one gains on Mont-Blanc is particularly striking, and the Mont-Rose, the group of mountains around the Simplon and the Grand Saint-Bernard stand forth in all their majesty. Descending through the Allée Blanche, noted for the beautiful panorama and charming sights one meets with, the tourist at last enters into the rich fertile « Bassin of Courmayeur. »

Return from Bourg-Saint-Maurice to Brides through Tignes. — The col de Frette. — The vallon de la Leysse. — The col du Palet. — The valley of Peisey.

To return to Brides most of the tourists choose from the Bourg-Saint-Maurice the way viâ the Val-de-Tignes ; to the village of Tignes one can go by carriage. From Séez the valley grows narrower and after passing by Montvalezan-sur-Séez and admiring on our way a beautiful waterfall and the bridge thrown across the torrent of the Champet we arrive at Sainte-Foy (3,470 feet) ; on the other side ; on the left bank of the Isère we see the village of Villaroger.

The way from Sainte-Foy to Brévières by La Thuile of Sainte-Foy and Les Pigettes, is charming ; we meet the Isère seeing the light of day from out of the rocks, which seem to bar its passage and feast our eyes on the grand sight of the imposing glaciers of the Thuria or Mont-Pourri (13,330 feet) and the many splendid cascades from the mountain sides.

From the Brévières the panorama on our way takes somewhat gloomy character, but arrived at Tignes (5,475 feet) the valley wi-

dens and offers to the eye a refreshing picture and a pleasing contrast to the tracts we left behind.

From Tignes one can pass into Italy by crossing the col of the Galise (9,900 feet), leading to Locana, or by the val de Rhêmes, reach Aoste in 15 hours across the col de Rhêmes (10,110 feet) one the finest passes of the Alps, passing the lake of the Sassièrè and over vast snowfields.

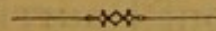
From Tignes experienced guides will accompany the alpine tourist on excursions to the glacier of the Grande-Motte (12,080 feet), to the Grande-Sassièrè (12,390 feet), and finally to Mont-Pourri (13,330 feet); the latter excursion is perhaps more easy from Peisey, where also guides are at the disposal of the tourists, all being controled by the French Alpin Club.

Refore leaving Tignes I must mention its beautiful lake, noted for its excellent trout and the pretty picture it represents, reflecting as it does like a mirror the beauty of its surroundings.

From the lake of Tignes, taking across the col de Fresse (8540 feet) and over the col de La Laysse (9170 feet) and through the vallon de La Laysse, one reaches Entre-deux-Eaux; from here the way passes over the col of the Vanoise, and viâ Pralognan and Bozel, brings the tourist back to Brides.

Another route leads from the lake of Tignes to the right across the Col du Palet (8770 feet), from the heights of which the tourist contemplate the grandest and wildest looking mountain scenery that can be imagined. From the Col du Palet, the way leads down to Champagny-d'en-haut, which you reach in about 4 hours.

Another route still towards Brides is the one, which from the col du Palet runs at the right by the lake of Gratelo and over the meadows of the Plagne, down to the hamlet of the mine (5055 feet) known for its coal mines, and beautifully situated ; from here you descend to Nancroix, where in the chapel a picture of Magdalena, by an italian master, is worth seeing. Leaving farther down the village of Peisey to your right and passing at the bottom of the valley by the village of Landry, you come to Bellentre unto the highway between Bourg-Saint-Maurice and Moutiers.



*Cascade of the Glaise. — The Col de la Coche.
The Col du Golet.*

Before finishing these notes, let me mention a few more excursions which can be made in one day. To the village of Briançon,

noted for its bridge across the Isère, dating from the time of the Romans, and for its cascade springing from the col de la Loze. The way leads viâ Moutiers and Aigueblanche. From the latter place, the tourist can take the road on his left leading to the tower of Le Bois, where an old castle stands conspicuous in a beautiful landscape and continuing his way ascend the passage of the Coche, a pretty little valley with a lake and many chalets worth visiting; from here he can pass viâ Fontaine-le-Puits into the valley of Saint-Jean-de-Belleville and after a 6 hours march return to Brides viâ Salins.

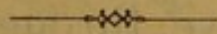
From the col of the Grande-Coche in climbing the heights of Pierre-Larron, one can reach after two hours the summit of Crève-Tête (7670 feet); a slope on the north side, rather steep terminate at the col du Golet (6,730 feet); the view is beautiful on the Col de la Madeleine, the Aiguilles d'Arve, the Isère valley, the Petit-Saint-Bernard, the Mont-Blanc, the Mont-Pourri and the delightful valley of Bozel, backed by the glaciers of the Becca-Motta, Grand-Bec and the top of the Creux-Noir.

From the Col du Golet one reaches quickly Saint-Jean-de-Belleville and by the hamlet of Villarly, one descends viâ Fontaine-le-Puits and Salins to Brides.

Hautecour. — Montgirod.

Above Moutiers lies the territory of Haute-cour, a scale of plateaus, a sort of natural park, with vales, rivulets, meadows and groves. The principal village (3540 feet) is built in the midst, of these delightful surroundings. Worth seeing there is an « Oppidum gaulois », and the little chapel where lies buried His lordship Charvaz, one archbishop of Genoa.

From Hautecour the tourist can push on in one direction as far as Montgirod (3670 feet), a point from which one has a fine view into the valley of Aime, and in the other as far as the Plan-des-Ours (4250 feet), above Villargerel and the valley of Aigueblanche.



The Col de la Lune. — The blue lake.

The Mont-Jovet.

Wher we have to point out only three more excursions, which can be made either on foot, or on a mules back.

The first is to the Col de la Lune (6930 feet); the distance is 4 hours walk through



