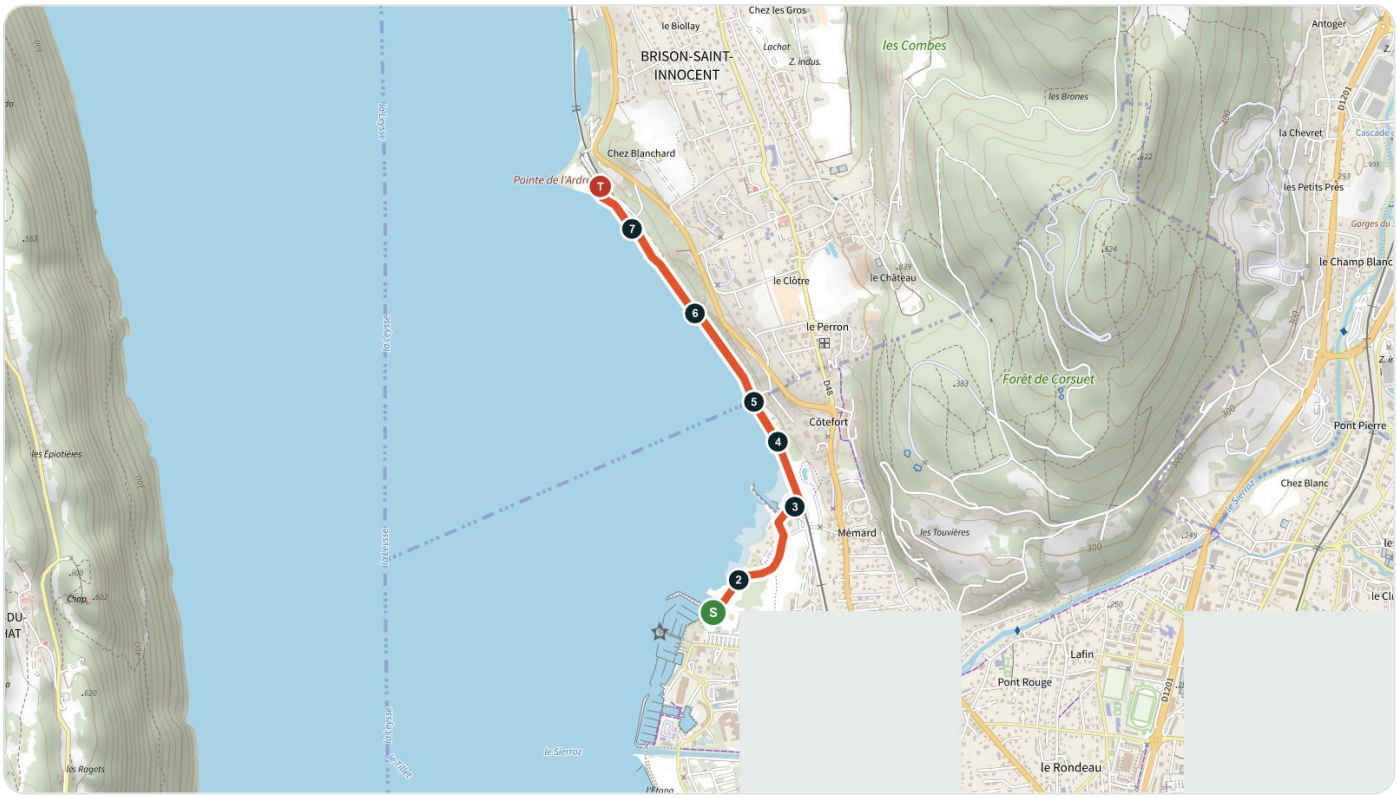
The "Au fil de l'eau" trail

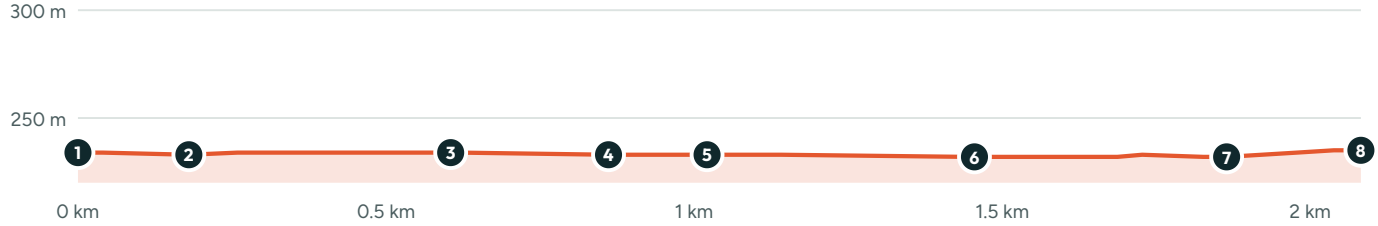
From the Grand Port in Aix-les-Bains, this trail follows the Baie de Mémard to the Pointe de l'Ardre, in Brison-Saint-Innocent. After a surfaced path as far as the Maison de la Roselière (reed-bed house), two boardwalks on stilts, rebuilt in 2026, run above the reeds facing the Dent du Chat. Please note: the trail closes every winter, from 15...

4.2 km	+5 m	1 hr 30	Easy difficulty
there and back	total climb	walking time, without breaks	



S: start · T: turn back · 1, 2, 3: steps · route

Elevation profile one way (back the same way)



Why we love it

- Two boardwalks on stilts above the reeds, rebuilt in 2026
- The Dent du Chat and the north of the lake from the Pointe de l'Ardre
- The Baie de Mémard and its reed bed, a refuge for birds
- A start in town, at the Grand Port, with no car needed

The "Au fil de l'eau" trail

4.2 km · +5 m · 1 hr 30 · Easy

STEP BY STEP

1. **The Grand Port** km 0
   From Le Patio, allow 40 minutes on foot (3.1 km) via the rue Jean-Jaurès, the boulevard Pierpont-Morgan and the boulevard Garibaldi, or 10 minutes on line 1 ("Grand Port" stop). The trail starts east of the port, beside the Mémard beach: follow the gravel path north-east.

2. **Mémard beach and the Jardin Vagabond** km 0.2
   The path runs along the Mémard beach, then the Jardin Vagabond, a natural area whose pond delights young and old: with a bit of luck, you will spot frogs and other amphibians there.

3. **Mémard harbour and the boules ground** km 0.6
   At the end of the Jardin Vagabond, pass the little Mémard harbour and walk alongside the boulodrome (boules ground). Then take the path on the left that follows the railway line.

4. **Between the railway and the reed bed** km 0.9
   The path runs between the tracks and the reed bed of the Baie de Mémard, with open views over the lake and the mountains. The official route sheet mentions signs about the lake's wildlife and plants along the way.

5. **End of the surfaced path, Maison de la Roselière area** km 1
   The surfaced path ends near the Maison de la Roselière, an old house turned into a nesting box for birds and bats. With a pushchair or a wheelchair, turn back here. Beyond, it is an earth path with roots and stones.

6. **The first boardwalk** km 1.5
   After 400 m of natural path, the first boardwalk on stilts stretches 230 m over the water and the reeds. Rebuilt in 2026, it has an aluminium frame and steel gratings that let the water through in a flood.

7. **The second boardwalk** km 1.9
   A short stretch on land leads to the second boardwalk, 107 m long, facing the Dent du Chat.

8. **The Pointe de l'Ardre** km 2.1
   You reach the Pointe de l'Ardre, in Brison-Saint-Innocent: a beach, lawns and a view of the Dent du Chat and the north of the lake. Return the same way, making 4.2 km there and back from the Grand Port.

Practical information

Start	Grand Port, Aix-les-Bains, Mémard beach side (234 m)
From Le Patio	Bus line 1 or 40 min walk from Le Patio
Without a car	Ondéa line 1 (towards Pont Rouge) from the "Près Riants" stop, a 7-minute walk from Le Patio, to the "Grand Port" stop: a 10-minute ride, then 5 minutes on foot to the start.
Parking	Car parks at the Grand Port and near the Jardin Vagabond, according to the official route sheet (prices not published).
Season	Open from 15 March to 15 October only: a prefectoral order closes the trail every year from 15 October to 15 March, so that nesting birds are left undisturbed.
Waymarking	Promenade confort sign at the start, at the Grand Port.
Water	No drinking water point on the trail reported by the official sources: bring a water bottle.
With children	Easy and flat, fine with children once they walk well.
Dogs	Not allowed on the trail, and neither are bikes or fires (Grand Lac).
In your bag	Trainers, binoculars for the reed-bed birds, a water bottle.

Before you go

- Trail closed from 15 October to 15 March by prefectoral order: do not go past the barriers.
- Dogs, bikes and fires are not allowed.
- Beyond the Maison de la Roselière: roots, stones and narrow boardwalks, impossible with a pushchair or wheelchair.
- The boardwalks are just above the water: keep a close eye on children.

Our tip

Come between mid-March and mid-October, late in the day, with binoculars, and take line 1 to the Grand Port to save your legs for the walk there and back.

In an emergency

Call 112, the European emergency number, which works even without your own network.

Interactive map and GPX

Follow your position on the route, on your phone.

Le Patio, in central Aix-les-Bains

Air-conditioned apartment with a terrace, for 4.

Concierge: +33 6 16 86 04 34.

Information checked on 22 October 2026 against official sources. Indicative route (OpenStreetMap contributors, ODbL), IGN RGE ALTI elevations, IGN base map: always follow the waymarks and check the weather before you set off. https://lepatio-aixlesbains.fr/en/hiking-aix-les-bains/sentier-au-fil-de-l-eau/