



# ARAVIS MASSIF - LAND OF PASTURES self-guided


Bearded vultures and culinary specialities





That landscape shaped by man and nature is the perfect place for a getaway in the middle of mountain pastures. Mankind is at the origin of traditional villages covered with "tavaillon", but also of farmland locally known for the cheese reblochon.

Local nature is verdurous thanks to wetlands, the visible work of glaciers and animal species still present in this massif: chamois, ibex, marmots, golden eagles and rare bearded vultures.

From the most emblematic sites (Aravis pass and Colombiere pass, Beauregard plateau, Lake Confins and Lake Lessy) to others that are more secret, this route also runs between the sporty village of La Clusaz and the authentic Grand-Bornand. All in a "cosy" version every night!

 6 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : \*\*

 From : 680€

## You will like

- Gentle walks in the green mountain pastures
- Great local products (charcuterie and french cheese : reblochon, tomme, abundance...) to be tasted in cozy accommodation
- Wildlife particularly present (ibex, chamois, bearded vultures, eagles ...)
- The stunning landscapes of Aravis limestone walls, facing Mont Blanc

# The route

## Day 1

Meet at the cable car of Beauregard next to La Clusaz church.

### BEAUREGARD PLATEAU

Climb to 1644m high by the gondola. Start gently on the aptly named Beauregard plateau, classified Natura 2000 mainly for its wetlands. 360° panorama on Thônes valleys, the Aravis massif, the Bargy massif and the Mont-Blanc. 3 different loop hikes based on different levels, depending on your desires. Night in hotel at La Clusaz.

2 to 4 hours walk depending on the chosen loop / Elevation : +/- 100m, 250m or 350m / 4,5km to 9km

## Day 2

### ARAVIS PASS

A day facing the Mont-Blanc massif, at the foot of the impressive Aravis cliffs. If lucky, you can spot some chamois or bearded vultures. In any case, you will meet griffon vultures ! Loop hike through mountain pastures in one of the most beautiful place in Savoie, legendary thanks to the annual cycling event "Tour de France". As the day before, several itineraries are possible. Go and return by free bus from La Clusaz. Night in hotel.

3 to 5 hour walk depending on the chosen itinerary / Elevation : +/- 400 to 700m / 7,5km to 19km

## Day 3

### LES CONFINS - TETE DU DANAY

Free shuttle to Lake Confins. Quick walk around the lake at the foot of the famous Aravis coombs and climb to "Tête du Danay" (Danay head). Wonderful 360° panorama over the glaciers. Easy descent on the ridge before getting to the traditional village of Grand-Bornand in a nice spruce forest. In option, start hiking from La Clusaz (+420m).

4 to 4.5 hour walk / Elevation : +380m ; -850m / 9km

## Day 4

### BALCONY TRAIL AND ARAVIS PASTURES

Climb by the Joyère gondola to cross the pastures of Grand-Bornand, south balcony trail, facing the Aravis massif. An opportunity to get to know Abundance cows and breeders, on these reblochon lands. Arrival on the "Terres Rouges" ridge where a 360° panorama extends in front of you before going down to Chinaillon, crossing pastures and blueberry lands. Night at the hotel.

4.5 hour walk / Elevation : +450m ; -530m / 12km

## Day 5

### SAMANCE PLATEAU - GYPAETE LOOP HIKE

At the foot of the Bargy massif, on the wonderful Samance pastures, walk in a preserved area where ibex and bearded vultures are mostly present, just as farming. At Cuillery hamlet you get the chance to taste local reblochon. In option, climb to "Roc des Tours" or "Aiguille Verte" to extend the hike. Nice panorama on the Mont-Blanc massif and Lake Lessy. Night in hotel.

2 to 5 hour walk depending on the chosen itinirary / Elevation : +/-270m to +/-750m / 6km to 10,5km

## Day 6

### CHINAILLON - GRAND-BORNAND

Cross Vieux-Chinaillon village with its specific roof style and balcony trail to La Culaz, under "Roc des Tours". Ibex and

chamois like to rest here. Continue to Tannaz area, less frequented. Descent to Grand-Bornand under nice limestone cliffs and by Replaine wood. Way back to La Clusaz by bus.  
3.5 hour walk / Elevation : +300m -680m / 8km

**End of trek in the afternoon at La Clusaz train station.**

# The trip

## LEVEL \*\*

Elevation: +300m to +480m and -450m to -625m average per day depending on the chosen path.

Walking time: 3.5 to 4.5 hours average per day.

Type of trek: mountain route with no technical difficulty. Accessible to anyone in good shape.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling or any other sport.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

## ROAD BOOK

Before departure, we send you a travel folder containing:

- 1 IGN TOP 25 maps with the route highlighted ;
- 1 road-book containing all the information necessary for the trek ;
- 1 waterproof map holder ;
- Accommodation list.

## BAGGAGE TRANSPORT

**With baggage transport:** your baggage is transported daily by our vehicle.

It is possible without luggage transport.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The Aravis massif is a well indicated territory well know for trekking. The path is well marked and frequented. The Grande Randonnée (GR) itinerary is marked with red and white paint. Yet, you can come across different colours on the other trails. Rely on signs.

It is preferable to know how to read a 1/25000 topographical map.

## ACCOMMODATION

5 nights in hotel in a room of 2 :

- La Clusaz (2 nights) : Hotel\*\*
- Grand-Bornand (1 night) : Hotel\*\*
- Le Chinaillon (2 nights) : Hotel\*\*\*

On request, you can spend the night at the La Clusaz in a 3-star hotel with spa and in a 4-star hotel with spa at Chinaillon.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered in each accommodation the day before. You can stock up each evening at La Clusaz, at Grand-Bornand or at Chinaillon. That's an opportunity to buy local products (charcuterie and french cheese : reblochon, chevrotin, abundance...)

Please inform us about your food allergies and special diets **at the time of booking.**

*We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some*

*additional products for your own picnics.*

## **PERSONALISED TOURS**

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## **MAPS**

IGN Top 25 - 3531 OT - Megève - Col des Aravis

IGN Top 25 - 3430 ET - La Clusaz - Le Grand-Bornand

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet at the cable car of Beauregard next to La Clusaz church.**

- BY TRAIN

2019 timetable. Depart from Paris-Gare de Lyon train station to Annecy. Several trains each day, from 3:40 to 4:20 hours ride. Then bus to La Clusaz.

Return: Bus from La Clusaz to Annecy and train around 7pm to Paris Gare de Lyon (arrival around 11pm).

*Times given are indicative and should be verified in a train station or on [Oui.sncf](https://www.oui.sncf)*

Consult timetables of bus 62 and 63 Annecy - La Clusaz - Le Grand-Bornand on the website [Altibus.com](https://www.altibus.com)

### BY CAR

Take the A41 motorway, exit number 17 at Annecy Nord and follow Thônes and then La Clusaz. Or A40 to Bonneville (exit 16) and then La Clusaz. Free parking at La Clusaz train station.

### CAR-SHARING

Get in touch with some people to share their lift! Here are some website recommendations: <https://www.blablacar.fr/>  
<https://covoituragelibre.fr/> <https://www.laroueverte.com/> <https://www.roulezmalin.com/>

**End point at Cluses train station in the afternoon.**

## ACCOMMODATION BEFORE AND AFTER

Here's a few websites :

- [La Clusaz](#)
- [Le Grand-Bornand](#)
- [Saint-Jean-de-Sixt](#)

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

## CONTACT US

If you are late please contact the agency as soon as possible on: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

# Dates & prices

## DATES AND PRICES

Daily departures from mid-June to the beginning of September 2024

### **Comfort version in hotel with luggage transport**

**For 2-3 people: 740€**per person

**For 4-5 people: 695€**per person

**For 6 people and more : 680€**per person

Single supplement : 250€.

In option, possibility to sleep in a 3-star hotel at the La Clusaz and in a 4-star hotel at Chinaillon.

Please consider a supplement of 40€ to 60€ if the ski lift is closed.

**More informations and booking via e-mail or phone call.**

## THE PRICE

### Includes:

- Organisation and booking fees ;
- Half board from the dinner of day 1 to breakfast of day 6 ;
- Accommodation in hotel, tourist tax ;
- Baggage transport ;
- Bus transfers ;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€).

### Does not include:

- Personal expenses (drinks, etc.) ;
- Lunch picnic
- Touristic visits ;
- Airport taxes ;
- Cancellation insurance ;
- Cable car on day 1 (return ticket : around 8€ per person) and on day 4 (around 6€/person return ticket with host card) ;
- Your return journey from home to the point of departure/end point.

**The price is all inclusive from departure to end point.**

# Equipment and baggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily between accommodation by our logistics vehicle where access is not always easy. **Baggage which is too heavy won't be accepted by the drivers, please think of their backs!**



## HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
  - Surname, First Name, Date of birth
  - Address
  - Email
  - Telephone
  - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
180, route du lac  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE