

# BETWEEN LAKE GENEVA AND MONT-BLANC

## Family trek with donkeys



Come and discover the Chablais, between Lake Geneva and the Mont Blanc, Geopark Global UNESCO certified, the historical mountain pastures await... Sleep in a hunter style camp, follow marmots, walk to a mountain pass or a small summit and go beyond yourself. Make a herb garden and even a watermill!

And to round off the adventure, spend one last night away from civilisation, in a refuge nestling in the heart of the mountains!

Along the way the donkeys accompany us, faithful companions who carry our picnic, gently led by the bridle and cuddled, they quickly become children's best friends.

🕒 6 days

👤 Guided / with a guide

🚚 With or without baggage transport

🏠 Accommodation : Refuge & hotel

🗝️ Level : \*\*

🏠 From : 715€

## You will like

- The presence of the donkey companion for your children
- Observing lots of animals: marmots, chamois and horned mountain sheep
- The stunning mountain scenery, especially on the Mont Blanc
- The discovery of the local flora and the creation of a herb garden and watermill
- Encounters with local mountain farmers
- Two nights in a hunter style basecamp
- A night in a refuge, in the heart of the mountain

# The route

## Day 1

**Meet Sunday at 2:30pm in front of the Post Office in Morzine.**

### **MORZINE - MONTRIOND LAKE**

After a short briefing, start off on an easy hike to get used to the donkeys... learn to lead them, give some gentle coaxing and kind cuddles. Cross the Dérêches Park and climb up towards the Montriond Lake along the local river La Dranse. Swimming and nautical activities possible on the lake. Or an extra hike to reach the Ardent waterfall. Night in a hotel near the lake in a Canadian atmosphere.

2 hour walk / Elevation: +100m

## Day 2

### **COL DU FORON - COL DE LA BOLIRE**

The day starts with a "hello" to Pierrot, always ready to tell a story about his life in the pastures with his herd. Climb to the Col du Foron (1832m), with the donkeys where we can see numerous chamois and marmots in this corner of paradise. Arrive at the Col du Foron and the brave mountaineers can climb to the summit of the Pointe de Chalune at 2116m with its superb views of the whole of the Chablais mountain range and Lake Geneva. Descend via Chalet Blanc and the Col de la Bolire. Return for a second night to our hunter style basecamp.

4.5 hour walk / Elevation: +/- 550m

1.5 hour walk / Elevation: +/-220m to Pointe de Chalune

## Day 3

### **COL DE LA BASSE - LES PRAZ - LAC DES MINES D'OR**

It's time to reach our new playground. Climb to the Col de la Basse for a final view of the Roc d'Enfer and Mont Blanc. Descend through the mountain pastures of Les Praz and Côte d'Arbroz, before returning to the Vallée de la Manche after a short transfer to the Lac des Mines d'Or.

Settle into your hostel for two nights, facing the mysterious Terres Maudites...

4.30 hour walk / Elevation: +/- 350 m

## Day 4

### **SMUGGLING TO THE COL DE COUX**

A big day! Depart early with the donkeys towards the farm at Freterolles to watch Louis-Paul making cheese, local tomme de Savoie and goats cheese. For those who don't like the smell of cheese you may drink a coffee (or a glass of local white wine!) in the farmhouse bar whilst you wait. We continue on to the Col de Coux at 1920m the French Swiss border rich in historic tales of smuggling, clandestine crossings, gold prospectors and a route for migrating birds... Descend through mountain pastures amongst local Abondance breed cows. Second night in the gîte at Lac des Mines d'Or.

5 hour walk / Elevation: +/-530m

## Day 5

### **COL DE LA GOLÈSE - REFUGE DE BOSTAN**

Our budding adventurers set off on foot from the gîte, with our donkeys, for a final night in the heart of the mountains! We climb through forest and pastures to the Col de la Golèse. The landscape changes as the Dents d'Oddaz range emerges like the crest of a huge sleeping prehistoric animal... a short traverse, a last little climb to reach the refuge, nestled against the animal's side, and the discovery of the Lapiaz can begin. Overnight at the Bostan refuge, in the magical atmosphere of a late day far from civilisation!

4.30 hour walk / Elevation: +580m /- 210 m

## Day 6

### **VALLON DE CHARDONNIERE - MORZINE**

From the refuge, traverse to the Bostan ridge and then descend to the Chardonnière mountain pasture, at the foot of the majestic Terres Maudites. Picnic by the stream (very useful for making dams and other water mills). Return to Les Mines d'Or along the footpaths and short transfer to Morzine.

4.5 hour walk / Elevation: +150m -510m

**End point Friday at 4:00pm in Morzine.**

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, please ask...

# The trip

## LEVEL \*\*

Elevation: +/- 500m average per day.

Walking time: 4 to 5 hours average per day.

Type of trek: flexible adaptable routes. Easy treks from 8 to 12km maximum per day.

Tour open to children from 6 years old.

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

## GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader.

To thank your guide, it is usual to tip him at the end of the trek. It is not mandatory but, it is very appreciated.

## GET YOUR IMAGINATION WORKING

The Chablais mountains are particularly suited to the discovery of the alpine environment:

- Typical farmed mountain pastures watched over by shepherds;
- Easily reached mountain summits;
- Wildlife in abundance that we can observe with binoculars and spot their tracks;
- Large panorama of the Alps, ideal to learn about geography and geology (if you feel like it!);
- Historic region full of tales of smuggling, gold prospectors, shepherds secrets and more...

We have designed this program with children in mind but also so you may enjoy this experience with them.

## TRAVELLING WITH A DONKEY

Donkeys are your children's companions. They motivate the children to walk beside them, carry the bags for the day, enjoy being brushed, gently led by the bridle and cuddled. They can carry a tired young hiker (children 40kg maximum) on their backs when the terrain permits.

Donkeys walk at around 4km/h and are not able to travel rapidly, but with a little firmness and lots of affection, you'll quickly win over your hiking companion.  
One donkey is provided for 3-4 children.

The donkey is a docile, placid and gentle creature but has its own character! It can be unpredictable and we must always remain vigilant. During the hike, the possibility for a child to sit on the donkey is the sole responsibility of the adult responsible for the child. It is therefore requested to have accident and personal liability insurance.

## ACCOMMODATION

2 nights camping (tents and mattresses provided, \*bring your own sleeping bag) ;  
2 nights in family rooms for 2 to 4 people in a gîte or hotel ;  
1 night in dormitory in refuge.

The "hunter" style basecamp is as comfortable as possible whilst keeping close to nature: communal mess tent with dining table and wood stove, family tents for the night with thick sleeping mats, fire pit area for the barbecue, compost toilet and washing area.

The refuge does not have any shower.

## MEALS

Breakfast and dinner are provided in each accommodation or prepared together at the camp. During the two nights in the bivouac, meals are prepared together and the dishes are washed together using water from the nearby spring. It's a collective living space that provides a break from the usual rhythm of life and requires everyone to get involved. Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

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.*

## MAPS

IGN 3528ET Morzine (1/25 000) GROUPE

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Sunday at 2:30pm in front of the Post Office in Morzine, with your baggage prepared and dressed ready to start walking.**

### BY TRAIN

Timetables must be checked on [www.oui.sncf](http://www.oui.sncf)

### BY BUS VIA THONON OR CLUSES

[www.sat-leman/ligne-91-thonon-morzine](http://www.sat-leman/ligne-91-thonon-morzine)

### BY CAR

Take the A40 motorway to Cluses, then direction Morzine/Avoriaz (les Portes du Soleil), follow Taninges, Les Gets to arrive in Morzine. Covered free parking behind the church in Morzine (500m from the meeting point).

**End point Friday at 4:00pm in Morzine.**

## ACCOMMODATION BEFORE AND AFTER

Hôtel Alpen Roc : +33 (0) 50 75 75 43

Chalet Manava B&B : +33 (0)4 50 75 60 85

Tourist Office Morzine: + 33 (0)4 50 74 72 72

[www.morzine-avoriaz.com](http://www.morzine-avoriaz.com)

## 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

## DEPARTURES AND PRICES

Adult : **850€**

Teenager (12-15 years) : **750€**

Child (6-11 years) : **715€**

From 30/06/24 to 05/07/24	Open departure	715 €
From 07/07/24 to 12/07/24	Guaranteed departure	715 €
From 14/07/24 to 19/07/24	Guaranteed departure	715 €
From 21/07/24 to 26/07/24	Guaranteed departure	715 €
From 28/07/24 to 02/08/24	Guaranteed departure	715 €
From 04/08/24 to 09/08/24	Guaranteed departure	715 €
From 11/08/24 to 16/08/24	Guaranteed departure	715 €
From 18/08/24 to 23/08/24	Guaranteed departure	715 €
From 25/08/24 to 30/08/24	Open departure	715 €

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and snacks during the day;
- Accommodation in tents, gîtes or refuges, shower tokens in accommodation if required;
- Daily luggage transport between accommodation by the donkeys and bus transfers.

### The price does not include:

- Personal expenses (drinks, etc...), touristic visits;
- Airport taxes;
- Cancellation insurance;
- 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 crantées
- A pair of plastic 'Croc' type shoes to play in the water.
- 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. For children, a small backpack of 15 litres to carry a waterproof jacket and waterbottle.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag with all your possessions inside, no heavier than 10kg per person**. Your baggage has to be carried everyday by a driver and will be transported daily between accommodation by our logistics vehicle.

**Baggage which is too big and too heavy won't be accepted by the drivers, think about their backs!**

*If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.*

## YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

**On night 5**, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.



You can gather your belongings in a waterproof bag (furnished) which will be transported by the donkeys.

# Details

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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  
62 Passage du Nant Devant  
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