



GRANDE TRAVERSEE DES ALPES - 2nd section

From Mont Blanc massif to the Maurienne valley




Travel across the Alps, meeting both the people and the mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance hike. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five counties and some of the most famous mountain ranges in the Alps.

2nd section: Mont-Blanc, Beaufortain, Vanoise


This section leads from the giant glaciers of the Mont-Blanc massif to those equally imposing of the Domes de la Vanoise. On our way, collections of milk cans remind us of the authenticity of farming life in the Beaufortain pastures and then on the Vanoise the first National Park in France, created in 1963, land of ibex and marmots.

One of the benefits of being with a guide is the opportunity to discover some beautiful variants and mountain passes stress-free! The chance to feel alone in the world, in the vast preserved Beaufortain and Vanoise areas.


 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ***

 From : 920€

You will like

- Discovering wild and authentic mountain ranges
- Different geological landscapes along the way
- High mountain passes and magical landscapes
- Seeing the production and tasting Beaufort cheese, known as "the king of Gruyere cheese"
- The numerous lakes along the way
- Baggage transport

The route

Day 1

Meet at 9:30am at Bellevue cable car in Les Houches.

LES HOUCHES - LES CONTAMINES

Take the cable car and depart on foot from 1800m. Crossing to the foot of the Bionnassay Glacier before climbing to the Tricot pass. Descend to the Miage chalets and on to Les Contamines. Night in a small dormitory in a village gîte.

5.5 hour walk / Elevation: +650m -1250 m / 11km

Day 2

COL DE LA CROIX DU BONHOMME - CORMET DE ROSELEND

Climb via the Roman road to the famous mountain pass, Col du Bonhomme. Descend via the Crête des Gittes and the vast Beaufortain pastures to arrive at Plan de la Lai. Night in a dormitory above Lake Roselend.

6.5 hour walk / Elevation: +1450m ; -800m / 17km

Day 3

COL DU BRESSON, UNDER PIERRA MENTA - ROSUEL

Balcony trail overlooking Lake Roselend and climb to the Bresson pass (2469m) at the foot of the Pierra Menta mountain. Descend through the Ormette valley and alongside small water channels in the hamlets to reach Valezan, part of the Tarentaise valley. Taxi transfer to Peisey Nancroix and La Porte de Rosuel. Night in a dormitory in a refuge.

7 hour walk / Elevation: +900m -1200m / 16km

Day 4

COL DU PLAN SÉRY - CHAMPAGNY LE HAUT

Enter into the Vanoise National Park at the foot of Mont Pourri and Dôme de la Sache. After the lake of La Plagne, the ascent of the Plan Séry pass leads into the Vallaisonnay valley and its amazing geology. A final descent along the Py waterfall to the various hamlets of the Champagny valley. Night in a gîte at Champagny-le-haut.

7 hour walk / Elevation: +1050m -1150m / 18km

Day 5

TOUR DU MERLE - REFUGE DU GRAND BEC

The hike starts in a large spruce forest, the path rises to pass through all levels of vegetation until it reaches the Grand Bec refuge. Set on its promontory, it enjoys a large view of the glaciers above and the Pralognan valley below. Possibility to go through the very alpine col des Galinettes (2750m) depending on the conditions.

Night in a dormitory in the refuge **without luggage transfer** (and without shower).

5.5 hour walk / Elevation: +1250m -300m / 10km

Add +/-100m by the col des Galinettes

Day 6

COL DE LESCHAUX - LES PRIOUX

After leaving the refuge begins a wild traverse to the Leschaux pass. From there, the path goes on a balcony with the Vanoise glaciers and the Grande Casse (3855 m) in sight. The path is impressive but well marked and chained to the famous Lac des Vaches. A final descent takes you to the village of Pralognan. From the Col de Leschaux, or from the refuge, a second route allows you to avoid the balcony path in case of bad weather. Night in a dormitory in refuge.

7 hour walk / Elevation: +900m -1600m / 17km

Day 7

CHAVIÈRE PASS - MAURIENNE VALLEY

Climb Chavière valley dominated by the Domes de la Vanoise in a lunar landscape punctuated by cairn forests (piles of stones). The Aiguilles de Péclet-Polset indicate the nearby Chavière Pass. Descend into the Maurienne Valley through the pastures. Short transfer to Modane from Porte de l'Orgère.

6 hour walk / Elevation: +1100m -900m / 16km

End point around 4:00pm at Modane train station.

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. (depending on the natural conditions and the fitness of the group).

The trip

LEVEL ***

Elevation: + 950m -1100m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain route on trails with some well equipped aerial sections.

You need to be in good physical condition. Regularly practice an endurance sport such as walking, running or cycling, for 3 to 4 hours a week. Your physical preparation will make your trek easier and more enjoyable. Click here for a description of the different levels: [hiking level](#).

Please note: some névés may be present on the paths until the end of June, particularly on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

GUIDING

Group from 6 to 14 people supervised by a guide. The mountain leader may adapt the programme to suit the level of the group and/or the natural conditions. As a last resort, he is the sole decision-maker.

As a thank-you, it's common practice to tip your guide at the end of your tour, depending on your satisfaction. This is not obligatory, but it is greatly appreciated.

ACCOMMODATION

CLASSIC: 5 nights in refuges, gîtes, 1 night in a hotel.

All accommodation offers hot showers except Refuge du Grand Bec (night 5). However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your guide and include 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.

CURRENCIES

Bring cash for your personal consumption and expenses, some accommodation don't accept credit card.

MAPS

IGN Top25 3531 ET St-Gervais ;

IGN Top25 3532 OT Beaufortain ;

IGN Top25 3532 ET Les Arcs ;

IGN Top25 3633 ET Tignes ;

IGN Top25 3534 OT Trois Vallées.

Practical information

DEPARTURE

From mid-June to mid-September.

ACCESS TO DEPARTURE POINT

Meeting point at 9:30am at the Bellevue cable car in Les Houches. Regular buses across the village.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) - St-Gervais-le Fayet by TGV, then to Les Houches on the Mont Blanc Express.

Return: Modane - Chamonix via Chambéry.

www.oui.sncf

BY CAR

Take the A40 motorway direction Chamonix, exit 21 Saint-Gervais-les-Bains.

Free parking near the train station. Then train to Les Houches on the Mont Blanc Express.

Return: Modane - Saint-Gervais-le-Fayet via Chambéry on train www.oui.sncf

In option: return transfer from Modane to Les Houches. Book on registration: 50€ per person.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations www.blablacar.fr www.laroueverte.com

www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

Lyon (LYS)

2.15 hours by car to Chamonix.

Train every 2 hours to Chamonix, 4.15 hour journey (40-45€ pp return)

Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

End point around 4:00pm at Modane train station. Do not hesitate to visit the museums in Modane whilst waiting for the train.

ACCOMMODATION BEFORE AND AFTER

[Saint-Gervais](#)

[Chamonix](#)

[Modane](#)

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

Possibility to link up 2 or 4 sections of the GTA :

- [GTA 1 and 2](#)
- [GTA 3 and 4](#)
- [GTA 1, 2, 3 and 4](#)

From 13/07/25 To 19/07/25	Last places available	920 €
From 20/07/25 To 26/07/25	Last places available	920 €
From 27/07/25 To 02/08/25	Guaranteed departure	920 €
From 03/08/25 To 09/08/25	Guaranteed departure	920 €
From 10/08/25 To 16/08/25	Last places available	920 €
From 24/08/25 To 30/08/25	Open departure	920 €
From 07/09/25 To 13/09/25	Last places available	920 €

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- The cable car from les Houches on Day 1 ;
- Baggage transport between accommodation (except on day 5);
- Bus transfers on Day 3 and the Bellevue cablecar.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Baggage transport and shower on day 5 at refuge du Grand Bec ;
- 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 luggage

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
- Lightweight jacket
- 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 (0.40L to 0.50L)
- 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, except day 5, between accommodation by our logistics vehicle where access is not always easy.

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

YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

On night 5, your luggage won't be delivered 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 toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

HOW TO REGISTER

- By internet: 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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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