



GRANDE TRAVERSEE DES ALPES self-guided - 2nd section

From Mont Blanc to the Maurienne



The Alps from one side to the other to meet people and discover mountains. The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean sea is a long-distance journey. The opportunity to take a long break and put daily life aside.


This itinerary runs along the Swiss and Italian borders while crossing five departments and some of the most famous massifs in the Alps.


2nd section: Mont Blanc, Beaufortain, Vanoise

This section takes you through the giant glaciers of the Mont Blanc to those of the Dômes de la Vanoise equally as impressive due to the area they cover. Along the way, milk drums remind you of the authenticity of pastoral life here, rooted in the Beaufortain pastures. No factory farming here with herds of more than 150 cows. This section also is the way between three major valleys in the Alps: the Chamonix Valley, the Tarentaise and the Maurienne valleys.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 595€

You will like

- The well-known mountain ranges: Mont Blanc and Vanoise
- The view over the Mont Blanc from the Gittes ridge
- The local Beaufort cheese
- The numerous lakes along the way

The route

Day 1

Start at the Prarion gondola in les Houches.

LES HOUCHES - COL DU TRICOT - CONTAMINES

Take the gondola to start you on your way to the Col du Tricot at the foot of the Bionnassay glacier. Descend to the village Les Contamines and Notre-Dame-de-la-Gorge.

Night in a small dormitory in the Nant Borrant refuge.

5 - 5.5 hour walk / Elevation: +600m -1250m / 11km

1 hour walk / Elevation: +250m from Les Contamines to Nant Borrant (in july / august, free shuttle to Notre Dame de la Gorge)

Day 2

COL DU BONHOMME - CORMET DE ROSELEND

Climb up along the Roman road to the famous Col du Bonhomme on the Tour of Mont Blanc. Then cross the Gittes ridgeline and traverse through the vast Beaufortain pastures at Cormet de Roselend.

Night in dormitory on the Cormet de Roselend plateau.

6.5 - 7 hour walk / Elevation: +1450m -800m / 17km

Day 3

COL DU BRESSON - PORTE DE ROSUEL

Balcony trail overlooking Lake Roselend and climb up to Col du Bresson at the foot of the Pierra Menta. Descend to the valley of Ormette via small canals and hamlets to reach the Tarentaise valley. Taxi transfer from the Saint Guérin chapel to reach Peisey Nancroix and Rosuel. Night in a dormitory in a refuge **without luggage**.

6.5 - 7 hour walk / Elevation: +950m -1200m / 16km

Day 4

COL DU PALET - TIGNES

Enter into the Vanoise National Park at the foot of Mont Pourri and the Dome de la Sache. The valley continues to the Plagne lake and then the Palet refuge. The limit of the park is just above the Col du Palet (2652m) which you have to cross to go down to Tignes-Val-Claret.

Night in a hotel, in bedroom.

5.5 - 6 hour walk / Elevation: +1150m -550m / 14km

Day 5

VALLEY OF LA LEISSE - COL DE LA VANOISE

Short transfer by local bus to the Val Claret village. Depart to discover the wide spaces of the Vanoise National Park and climb up to the Col de la Leisse. Descend the Leisse Valley with its lakes and where the 1700m south face of the Grande Casse overhangs the trail.

Night in a dormitory in the refuge Col de la Vanoise, **without baggage**.

6.5 - 7 hour walk / Elevation: +1100m -700m / 19km

Day 6

CIRQUES DU PETIT AND GRAND MARCHET

Leave the refuge and take the balcony trails overlooking the Pralognan Valley: Combe de l'Arcelin, Cirque du Dard,

Grand Marchet, Petit Marchet, Valette Lake and Combe des Nants. Descend into the Prioux Valley.

Night in a dormitory in a refuge **without luggage**.

7 - 7.30 hour walk / Elevation: +1050 m ; -1850 m / 15km

4.30 - 5 hour walk / Elevation+300 m ; -1100 m / 11km through Pralognan

Day 7

COL DE CHAVIERE - VALLEE DE LA MAURIENNE

Walk up to the Chavière Valley dominated by the Dômes de la Vanoise, in a moon-like world, dotted with cairn forests. The Aiguilles de Péclet-Polset show us the col de Chavière nearby. Walk down into the Valley of Maurienne among the pastures and to Modane.

Possibility to take a taxi from l'Orgère to Modane, to order the previous day and to pay on site, shuttle at 16.30pm, in july and august).

6.5 - 7 hour walk / Elevation: +1150m -950m / 16km to the Orgère refuge

2.5 hour walk / -880m / 4,5km additional descend from l'Orgère to Modane on foot

End of the trek around 5:00pm at Modane train station.

The trip

LEVEL ***

Elevation: +/- 600m to 1200m approximately per day.

Walking time: 4 to 7 hours per day.

Type of trek: mountain hike on marked trails including gravel paths.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

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

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 75 maps and a roadmap with the marked route,
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

In France trails are marked with red and white stripes for Grande Randonnée (in both directions). It is preferable to know how to read a topographical map at 1/25000.

BAGGAGE TRANSPORT

Two options:

Without baggage transport: you carry your baggage.

With baggage transport: your baggage is transported daily by our logistics vehicle except days 3, 5 and 6.

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the night without your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

ACCOMMODATION

CLASSIC:

6 nights in refuge, in a dormitory.

COMFORT:

D1, D2, D3 and D4 in a room of 2/3 people, extra cost 90€/pers.

All accommodation has hot showers. However, due to increasingly recurrent periods of drought, access to showers in the

refugesis not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening.

PERSONALISED TOURS

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

MAPS

IGN Top75 - 04 - Beaufortain Massif du Mont Blanc ;

IGN Top75 - 03 - Massif de la Vanoise.

Practical information

DEPARTURE

From end June to mid September.

ACCESS TO DEPARTURE POINT

Depart from the Bellevue cable car in Les Houches.

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

CAR-SHARING Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr
www.covoiturage-libre.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)

2h15 by car to Chamonix.
Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

Paris (PAR)

7 hours by car to Chamonix.
Train every 2 hours to Chamonix / 5-6 hours journey (80-120€ pp return)

End point around 5:00pm at Modane train station. Do not hesitate to visit the museums in Modane whilst waiting for the train.

ACCOMMODATION BEFORE AND AFTER

Chamonix Tourist Office: +33 (0)4 50 53 00 24 www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley.

www.chamonix.montblancbus.com/en/bus-lines

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

Daily departure from 22 June to 04 September 2024

Without baggage transport

595€ per person, classic accommodation (based on 2 people)

Single person supplement: **60€**

With baggage transport (except on day 3, 5 and 6)

Departure on Saturday :

720€/person for groups of 2 to 3, classic accommodation.

Single person supplement with a departure on Saturday: **160€**

Other departure day :

845€/person for a group of 2, classic accommodation.

750€/person for a group of 3, classic accommodation.

700€/person for a group of 4, classic accommodation.

680€/person for a group of 5, classic accommodation.

655€/person for a group of 6, classic accommodation.

Comfort option, 5 nights in a 2-person bedroom (or 3-person bedroom) : 130€/pers.

Information and reservation by phone or mail.

THE PRICE

The price includes:

- Accommodation with half-board from dinner the first evening to breakfast of the last day;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Daily baggage transport between accommodation if you have chosen this option (except Days 3, 5 and 6);
- Transfers as detailed in the guidebook;
- Organisation and booking fees, taxes.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Luggage transport on day 3, 5 and 6;
- The cable car up at Les Houches (approx 18€ per person);
- The taxi transfer to Modane on Day 7;
- Travel insurance.

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, except days 3, 5 and 6, 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!

YOUR BACKPACK FOR THE NIGHTW WITHOUT LUGGAGE

On nights 3, 5 and 6, 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 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 phone: +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

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:

A large, light gray rectangular box intended for the user's signature.

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