



TRAVERSE THE AIGUILLES ROUGES MASSIF self-guided

Wild and remote land, close to Chamonix



If Chamonix valley is well known for its omnipresent Mont Blanc, the Aiguilles Rouges massif constitutes its northern border and it remains secret. Composed of sandstone, gneiss and granite, the Aiguilles Rouges massif take its name from the red rocks. This barrier of sharp peaks is surrounded by two exceptional geological formations: to the east... the majestic granite summits of Mont Blanc and to the west... the sedimentary terrains dominated by the calcareous marl black rocks of Buet and the steep limestone cliffs (almost 1000m high) of the Fiz above Lake Anterne. During the trek, you'll certainly see ibex, marmots and with a bit of luck you'll spot bearded vultures that nest here. Other hidden treasures include; limestone lapies at Lake Anterne, caves full of history and the biggest area of dinosaur footprints in Europe!

6 days

Self-guided / without a guide

With or without baggage transport

Accommodation : Classic (dormitory)

Level : ***

From : 505€

You will like

- Breathtaking views of the Mont Blanc range
- A day hiking to Lake Anterne, one of the most beautiful lakes in Haute-Savoie
- "Off the beaten track" trails
- The diversity of fauna, flora and a mineral world offering a large variety of landscapes

The route

Day 1

Meet Sunday at 9:00am in front of Le Buet train station, free car park and transfer to the start of the hike in Les Houches.

AIGUILLETTE DES HOUCHES - MONT-BLANC PANORAMA

The hike starts quietly through a beautiful larch forest. Climb the Aiguillette des Houches (2285m) with Mont-Blanc massif as background. You are entering the Natural Reserves of Haute-Savoie for several days. Wild nature guaranteed! Cross the wild Carlaveyron plateau to Bel Lachat refuge. Night at the refuge, **without your luggage**.

4 hour walk / Elevation: +900m -150m

Day 2

BREVENT - VALLEY OF LA DIOSAZ

Follow the ridge to the Brévent. Stunning views on the Mont-Blanc massif and the high peaks. Descend to Arlevé bridge in the valley of La Diosaz and way up to the pastures of Moède, overlooked by the high limestone cliff of Fiz. Night in Moède-Anterne refuge. In option : evening walk to Lake Pormenaz (45 min return).

5.5 hour walk / Elevation: +800 -780m

Day 3

ANTERNE PASS AND LAKE

Climb to Anterne pass (2257m) to get into the Nature Reserve of Sixt-Passy, territory of marmots, eagles and vultures. Walk through to "Petit Col Anterne" to enjoy a view over the lake and the high cliff of the Fiz before arriving above Cirque des Fonts. Descend to Chalets d'Anterne and climb to the lake on the limestone pavement. Way back to Moède Anterne refuge via the other side of the lake and the pass.

5.5 hour walk / Elevation: +750m -750m

Day 4

SALENTON PASS AND "PIERRE A BERARD" VALLEY

Hike through the back side of the Aiguilles Rouges mountains by Salenton pass, close to Mont Buet. Descend into "Pierre à Bérard" valley, then to the village of Le Buet passing by Bérard waterfall and Farinet cave, hiding a renowned local Robin Hood! Night in hotel near Le Buet. (For those without the option luggage transport, night in a refuge at Pierre à Bérard or at the Loriaz)

6.5 hour walk / Elevation: +650m -1200m

Day 5

TERRASSE PASS - DINOSAUR TRACKS - VIEUX EMOSSON HUT

Nice climb in a beautiful larch forest up to Chalet de Loriaz (2020m). Ascension of Terrasse pass (2648m), steep on the last part and descend to the main dinosaur tracks area with visible fossils in Europe. Night in Vieux Emosson refuge, **without your luggage**.

6 hour walk / Elevation: +1300m -500m

Day 6

EMOSSON DAM - LA LORIAZ - LE BUET

From "Gorge du Vieux", crossing Veudale gorge to reach the old Emosson dam. Balcony trail of Barberine and the

pastures of La Loriaz. Descent facing the Mont Blanc massif to the village of Le Buet, end of the trek.
5 hour walk / Elevation: +200m -1050m

The trip

LEVEL ***

Elevation: +/- 750m approximately per day.

Walking time: 5 to 6 hours approximately per day.

Type of trek: mountain route on rocky path with some aerial passages, punctual and secured by cables.

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

Before departure, we send you a travel folder containing:

- 2 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.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

This tour is well-marked, some sections are not marked but are easy to follow, especially around Lake Anterne.

In France and Switzerland: marks with red and white stripes on Grande Randonnée trails.

It is important 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 Day 1 and 5)

If you arrive by car and park in Vallorcine, you can access your luggage on day 4.

ACCOMMODATION

CLASSIC : 5 nights in dormitory, in refuge, gîte or hotel.

COMFORT (option) : nights 2&3 in a basic bedroom for 2 people in refuge, night 4 in a bedroom in hotel

MEALS

Breakfast and dinner are provided in each accommodation.

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

You can also buy supplies in small local shops on day 1 at Les Houches and on day 5 at Vallorcine.

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.

CURRENCY

During the stage in Switzerland, we recommend to have a minimum of Swiss Francs to pay your drinks.

MAPS

IGN Top 25 - 3630 OT - Chamonix and Top 25 - 3530 ET - Samoëns (1/25000)

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 9am at Le Buet train station.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.

Take the train from Chamonix through the valley to Le Buet.

www.chamonix.com/travel-information.13.en.html

Return: Depart Chamonix at 3:45pm arrive in (Paris) Gare de Lyon at 9:52pm.

Timetable must be verified in a train station or on the website www.oui.sncf

BY CAR

Take the A40 to Chamonix, follow the direction of Argentière, col des Montets and Vallorcine. Le Buet is the first village before arriving in Vallorcine. Large car park on the right handside of the road at Le Buet train station at the entrance of the village.

Payment to be made online : <https://garezvous.fr/>

If you wish to leave your car in a covered garage, contact: Chamonix Auto Park: 04 50 53 65 71.

End point in the afternoon at Le Buet train station.

ACCOMMODATION BEFORE AND AFTER

Hôtel de l'Arve : +33 (0)4 50 53 02 31

Hôtel Vallée Blanche : +33 (0)4 50 53 04 50

Hôtel l'Oustalet : +33 (0)4 50 55 54 99

Chamonix Tourist Office : +33 (0)4 50 53 00 24

www.chamonix.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

DEPARTURE AND PRICES

Daily departure from 28 June to 8 September 2023

Without baggage transport - possible access to your luggage on Day 4 in Vallorcine, if your vehicle is parked there.

505€ per person in classic accommodation (dormitory)

With baggage transport (except Day 1 and Day 5)(subject to possible access to the Moède-Anterne refuge)

745€ per group of 2/3 person, in classic accommodation (dormitory)

625€ per group of 4/5 person, in classic accommodation (dormitory)

585€ per group of 6 person, in classic accommodation (dormitory)

Comfort option : 2 nights (D2 and D3) in a basic twin bedroom (if available): +30€/ pers.

Information and booking via email or phone.

THE PRICE

The price includes:

- Organisation and booking fees ;
- 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€) ;
- 5 nights half-board accommodation in gites, refuges and hotels from dinner of the first evening to breakfast of the last day ;
- Daily baggage transport (except Days 1 and 5), if you take the option ;
- Transfer on Day 1 from Le Buet train station to the departure point in Les Houches ;
- Tourist taxes.

The price does not include:

- Picnic lunches;
- Luggage transport on Days 1 and 5, if you take the option ;
- Personal expenses (drinks, touristic visits, etc.);
- Cancellation insurance (4.2% of total tour cost).

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 on days 1 and 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 NIGHTS WITHOUT LUGGAGES

On nights 1 and 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 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:

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