ACROSS SOUTH BELLEDONNE MASSIF self-guided

In the footsteps of shepherds

Reference · 297

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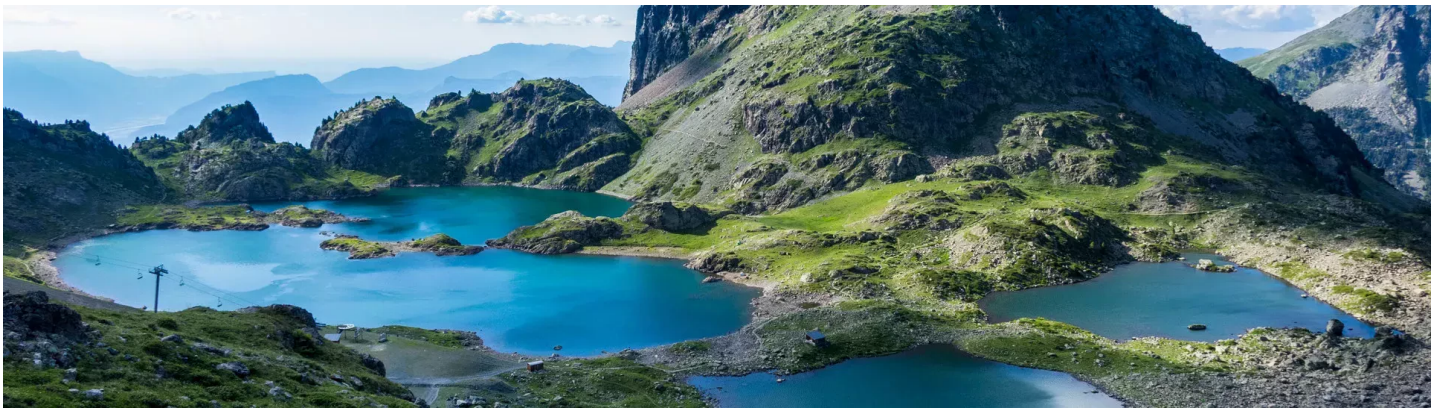


DURATION	TRAVEL STYLE	LUGGAGE
4 days	**Self-guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**350 €**

The ''Bella Donna'' is one of the four massifs surrounding Grenoble. Contrary to its neighbours who swallow rainwater in their limestone entrails, Belledonne exposes it on its granitic reliefs through torrents, waterfalls and altitude lakes. The water trickles down and, in some corners of the mountain, small glaciers and snow still hide and supply it for most of the summer. In this area, an important fauna has developed (ibex, chamois, birds of prey...) which find all what they need as well as numerous human activities (pastoral, hydroelectric and touristic). In spite of its austere faces which dominate Grenoble, it is a lively massif which is well worth a short 4-day excursion from hut to hut.

You will love

- The fauna and flora very present at these altitudes
- The rocky terrain which reveals glaciers, lakes and waterfalls
- Accommodation in mountain huts, far away roads
- The format of the trip, short but immersive.

Day-by-day itinerary

DAY 1

Departure from the Chamrousse ski resort, possible transfer by public bus from Grenoble train station (about 1,5 hours). Each day, one or more alternative routes are proposed to extend the steps.

ROBERT AND BERNARD LAKES

Departure from the hamlet of Recoin in Chamrousse and climb towards the Col de la Balme. We leave the ski resort on the right to enter the massif via the Robert Lakes. The itinerary goes along glacial lakes, until the refuge of La Pra, between the summits of Grand Colon and Doménon. Night at the refuge.

4.5 hour walk / Distance: 8km / Elevation: +800m -4000m

DAY 2

CROZET LAKE - JEAN COLLET HUT

Crossing along the Crozet lake, suspended above the valley. The day continues on the side of the massif, above the Grésivaudan valley, with the Chartreuse in the distance. 2nd night in a small refuge perched on the western slope, in the setting sun.

4.5 hour walk / Distance: 8km / Elevation: +700m -900m

DAY 3

LA MINE DE FER PASS – PAS DE LA COCHE

Climb to the col de la Mine de Fer (2400m), then by a more confidential path, to the brèche de la Roche Fendue, which allows you to switch to the other side of the Belledonne range. A return trip to the summit of the Pointe Centrale Sud du Ferrouillet (2587m) is possible, for a nice 360° panorama: (+/-100m of ascent, cairns markings). The traverse continues on a balcony to the Pas de la Coche, from the pass a short descent leads to the habert d'Aiguebelle. Night at the refuge.

4.5 hour walk / Distance: 9km / Elevation: +800m -1000m

DAY 4

BELLE ETOILE PEAK - 7 LAUX LAKES

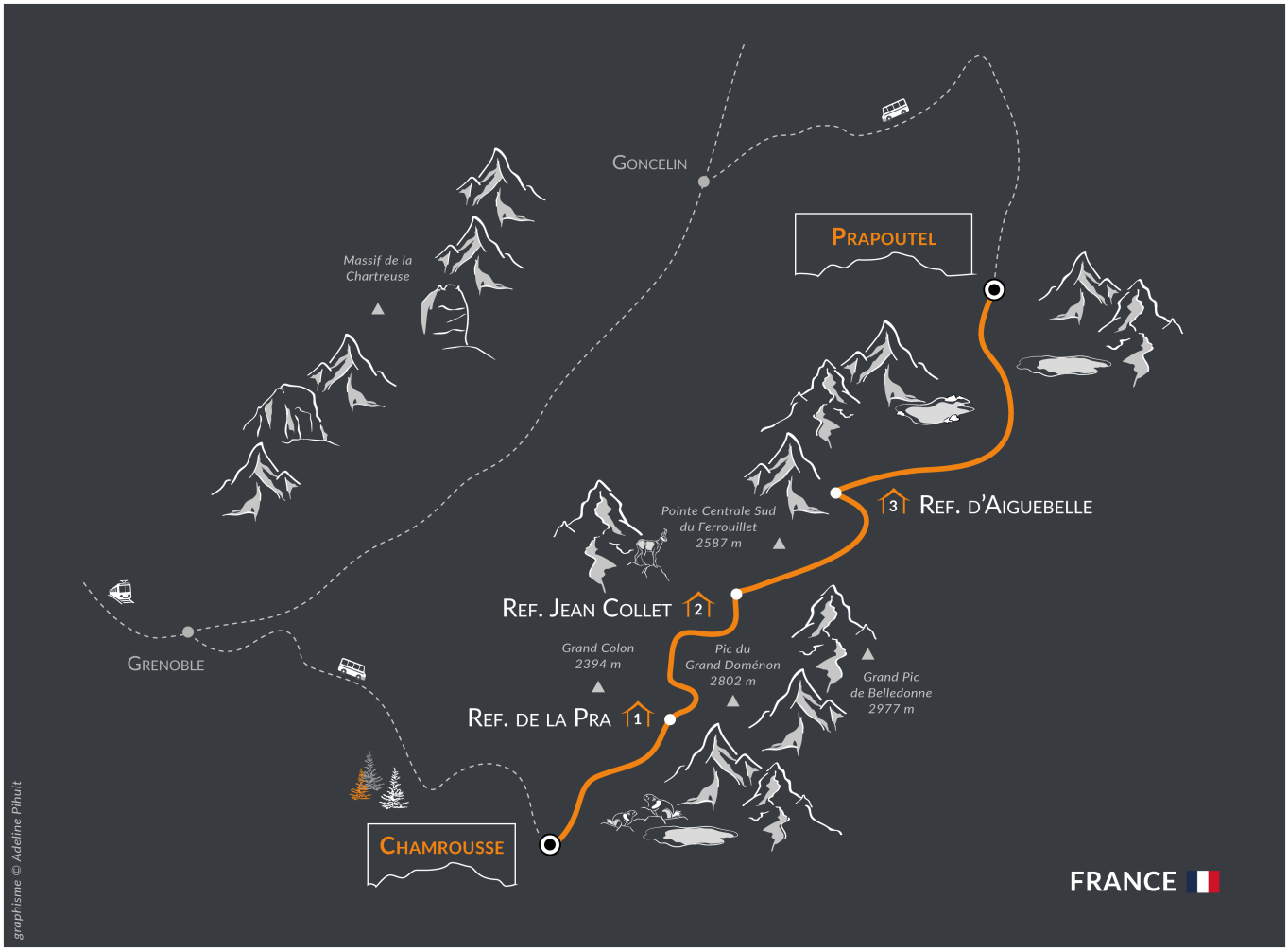
Hike up the Vénétier valley to the Cime de la Jasse (2,478 m) for one last 360° panoramic view before descending to the Bédina mountain and the Prapoutel resort.

4.5 hour walk / Distance: 8.5 km / Elevation: +660m -1090m

End of the hike at Fond de France around 2.00 pm.

Transfer to Grenoble with public transport. (Taxi possible in option, contact us).

The programme has been drawn up on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.



Dates and prices

DEPARTURE AND PRICE

Departures from 3rd of july to 26th august 2027

Without luggage transport

350€ per person in dormitory

Picnics in refugee included !

THE PRICE

The price includes:

- Accommodation in refuges with half-board ;
- Pic-nics
- Travel documents : description and IGN maps (1 per group)
- Organisation and booking fees, tourist taxes;

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Transfers to the departure and from the end of the trek ;
- Guiding : your are responsible for your own safety ;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 800m average per day.
Walking time: 5 to 8 hours per day.
Good, well-marked mountain trails. The terrain is quite rocky in the Belledonne and some of the variants are not signposted.

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

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

BAGGAGE TRANSPORT

Without baggage transport: you have to carry your personal belongings in your rucksack.

ACCOMMODATION

3 nights in a refuge in a dormitory.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included in the accommodations.

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.

Practical information

ACCESS TO DEPARTURE POINT

Departure from Chamrousse, access by public transprot from Grenoble train station.

BY TRAIN
regular TGV or TER trains from Paris/Grenoble/Chambéry.
Check www.oui.sncf to check the schedule.

BY CAR
You can park you car near Gières-Université train station.

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

End of the trek around 2:00pm at Prapoutel. Return to Grenbole with bus N94.

ACCOMMODATION BEFORE AND AFTER

Chamrousse Tourist Office
L'Étape du Fanfoué in Chamrousse
Auberge du Virage in Chamrousse

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**

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 down 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 50 to 60 litres for your personal belongings and keep a little room to carry a picnic and snacks. To help you preparing your backback please consult our post " Equipement conseillé " on our website, "Partir en autonomie, 2 ou 3 jours et plus".

Details

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

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**ACROSS SOUTH BELLEDONNE MASSIF self-guided**
Number of days	**4**
Insurance	
Trip price	**350 €**
Estimated deposit (30%)	**105 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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