GRANDE TRAVERSEE DES ALPES - 1st and 2nd section

From Lake Geneva to the Maurienne valley

Reference · 191

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DURATION	TRAVEL STYLE	LUGGAGE
14 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**2 115 €**

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 journey. It's a chance to put your everyday life on hold! The route skirts the Swiss and Italian borders, crossing five French departments and some of the best-known mountain ranges in the Alps.

1st section: Chablais, Haut Giffre, Aiguilles Rouges, Mont-Blanc

This first part takes us from the shores of Lake Geneva to Chamonix, the capital of ice. We discover the Chablais region, with its distinctive limestone relief, and the Abondance mountain pastures, so lush and green! The Dents Blanches massif, wild and unspoilt, is the gateway to Faucigny region. This is the land of giant waterfalls, lapiaz and chasms, but also of paradise-like mountain pasture plateaus. A few hours' walk and we're in the Aiguilles Rouges, from where we can finally see the whole Mont-Blanc chain, a great spectacle of glaciers and rocks...

2nd section: Mont Blanc, Beaufortain, Vanoise

This section takes you from the giant glaciers of the Mont-Blanc region to those of the Dômes de la Vanoise, just as imposing in terms of the surface area they cover. And along the way, collections of milk cans will remind you of the authenticity of the pastoral life of the Beaufortain mountain pastures. There's no room here for industrial livestock farming, even if cow herds often number over 150 head. It's also a route between three major Alpine valleys: the Chamonix, Tarentaise and Maurienne valleys.

You will love

- Crossing mountain ranges with varied geology and landscapes

- Rich ecosystems, abundant wildlife, valleys steeped in history
- The start of a long Alpine trail that can be continued to Nice in 4 weeks
- Overnight in an alpine chalet to the sound of bells
- Luggage transfer

Day-by-day itinerary

DAY 1

Meet at 12:30pm in front of the Tourist Office in Thollon-les-Mémises or at 9:30am in front of Chamonix train station if you have chosen this option.

PIC DES MEMISES - BALCON DU LEMAN

Take the gondola up to the balcony path overlooking Lake Geneva. Picnic, then crossing the Mémises and Mottay mountain pastures before descending to the Novel valley. Night **without luggage transfer**.

3.5 hours walk / Elevation : + 500 m ; - 550 m / Distance : 8 km

DAY 2

BISE PASS - BISE VALLEY

From the mountain pasture, climb to Lake Neuteu lake and 'Col de Bise'. A short detour is possible to Darbon lake, a beautiful glacial lake. Keep your eyes wide open, you're in ibex country! After crossing the 'Pas de la Bosse', a long descent takes you to 'La Chapelle-d'Abondance'. Night in gite in the typical village of La Chapelle-d'Abondance.

6 hours walk / Elevation : + 900 m ; - 1400 m / Distance : 12 km

DAY 3

ABONDANCE - LAKE TAVANEUSE

Descent to the village of Abondance and short transfer to the valley. Climb to Lake Tavaneuse, then to the pass at 1997 m. Then, down through alpine meadows and forest to Montriond Lake. Transfer to Chardonnière. Night in refuge.

7 hours walk / Elevation : + 950 m ; - 1600 m / Distance : 13 km

DAY 4

DENTS BLANCHES MASSIF - PAS AU TAUREAU

Climb to the 'tête de Bostan', facing the wild and stunning Dents Blanches massif. Crossing the 'Pas au Taureau' (2555 m), a small cabled passage, then descent into the lunar valley of the 'combe aux puaires', an unusual site of lapiaz (eroded limestone). Night in refuge, **without luggage transfer**.

7 hours walk / Elevation : + 1300 m ; - 750 m / Distance : 11 km

DAY 5

BOUT DU MONDE AND CIRQUE DU FER À CHEVAL

From the Vogealle refuge, a beautiful descent facing the Tenneverge cliffs and on to Bout du Monde, continuing to the amphitheatre at Sixt-Fer-à-Cheval and its multiple waterfalls. Night in the village of Sixt-Fer-à-Cheval.

6 hours walk / Elevation : + 200 m ; - 1250 m / Distance : 17 km

DAY 6

ANTERNE LAKE AND PASS

The day begins through the woods, alongside the Rouget, Pleureuse and Souffraz waterfalls. Climb to the Anterne pasture at the heart of the Sixt-Passy Nature Reserve, a wide high plateau where one of the most beautiful lakes in the area is nestled. Here is the kingdom of marmots and rare bearded vultures! Skimming stone contest followed by a short climb to the Anterne pass and descent to the Moëde-Anterne refuge. Night in dormitory **without luggage transfer or shower.**

7 hours walk / Elevation : + 1550 m ; - 400 m / Distance : 15 km

DAY 7

ENVERS DU BREVENT - CHAMONIX

Short descent towards the Arlevé bridge. Here the landscape changes, the Fiz limestones give way to the red rocks of the Aiguilles Rouges range. Climb up to the Brévent pass (2368m) then descend to Planpraz to take the gondola down to Chamonix. Night in gite.

5 hours walk / Elevation : + 750 m ; - 750 m / Distance : 10 km

DAY 8

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 hours walk / Elevation : + 650 m ; - 1250 m / Distance : 11 km

DAY 9

COL DE LA CROIX DU BONHOMME - LAC DE LA GITTAZ

Ascent via the Roman road to the famous Col du Bonhomme on the Tour du Mont Blanc. Descent towards the lake and the Gittaz mountain hut via the "Chemin du Curé", which winds its way along the rock face above the torrent's waters. Overnight stay in a dormitory.

6 hours walk / Elevation : + 1150 m ; - 700 m / Distance : 13 km

DAY 10

COMBE DE LA NEUVA, PIERRA MENTA - ROSUEL

Morning transfer to the Cormet de Roselend, followed by a steady ascent through the Neuva Valley. Passing by Presset and its renowned Pierra Menta. Descent through the Ormette Valley to reach Saint-Guérin Chapel, in the Tarentaise Valley. Taxi transfer to Peisey-Nancroix and the Rosuel gateway. Overnight in a shared dormitory at the mountain refuge.

6 hours walk / Elevation : + 700 m ; - 1100 m / Distance : 15 km

DAY 11

COL DU PLAN SÉRY - CHAMPAGNY LE HAUT

Entering the Vanoise Park at the foot of Mont Pourri and Dôme de la Sache. Once past the Lac de la Plagne, the ascent of the Col du Plan Séry leads into the Vallaisonnay valley and its surprising geology. A final descent takes you past the Py waterfall to the various hamlets of the Champagny valley. Night in refuge.

7 hours walk / Elevation : + 1050 m ; - 1150 m / Distance : 18 km

DAY 12

TOUR DU MERLE - REFUGE DU GRAND BEC

The hike begins in a large spruce forest, and the path climbs up through all the different vegetation layers until it reaches the Grand Bec refuge. Set on a promontory, it enjoys a breathtaking view of the glaciers above and the Pralognan valley below. Depending on conditions, you may also take the very alpine 'Col des Galinettes' (2750m). Night in refuge, **without luggage or shower**.

5.5 hours walk / Elevation : + 1250 m ; - 300 m / Distance : 10 km

+/- 100 m more via the Galinettes pass

DAY 13

COL DE LESCHAUX - LES PRIOUX

After leaving the refuge, a wild traverse to the 'Col de Leschaux'. From here, the path leads off on a balcony, with the Vanoise glaciers and the 'Grande Casse' (3855 m) in view. The trail is impressive, but chained and well-marked, all the way to the famous 'Lac des Vaches'. A final descent takes you to the village of Pralognan. From the 'Col de Leschaux' onwards, an alternative route avoids the balcony path in case of bad weather. Night in refuge.

7 hours walk / Elevation : +900 m ; -1600 m / Distance : 17 km

DAY 14

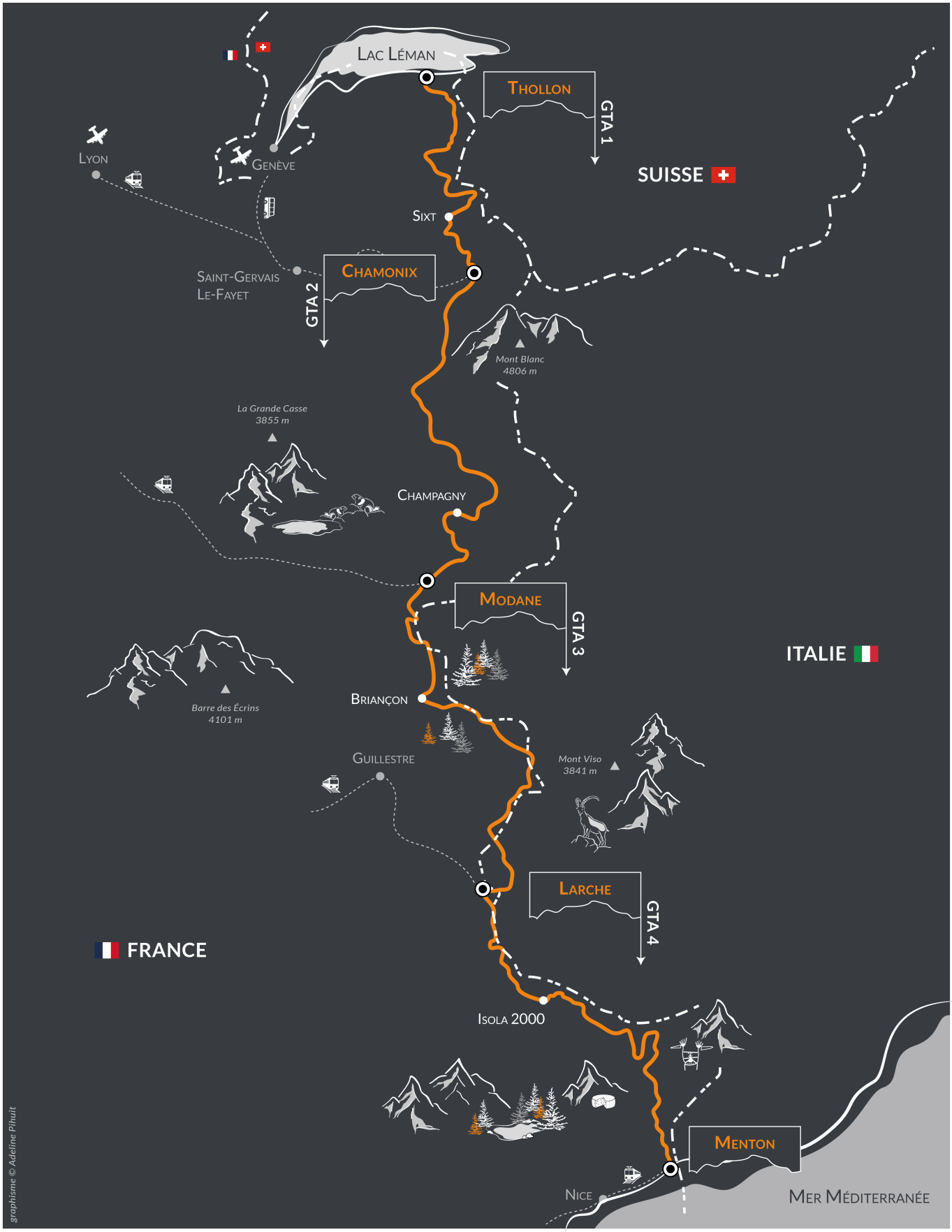
CHAVIÈRE PASS - MAURIENNE VALLEY

Up the Chavière valley, dominated by the 'Dômes de la Vanoise', in a lunar world punctuated by forests of cairns. The Péclet-Polset peaks point the way to the nearby 'Col de Chavière'. Descent into the Maurienne valley among the mountain pastures. Short transfer to Modane from Porte de l'Orgère.

6 hours walk / Elevation : + 1150 m ; - 950 m / Distance : 16 km

End point around 4pm 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).



Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com

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Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

PERIOD	AVAILABILITY	PRICE
20/06/2027 - 03/07/2027	Départ garanti	2 125 €
27/06/2027 - 10/07/2027	Open departure	2 125 €
04/07/2027 - 17/07/2027	Open departure	2 125 €
11/07/2027 - 24/07/2027	Départ garanti	2 125 €
18/07/2027 - 31/07/2027	Départ garanti	2 125 €
25/07/2027 - 07/08/2027	Départ garanti	2 125 €
01/08/2027 - 14/08/2027	Départ garanti	2 125 €
08/08/2027 - 21/08/2027	Départ garanti	2 125 €
15/08/2027 - 28/08/2027	Départ garanti	2 065 €
29/08/2027 - 11/09/2027	Open departure	2 065 €

Possibility to link up 2, 3 or 4 sections of the GTA :

- **GTA 3 and 4**
- **GTA 1 to 4**

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- Accommodation with half-board formula, lunch picnic and snacks ;
- Luggage transfer between accommodation (except on days 1,4, 6 and 12) ;
- Bus transfers (except the transfer Chamonix - Thollon and Modane - Chamonix) and the Bellevue cablecar.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Transfers Chamonix > Thollon and Modane > Chamonix;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point;
- Luggage transfer on days 1, 4, 6 and 12.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 700m to 1300m approximately per day.
Walking time: 5 to 7 hours per day.
Type of trek: mountain route on trails with occasional aerial passages that are well secured.

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. Click here for a description of the different levels: hiking level.

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: 13 nights in mountain chalets, refuges and gites.
All accommodation has hot showers. 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, 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.

CURRENCY

Please bring cash for drinks and personal expenses, as not all accommodations accept credit cards.

MAPS

IGN Top 25 - 3528ET/ Morzine,
IGN Top 25 - 3530ET/ Samoëns,
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

ACCESS TO DEPARTURE POINT

Meet at 12pm at the Thollon-les-Mémises Tourist Office, picnic with before starting the hike.
If you've chosen the transfer option: Meet with your luggage at 8:45 am at the Prarion parking in Les Houches (where you can leave your vehicle) or at 9:30 am at the Chamonix SNCF train station.

BY TRAIN

Depart from Gare de Lyon (Paris) TGV Paris/Bellegarde/Evian.
There are regular buses from Evian to Thollon Les Mémises (40mins) www.thollonlesmemises.com
Schedules must be checked on www.oui.sncf

BY CAR

Take the A40 motorway to Annemasse, free parking and bus www.sat-leman ligne-141-evian-annemasse or train to Evian-les-Bains, then to Thollon-les-Mémises. Free parking at Thollon-les-Mémises.

CAR-SHARING

Get in touch with people to share a lift! www.blablacar.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA) - Lyon (LYS) - Paris (PAR)

In option: the transfer Chamonix > Thollon and the transfer Modane > Les Houches: 50€ per transfer and per person (to book on registration).

ACCOMMODATION BEFORE AND AFTER

Thollon Les Mémises
Evian-les-Bains
Chamonix

TO 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
- Wind stopper or Goretex jacket
- Lightweight 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.

LUGGAGE TRANSFER

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 1,4,6 and 12, 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 LUGGAGE TRANSFER

On nights 1, 4, 6 and 12, your luggage won't be delivered at your accommodation. 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.

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
180, route du lac
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	**GRANDE TRAVERSEE DES ALPES - 1st and 2nd section**
Number of days	**14**
Insurance	
Trip price	**2 115 €**
Estimated deposit (30%)	**634,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

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