TECHNICAL SHEET

GRANDE TRAVERSEE DES ALPES self-guided - 2nd section

From Mont Blanc to Maurienne

Reference · 81

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**670 €**

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.

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

- Discover the famous Mont-Blanc and Vanoise ranges
- Views of Mont-Blanc from the Gittes ridge
- The Beaufort cheese-making
- Numerous lakes along the way
- Luggage transfer

Day-by-day itinerary

DAY 1

Meet at the Prarion cable car in Les Houches (to park your car and leave your luggage if you have chosen the luggage transfer option).

LES HOUCHES - COL DU TRICOT - CONTAMINES

Take the Bellevue gondola up to the Tricot pass, facing the Bionnassay glacier, then wind through valleys and forest. After a coffee break at the "Chalets du Miage", descent to the village of "Les Contamines Montjoie", then on to "Notre-Dame-de-la-Gorge".

5 hours walk / Elevation : + 700 m ; - 1300 m / Distance : 11 km

DAY 2

COL DU BONHOMME - CORMET DE ROSELEND

Climb the Roman road to the famous 'Col du Bonhomme' on the Tour du Mont-Blanc. Cross the ridgeline between heaven and earth, before joining the great alpine meadows of the Beaufortain massif at 'Cormet de Roselend'.

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

DAY 3

COL DU BRESSON - PORTE DE ROSUEL

Balcony trail overlooking the Roselend lake and ascent to the Bresson pass at the foot of the legendary 'Pierra Menta'. Descend through the Ormette valley, then between canals and hamlets to reach the Tarentaise valley. Transfer by cab from St-Guérin to Peisey-Nancroix and 'Porte de Rosuel'.

Depending on your accommodation,

Refuge de Rosuel : 6.5 hours walk / Elevation : + 950 m ; - 1200 m / Distance : 16 km (afternoon transfer from the chapel of St Guérin to Peisey Nancroix and the Porte de Rosuel)

Auberge de Valezan : 8h30 de marche / Dénivelé : + 950 m ; - 1650 m / Distance : 21 km (transfer the following morning to reach the Porte de Rosuel)

DAY 4

COL DU PALET - TIGNES

Enter the Vanoise National Park at the foot of 'Mont Pourri' and 'Dôme de la Sache'. The wild valley continues to La Plagne Lake and the Palet refuge. The limit of the park is just above at the Palet pass (2652 m), which you have to cross to descend to Tignes-Val-Claret. Night in hotel, in BnB, **without luggage transfer**.

5.5 hours walk / Elevation : + 1150 m ; - 550 m / Distance : 14 km

DAY 5

VALLEY OF LA LEISSE - COL DE LA VANOISE

From Tignes, the hike begins in the wide open spaces of the Vanoise National Park and climbs to the 'Col de la Leisse'. Then down the Leisse valley, dotted with lakes. The 1700 m south face of Grande Casse overlooks the path. Night **without luggage transfer.**

6.5 hours walk / Elevation : + 1100 m ; - 700 m / Distance : 19 km

DAY 6

CIRQUES DU PETIT ET GRAND MARCHET

After leaving the refuge, cross over to the balcony paths overlooking the Pralognan valley: Combe de l'Arcelin, Cirque du dard, Grand Marchet and Petit Marchet, Lac de la Valette, Combe des Nants. Descent to the Prioux valley (easier option via Pralognan).

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

4.30 - 5 hours walk / Elevation : + 300 m ; - 1100 m / Distance : 11 km (through Pralognan)

DAY 7

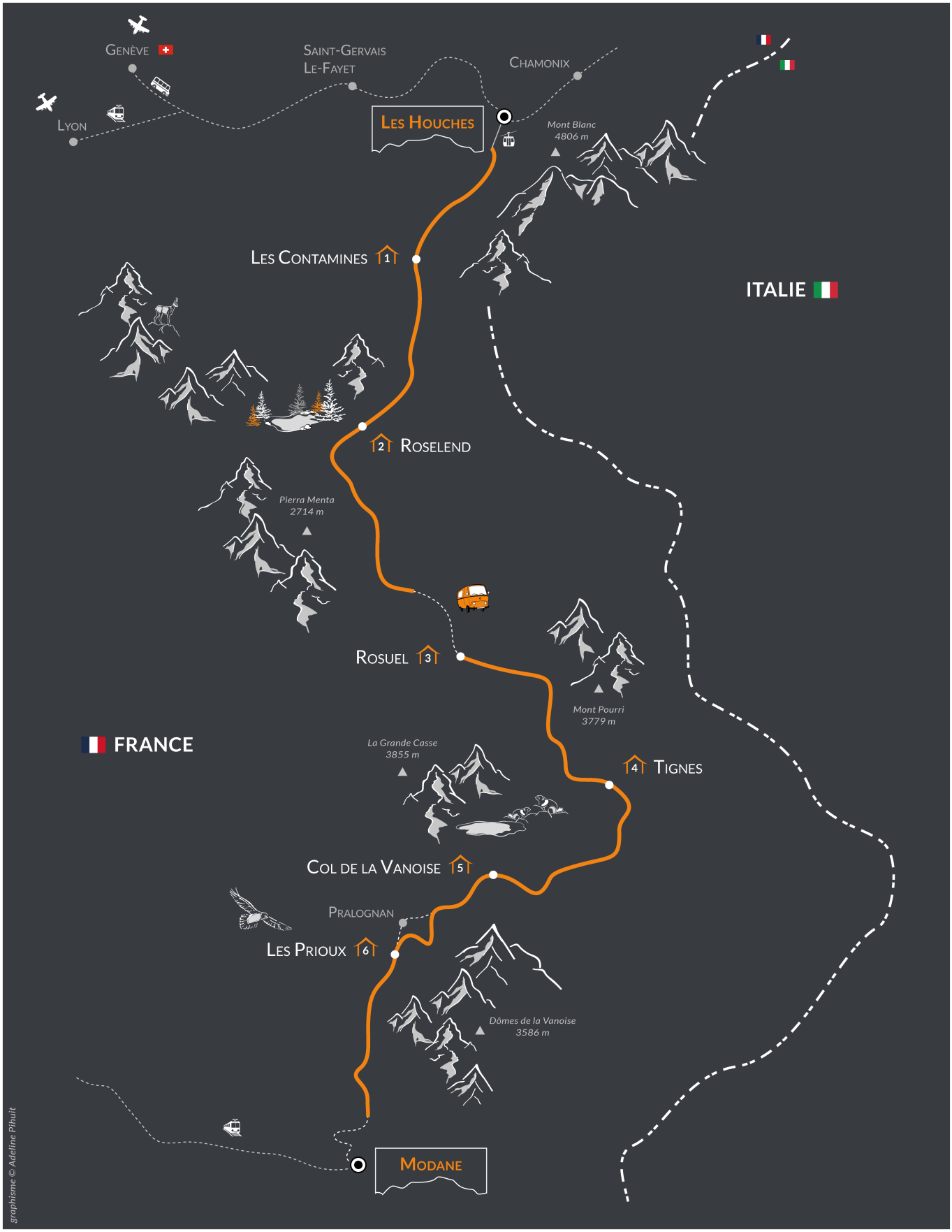
COL DE CHAVIERE - VALLEE DE LA MAURIENNE

Continue up the Chavière valley, dominated by the 'Dômes de la Vanoise', in a lunar world punctuated by forests of cairns. The peaks of Péclet-Polset point the way to the nearby Chavière pass. Descent into the Maurienne valley through the mountain pastures to Modane. You can take a cab from l'Orgère to Modane (obligatory in low season, to be ordered the day before and paid for on site, otherwise shuttle at 4.30pm in July/August).

6.5 - 7 hours walk / Elevation : + 1100 m ; - 900 m / Distance : 16 km to the Orgère refuge

2.5 hours walk / Elevation : - 880 m / Distance : 5 km additional descent from l'Orgère to Modane on foot

End point around 5pm at Modane train station.



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

Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

Departure from 20 June to 05 September 2027

Without luggage transfer, daily departure
670€ per person, classic accommodation (based on 2 people)
Single person supplement: **100€**

With luggage transfer (except on day 4 and 5), departure every day except on Monday and Tuesday
875€/ person for a group of 2 or 3, classic accommodation
835€/ person for a group of 4 or 5, classic accommodation
790€/ person for a group of 6, classic accommodation

Comfort option, 5 nights in a bedroom: €190/pers.

Additional night before stay in les Houches, half board in dormitory: €95 per person
Additional night after stay in Modane, in B&B, room, 3* hotel: €75 per person (based on double occupancy) €95 per person (single occupancy)

Information and reservation by phone or mail.

THE PRICE

The price includes:

- Accommodation with half-board formula from dinner the first evening to breakfast of the last day **except on day 4 in Tignes, only breakfast is provided** ;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request.
- Transfer on Day 3;
- Daily luggage transfer between accommodations if you have chosen this option (except on days 4 and 5);
- Organisation and booking fees, tourist tax.

The price does not include:

- Lunchtime picnics;
- **Diner on day 4 in Tignes;**
- Personal expenses (drinks, touristic visits...);
- Luggage transfer on days 4 and 5;
- The cable car up at Les Houches (around €20 per person);
- The taxi transfer to Modane on day 7;
- Guiding : your are responsible for your own safety ;
- Cancellation insurance.

The price is all inclusive from departure to end point.

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The journey

LEVEL ***

Elevation: +/- 600m to 1200m approximately per day.
Walking time: 4 to 7 hours per day.
Type of trek: mountain itinerary on marked, often stony paths.

You need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: 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 a satellite connection.

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.

TRAIL MARKERS

In France, Grande Randonnée trails are marked in red and white (in both directions). Be able to read a 1/25000 or 1/50000 IGN map.

LUGGAGE TRANSFER

Two options
Without luggage transfer: you carry all your luggage.
With luggage transfer: your luggage is transported to your accommodation, except on D4 and D5.

ACCOMMODATION

CLASSIC:
5 nights in refuge, in a dormitory. 1 night in hotel, in a 2 or 3-person bedroom.
COMFORT:

Up to 5 nights in a room, supplement of €190 per person.
All accommodation has hot showers. However, due to increasingly recurrent periods of drought, access to showers in the refuge is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation **except in Tignes, you dîner is not provided !** Picnics are not included and can be ordered in advance in each accommodation. Please let us know if you have any allergies or dietary requirements **at the time of booking**. We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

CURRENCY

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

MAPS

IGN Top75 - 04 - Beaufortain Massif du Mont Blanc ;
IGN Top75 - 03 - Massif de la Vanoise.

Practical information

ACCESS TO DEPARTURE POINT

Prarion cable car in Les Houches to park your car and leave your luggage if you have chosen this option.
Then off to the Bellevue gondola.

BY TRAIN
Depart from Gare de Lyon (Paris) to St-Gervais-le Fayet by TGV, then to Les Houches on the Mont Blanc Express.
Return: Modane - Chamonix via Chambery.
Please consult 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 Chambery on train. www.oui.sncf

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)

End point around 5pm at Modane train station. Do not hesitate to visit the city's museums while 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.

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
- 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.

LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your belongings inside, of 10kg maximum per person** . Your luggage will be delivered to your accommodation (except on days 4 and 5), by our logistics vehicle where access is not always easy.
Baggage which is too heavy won't be accepted by the drivers!

YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE TRANSFER

For the nights without luggage transfer, 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!)

Details

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 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 self-guided - 2nd section**
Number of days	**7**
Insurance	
Trip price	**670 €**
Estimated deposit (30%)	**201 €**
Signed in	
Date	
Signature	

Return with your deposit to

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