GRANDE TRAVERSEE DES ALPES self-guided - 3rd et 4th section

Clarée, Queyras and Italian Piedmont up to Menton

Reference · 262

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

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**1 345 €**

Cross the Alps meeting people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance hike. The opportunity to take a long break and put daily life aside.
This itinerary runs along the Swiss and Italian borders while crossing five counties and some of the most famous mountain ranges in the Alps.

3rd section: Clarée, Queyras and Italien Piedmont - From Modane to Larche
During this incredible week switch from the Northern Alps to the beautiful Southern Alps. Mont Thabor, Nevache Valley, Briançon, Queyras region, Val Maira and Ubaye region, many beautiful mountains to discover. Far from the mechanic scars on the landscape of the big ski resorts, enjoy wild preserved nature and an authentic warm welcome in small villages. Incredible flora and sparkling altitude lakes, all under the sun of the Southern Alps, this tour will leave you with long lasting memories.

4th section: from Larche to Menton - Ubaye, Mercantour, Vallée des Merveilles
The fourth section starts from Lake Geneva and goes to Menton. This section has an incredible diversity of landscapes, flora, heritage and the most remarkable architecture in the French Alps. From the highest summits of the Ubaye area, to the Mercantour lakes and its wide open space via the Vallée des Merveilles; you will be diving towards the Mediterranean sea via a multitude of valleys, mountain passes and typical mountain villages. Don't be a fooled this is no beach holiday yet... the local terrain and the deep valleys make this section physically challenging. A dazzling experience.

You will love

- Section 3: Thabor, Névache Valley, Queyras, Val Maira, Ubaye
- Section 4: Ubaye, Mercantour, Vallée des Merveilles
- An adapted itinerary with a passage in Italy
- The Mediterranean as an objective!

Day-by-day itinerary

DAY 1

MODANE - VALLEE ETROITE

Departure from Modane train station, towards Valfréjus and the Étroite valley pass. Gentle climb towards this mountain pass which acts as a natural border between the Northern and the Southern Alps. Here enter the Hautes-Alpes and Étroite Valley, a French enclave in Italy. Descent to the hamlet of Les Granges to spend the first night in a refuge.

5 hour walk / Elevation: +850m; -720m

DAY 2

VALLÉE ÉTROITE - COL DU VALLON - NÉVACHE

Returning on the trail a few hundred metres to sink into the heart of the Clarée Valley. In an extremely wild area, climb to the Vallon pass (2645m) dominating the magnificent Lake Blanc. A beautiful descent towards the Nevache village in the upper Clarée Valley. Cross the traditional village of Ville Haute. trasnfer to Les fonts de Cervières.

6 hour walk / Elevation: +900m; -1050m

DAY 3

FONTS DE CERVIÈRES - COL MALRIF - ABRIÈS

Transfer to Fonts de Cervières (50 min). Reaching the Queyras National Park via the Malrif pass (2830m). A beautiful climb from the Fonts de Cervières hamlet. Cross the Marif pass with a breathtaking view of the famous Mont Viso, the Lord of the Southern Alps. A long descent to Abriès via the Malrif lakes which are among the largest in the Queyras region. Night in a gîte.

6 hour walk / Elevation: +950m; -1300m

DAY 4

ECHALP - LAKE VALLEY - COL VIEUX - VALLEE DES AIGUES

From the last hamlet of this high valley of Guil, up along the Italian border, the valley of Bouchouse which constitutes a biotope reserve. Passage to Egorgeou and Foréant lakes and then to "Col Vieux" (2806m) to reach the refuge Agnel ou the refuge de La Blanche, depending on availability. Night **without luggage transport.**

6 hour walk / Elevation: +1300m; -600m

DAY 5

AGNEL - LAKE BLANCHE - COL DE LA NOIRE - MALJASSET

From the refuge, by the GR58, ascent of the Col de Chamoussière to reach the Pic de Caramentran at more than 3000m. From there, an exceptional panorama along the Franco-Italian border before reaching the Blanchet lakes and then climbing up towards the Col de la Noire. Entry point into the wild valley of Haute-Ubaye. Through the very flowery valley of Longet, a peaceful descent to the first hamlet of Maljasset to spend the night there.

6 hour walk / Elevation: +500m; -1050m

DAY 6

MALJASSET - COL MARY - CHIAPPERA

At the foot of the Haute-Ubaye, the Chambeyron (3412m), a gentle climb via the valley of Col Mary with its multitude of lakes cheerfully dotting the pastures. From the mountain pass, enter into Italy in the Piedmont to reach Val Maira and the beautiful village of Chiappera. Night in gîte (**without baggage**).

5.5 hour walk / Elevation: +950m; -1150m

DAY 7

CHIAPPERA - COL DES MONGE - ORONAYES VALLEY - LARCHE

Beautiful traverse in the unusual Maira valley to reach the Monges pass (2542m) marking the border between France and Italy. Descend into the Montagnette valley, dominated by the fortresses of Maginot erected during the Second World War... Arrive in Larche, a small village in Haute-Ubaye.

6 hour walk / Elevation: +1050m; -940m

DAY 8

LARCHE - VALLON DU LAUZANIER - PAS DE LA CAVALE

Depart for the Lauzanier Valley at the gates of the Mercantour National Park. Climb via a pleasant path to reach the Lauzanier Lake before a final slightly steeper climb up to the pass. A magnificent view from Col de la Cavale of the Tinée and the surrounding mountains. Descend into the high valleys of the Alpes Maritimes passing via the Col des Fourches and the magnificent promontory of Mont des Fourches. Reaching the Bonnette Restefond road (the highest road in Europe) encountering poignant vestiges of the Maginot line. Night in Bousiéyas, the first hamlet in this high valley of Tinée.

6 hour walk / Elevation: +1100m; -1000m

DAY 9

ISOLA 2000 - COL DE LA MERCIÈRE - LE BORÉON

After an early transfer to Isola 2000 ski resort, climb to the Col de la Mercière (2342m). Descend and then cross through the old village of Mollière and up to Col De Salèze. Depending on the condition and the fitness level of the group a detour is possible to Lake Negere. Descend into the Vésubie to the village of Boréon. Night in a gîte.

6 hour walk / Elevation: +490m; -1090m

DAY 10

LE BORÉON - MADONE DE LA FENESTRE - LA GODOLASQUE

From Boreon, climb through the valley towards the Trécolpas lakes and cross the Pas de Lardes (2448m) dominated by the Gelas the highest summit of the Mercantour. Descend to the hospices of the Madone de Fenestre passing near its cheese cave. Climb the Poncet Valley to the Baisse lakes then on to the 5 lakes of Prals before continuing on up to Lower Prals. A Beautiful descent down to the bottom of the Gordolasque Valley, to the Relais des Merveilles.

7.5 hour walk / Elevation: +1550m; -1520m

DAY 11

VALLÉE LA GORDOLASQUE - VALLÉE DES MERVEILLES

Travel light for a night without baggage transport to the Refuge des Merveilles. Climbing through the Gordolasque Valley to Lac de la Fous and the dominating Refuge de Nice. From Refuge de Nice, climb to Baisse Basto to join the famous Vallée des Merveilles and its engraved caves. A succession of enchanting lakes in the middle of this mineral landscape typical of this historical valley.

6.5 hour walk / Elevation: +1350m -790m

DAY 12

REFUGE DES MERVEILLES - PAS DU DIABLE - CAMP D'ARGENT

Via a multitude of lakes leave the Vallée des Merveilles via the Pas de Diable. From here a change of scenery begins. From the Pas de Diable cross several mountain passes at medium altitude through sheep pastures. At the Col du Raux head back to the small plateau of Authion dominated by a remarkable redoubt, a high place of confrontation during the Second World War. From Authion, on a clear day the first sighting of the Mediterranean is possible! Descend to the small ski resort of Camp d'Argent.

5.5 hour walk / Elevation: +650m; -1000m

DAY 13

LE CAMP D'ARGENT - MONT VENTABREN - MANGIABO - SOSPEL

A magnificent day on a ridge awaits. Leaving these landscapes rich in military vestiges of the Second World War to reach Sospel via the Mount Ventabren and Mangiabo ridges. With a continuing view over the mouth of the Var and the outskirts of Nice. A Charming descent to the village of Sospel on the Bévéra river for the night.

7 hour walk / Elevation: +1050m; -1750m

DAY 14

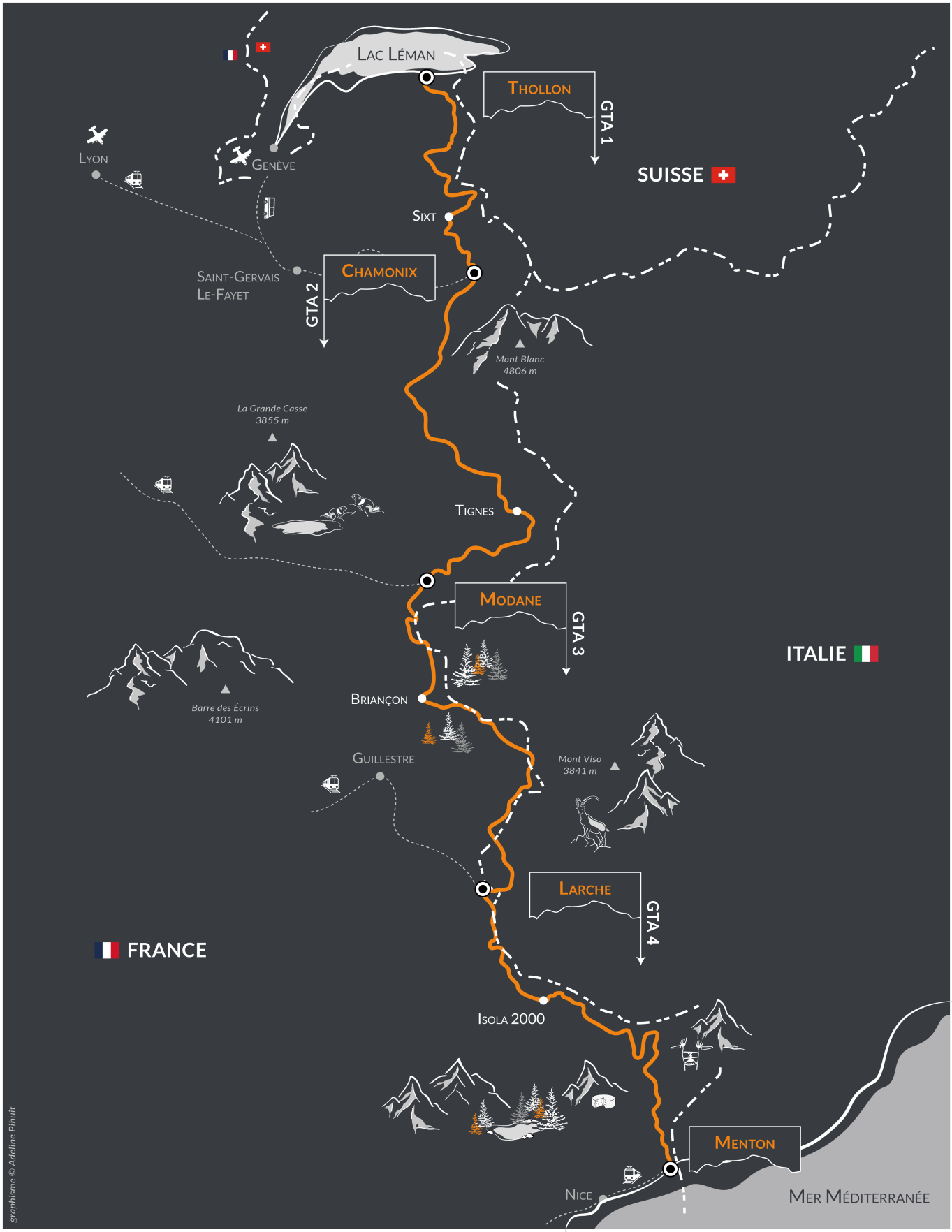
SOSPEL - COL DU RAZET - VIEUX CATSELLAR - MENTON

Last day of the GTA, not there yet... but can you smell the sea?! Beautiful climb to the Col de Razel (1032m) on an old paved path between ruined shepherd huts. Passing flocks of sheep and goats from Rove testifies to the arrival in Provence. The vegetation becomes much more leafy and fragrant. Chestnut trees, maples and rosemary line this beautiful day. Enjoy the last mountain pass, Col du Berceau (1050m) to picnic overlooking the bay and harbour of Menton.

6.5 hour walk / Elevation: +950m; -1450m

End of the hike around 4:30pm in Menton harbour.

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



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

DEPARTURE AND PRICE

Choice of departure from 16th June to 15th September 2026

Grande traversée des Alpes parts 3 and 4 without carrying luggage :
1 person : 2030 €
2 persons : 1655 € / person
3 persons : 1505 € / person
4 persons : 1425 € / person
5 persons : 1375 € / person
6 persons : 1345 € / person

Grande traversée des Alpes parts 3 and 4 with luggage transport (except D4, D6 and D11) :
1 person : 3155 € / person
2 persons : 2205 € / person
3 persons : 1875 € / person
4 persons : 1705 € / person
5 persons : 1595 € / person
6 persons : 1535 € / person

Drop-off and drop-off charges in Menton (if you have not booked a hotel in Menton on the evening of day 7): **€20** per item of luggage.

Optional extras
13 picnics: €**205**/person
Comfort option (except for the night at the Merveilles refuge) : **+290€** (based on 2 people)

Optional transfers (based on 2 people)
Transfer between Montdauphin and Modane on day 1: **€390** per person

Possibility to link up 1, 2, 3 or 4 sections of the GTA...

GTA 1 and 2
GTA part 1, 2, 3 and 4

We will book the extra nights accommodation for you and potential transfers between the sections... please contact us!

THE PRICE

Includes:

- Organisation and booking fees ;
- Accomodation with half-board, tourist tax ;
- Transfers described in the itinerary ;

- Daily baggage transport between accommodation (except D4, D6 and D11), if you have chosen this option ;
- A road book: description and IGN maps (1 road book per group)

Does not include:

- The pic-nic lunches;
- Personal expenses (drinks, etc.), touristic visits;
- 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: +900m -1200m approximately per day.
Walking time: 5 to 6 hours per day.
Type of trek: easy mid mountain terrain on varied trails. Well marked paths often above the vegetation level with a few forest sections.

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an IGN 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 of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

This tour is organized in collaboration with our local partner who offers an authentic approach.

ROADBOOK

Before departure, we send you a travel folder containing:
- Maps IGN TOP 25
- 1 road-book containing all the information necessary for the trek
- 1 waterproof map holder
- Accommodation list

For bookings made less than 3 weeks before departure, paper travel documents cannot be sent. Only the digital version will be made available.

ACCOMMODATION

CLASSIC : 13 nights in dormitory, in refuge or gite
COMFORT : 13 nights in a 2-person bedroom (depending on availability)

All accommodation offers hot showers (sheets and towels are not provided. Shared bathrooms).

MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included.

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

Meeting point at 9am at Modane train station. Free parking available nearby.
The easiest way to get there is to come to Modane by train and depart from Nice station.

BY TRAIN
Your stop is: Modane TGV station - Paris-Milan line.
A train departing from Paris the same morning and arriving in Modane before 11am is possible (please let us know if you wish to change your transfer time).
Timetables can be consulted on the SNCF.

END OF THE TRIP

The hike ends around 4.30pm, and your bags will be in the hotel you have booked (if you have taken the luggage transport option). If you leave Menton directly after the hike, we will drop off your bags at a hotel near the station (the hotel will charge us €20 per bag if you do not stay overnight).

Return by train:
A short transfer is available to Menton station, where you can get to Nice station (35 mins). From Nice station, you can take the train to Paris or other major destinations. There are regular shuttle buses from the station to Nice-Côte d'Azur airport.
Timetables can be consulted on SNCF

ACCOMMODATION BEFORE AND AFTER

Modane:
Hôtel les Voyageurs** : 04 79 05 01 39
Hôtel du Commerce*** : 04 79 05 20 98

Montdauphin:
Hôtel Lacour: +33 (0)4 92 45 03 08

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
- 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.

BAGGAGE TRANSPORT

Your baggage will be transported daily (except Days 4, 6 and 11) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 10kg**. Your bag has to be carried everyday

by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

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!)

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 self-guided - 3rd et 4th section**
Number of days	**14**
Insurance	
Trip price	**1 345 €**
Estimated deposit (30%)	**403,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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