GRANDE TRAVERSEE DES ALPES self-guided - 3rd section

From Modane to Larche

Reference · 135

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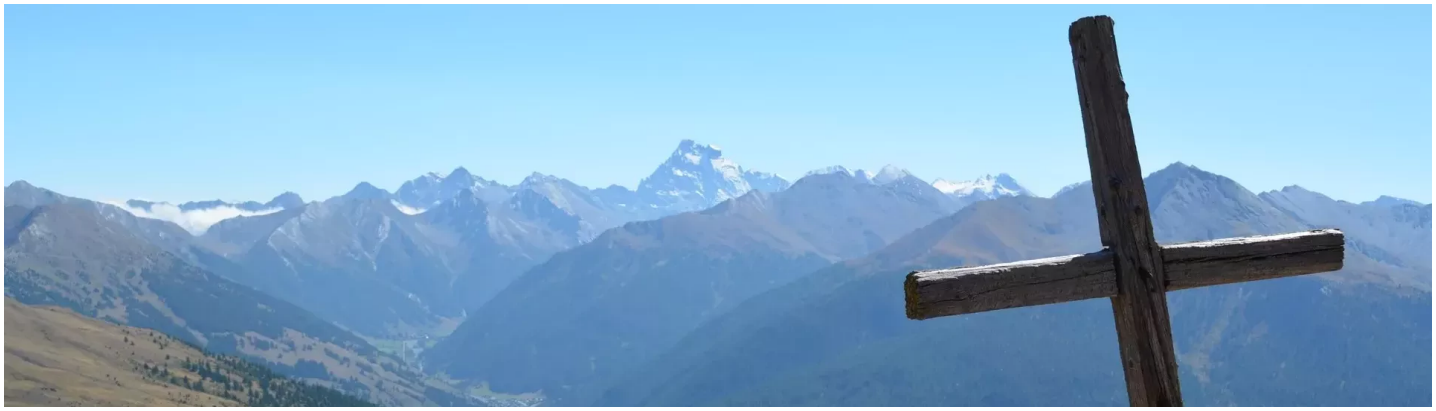

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic or comfort	**3/4 ★★★☆**	**600 €**

The Alps from one side to the other to meet people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance journey. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five departments and some of the most famous massifs of the Alps.

3rd section: Clarée, Queyras, Ubaye

We take you for one incredible week to pass from Northern to Southern Alps through stunning parts! The Thabor, the valley of Névache, Briançon, the Queyras, the Val Maira, Ubaye... as many prestigious ranges that you need to discover! Away from the loud of big ski stations, enjoy a preserved nature and an authentic hospitality in cosy villages. An incredible flora, high-altitude lakes with stunning reflection, all under the sun of Southern Alps. A trek you will remember long time!

You will love

- A diversified and adapted itinerary, with a part in Italy
- Thabor, Valley of Névache, Queyras, Val Maira, Ubaye
- Luggage transport

Day-by-day itinerary

DAY 1

MODANE - ETROITE VALLEY PASS

Departing directly from Modane SNCF railway station, en route to the famous start of the GR5, heading for the Col de la Vallée Étroite. This is a ‘real’ first stage where you will need to set off early (there is the option of a transfer from the station by regular shuttle bus in the middle of the morning (www.altibus.com) or by taxi (10 mins). A gentle climb to this pass, which acts as a natural border between the Northern and Southern Alps. We enter the Hautes-Alpes, the Étroite valley is a French enclave in Italy... We descend to the hamlets of Les Granges where we spend our first night in a refuge.

7 hours walk / Elevation : + 1380 m ; - 720 m / Distance : 18 km

DAY 2

VALLÉE ÉTROITE - COL DU VALLON - NÉVACHE

Let's go to the heart of the Clarée Valley. In that very wild area, climb to the Vallon pass (2645m) dominating the great Lake Blanc. A nice descent towards the Nevache village in the upper Clarée Valley. Cross the traditional village of Ville Haute and transfer at the end of the day to the neighbouring Fonts de Cervières valley. Night in refuge.

6 hours walk / Elevation : + 850 m ; - 1050 m / Distance : 13 km

DAY 3

FONTS DE CERVIÈRES - COL MALRIF - ABRIÈS

Joining the Queyras National Park at altitude via the Col Malrif (2830m). Beautiful mountain climb from the magnificent hamlet Fonts de Cervières. Traverse the Col Marif with a breathtaking view of the famous Mount Viso, Lord of the Southern Alps. Long descent to Abriès by the Malrifs lakes, one of the largest in the Queyras to the Guil Valley. Night in a gite.

6 hours walk / Elevation : + 850 m ; - 1300 m / Distance : 15 km

DAY 4

L'ÉCHALP - LA VALLÉE DES LACS - COL VIEUX - REFUGE DE LA BLANCHE

From the last hamlet of the Guil valley, 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 "Col de Chamoussière". Descent into this wide valley of the "Aigue Blanche" to reach the "refuge de la Blanche", by the lake, nestled at the foot of the "Tête des Toilies". **Night without luggage transport.**

6 hours walk / Elevation : + 1400 m ; - 600 m / Distance : 15 km

DAY 5

LAKE BLANCHE - COL DE LA NOIRE - MALJASSET

From the refuge, in an extraordinary landscape, climb to the mineral area of Col de de la Noire. Leaving behind the Queyras region to enter the wild valley of Haute-Ubaye. Gently descending into the flower filled Longet valley to the first hamlet of Maljasset. Night in a gîte.

7.5 hours walk / Elevation : + 550 m ; - 1300 m / Distance : 15 km

DAY 6

MALJASSET - COL MARY - CHIAPPERA

At the foot of the highest range of Haute-Ubaye, the Chambeyron (3412m), easy climb through the Col Mary Valley with its multitude of lakes cheerfully dotting the pastures. From the mountain pass enter Italy, to the Piedmont to reach the Val Maira and the beautiful village Chiappera (**without luggage**).

5.5 hours walk / Elevation: + 815 m ; - 1150 m / Distance : 18 km

DAY 7

CHIAPPERA - COL DES MONGE - ORONAYES VALLEY - LARCHE

Beautiful traverse in the unusual Maira Valley to reach the Col des Monges (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... End of the trek in Larche, a small village of Haute-Ubaye.

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

End point in Larche and transfer (optional) around 5pm to Guillestre - Montdauphin train station.

For those who continue their "Grande traversée des Alpes" the next week, between Larche and Menton, night in Larche.

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.

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Dates and prices

DEPARTURE AND PRICE

Departures from 10 June to 15 September 2027

Grande traversée des Alpes part 3 without baggage transport :
1 person : 880 €
2 persons : 730 € / person
3 persons : 670 € / person
4 persons : 630 € / person
5 persons : 610 € / person
6 persons : 600 € / person

Grande traversée des Alpes part 3 with baggage transport (except on day 4 and 6) :
1 person : 1380 €
2 persons : 980 € / person
3 persons : 840 € / person
4 persons : 760 € / person
5 persons : 710 € / person
6 persons : 690 € / person

Optional extra :
6 picnics: **€95** per person
Comfort option : **+160€** (based on 2 people)

Optional transfers :
Transfer on day 1 Montdauphin -> Modane : **300€** from 1 to 8 persons
Return transfer Larche -> Montdauphin : **170€** from 1 to 8 persons

THE PRICE

Includes:

- Half board from dinner the first evening to breakfast of the last day;
- The roadbook : description and IGN maps (1 road book per group and application with the itinerary);
- Daily baggage transport between accommodation, if you have chosen this option (except day 4 and 6);
- Transfers (Modane to Valfréjus, Névache to refuge des Fonts, Abriès to Echalp);
- Organisation and booking fees, touristic taxes.

Does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- The return way to the departure point;

- Guiding : your are responsible for your own safety ;
- Travel insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: + 900m ; - 1200m approximately per day.
Maximum altitude: 3000m
Maximum elevation: 1200m.
Accomodation average altitude: 1800m
Walking time: 5 to 7.5 hours per day.
Type of trek: mountain itinerary with no particular technical difficulties. The paths are well marked, and you are often above the vegetation level, so there are few passages in the forest.

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 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 trip is organised in collaboration with our local partners, who are as committed as we are to offering you an authentic holiday.

ROAD BOOK

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: dormitory for 4 to 12 people, sheets and towels are not provided (liner sheet required), bathroom facilities are on the landing.
COMFORT: optional, double or 2-bedded room of your choice, sheets and towels are not provided (liner sheet required), bathroom facilities are on the landing.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are not included and can be ordered the day before in each accommodation.

Please specify any allergies or dietary requirements **at the time of the booking.**
Accommodations do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

Practical information

ACCES TO DEPARTURE POINT

Meeting point is at 9am prompt at Modane station, with free unmanned parking nearby. Transfer to Valfréjus.

If you wish to come by car, the easiest way is to leave your vehicle at Guillestre - Montdauphin station, and we will pick you up at the station to transfer you to Modane (**option at extra cost, to be booked when you register**). Departure from the station at 7am, it will take you 2 hours to get to Modane.

BY TRAIN
Your destination 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). Please consult the SNCF for exact timetables.

BY CAR
Please consult competent websites such as https:ww.viamichelin.fr/ or https://fr.mappy.com/ to organize your trip.
You can also arrive by car at Montdauphin - Guillestre station (free, unguarded parking). Transfer by minibus from Montdauphin - Guillestre station to Modane station. This transfer must be booked in advance and will take place at Montdauphin at 7am.

From Grenoble, there are two possible routes to Guillestre:
- Via Gap
- Via the Col du Lautaret and Briançon. Call 04 92 24 44 44 (answering machine) for information on the road conditions over the pass.

END OF STAY

End of the tour in Larche on Saturday afternoon, then transfer at around 5pm (optional with supplement) to Montdauphin - Guillestre station.

Return: Montdauphin /Guillestre - Paris train
A same-day night train will arrive in Paris the following day.
Daytime trains the following day will also be possible, but you will have to spend an extra night in Montdauphin.
There is little public transport from Montdauphin - Guillestre station to Modane on the last day (around 7 hours by train).

ACCOMODATION BEFORE AND AFTER YOUR HIKE

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

Mondauphin :
Hotel Lacour : 04 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.

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 (0,4 to 0,5L)
- 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 TRANSPORT

Your baggage will be transported daily between accommodation by our logistics vehicle (except D4 and D6). You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the the

driver to refuges, which access is not always easy! **Luggage which is too big and too heavy won't be accepted by the drivers!**

Details

HOW TO REGISTER

- By internet: http://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	**GRANDE TRAVERSEE DES ALPES self-guided - 3rd section**
Number of days	**7**
Insurance	
Trip price	**600 €**
Estimated deposit (30%)	**180 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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