TOUR OF PIERRA MENTA SNOWSHOEING

A wild and sporting winter trekking in the heart of Beaufortain

Reference · 261

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DURATION	TRAVEL STYLE	LUGGAGE
4 days	**Accompanied / guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**620 €**

The giant Gargantua is said to be the creator of Pierra Menta. Legend has it that he sent it flying with a kick from the Aravis mountains, located 30 km away. This monolith perched on a ridge has become an iconic peak of the Beaufortain and even gave its name to one of the most famous ski mountaineering races in the world. Fortunately, the slopes surrounding it are gentle and ideal for snowshoeing. In the heart of the massif, it will take 4 days to reach it and return, allowing for a small crossing of the range. Ideally located, the route offers beautiful views from the Mont-Blanc massif to the Écrins massif, passing through the Pre-Alps and all the Savoie mountain ranges

You will love

- A total immersion in the heart of the massif
- The discreet but constant presence of wildlife, with occasional beautiful sightings!
- The route passing right by Pierra Menta massif
- Nights in cozy mountain huts

Day-by-day itinerary

DAY 1

Meeting in the village of Naves, in the commune of La Léchère at 9am.

NAVES – NANT DU BEURRE REFUGE

Departure from the small village of Naves and its Nordic area. Ascent to the refuge of Nant du Beurre with its panoramic view of Vanoise and Lauzière. The afternoon break will offer an opportunity to discover and practice with avalanche safety equipment. Picnic lunch included. Overnight at the refuge in a dormitory.

3-hour walk/ +750m - 5km

DAY 2

COL DES GENISSES – COL DE LA GRANDE COMBE – LA COIRE REFUGE

After a short climb above the refuge, the landscape opens up to large snowy fields with a panoramic view of the Mont-Blanc massif. The summer pastures have given way to these snow-covered expanses, allowing for a peaceful crossing to the Cormet d'Arêches and the small refuge of La Coire. There is also the possibility to detour to one of the nearby peaks along the route. Overnight at the refuge, in a dormitory. The Coire refuge is certainly rustic, but it offers an even more authentic adventure.

5-hour walk / +/- 350m - 7km

+/- 100m for the Breakthrough Stone

DAY 3

COL DU COIN – COL DU BRESSON – PRESSET REFUGE

Immersion in the massif with a passage at the foot of the famous Pierra Menta, a stunning peak perched on a sharp ridge. The day begins with the climb to Col du Coin, quite steep but not difficult. Descent into the neighboring valley, then an ascent to Col du Bresson before crossing to the Presset refuge and its lake. A wild and sporty stage that makes for a memorable stay! Overnight in a dormitory at the refuge, with a panoramic view.

6h30 walk / Dénivelé +850m -450m - 8km

DAY 4

LA BALME REFUGE – SAINT GUERIN

After a night facing the Pierra Menta, descent to Saint-Guérin via the Balme refuge. The valley runs along the highest point of the massif, almost 3000 meters: Roignais (2995m). Transfer back to Naves.

4-hour walk/ -1100m - 8km

End of the trek in the afternoon at Naves.

Dates and prices

PERIOD	AVAILABILITY	PRICE
04/03/2027 - 07/03/2027	Open departure	620 €
11/03/2027 - 14/03/2027	Départ garanti	620 €
18/03/2027 - 21/03/2027	Départ garanti	620 €
25/03/2027 - 28/03/2027	Open departure	620 €

4-day snowshoeing trek/ 3 nights in mountain huts.
For your private group : departure available upon request, between February 15th and April 15th, 2027. Also available as a 3-day / 2-night.

THE PRICE

Includes:

- The organization fees and supervision by a certified mountain guide;
- Accommodation with half-board, lunch picnic, and snacks;
- The transfer on the last day to return to the starting point;
- Snowshoes and poles if needed (to be reserved upon registration) and safety equipment (DVA, shovel, probe).

Does not include:

- Personal expenses (drinks, etc.), visits;
- Luggage transfer;
- The round-trip travel from your home to the meeting point and departure;
- Airport taxes and other exclusions clearly and duly described in the corresponding technical sheet

The price is all inclusive from the meeting point to the point of dispersion.

The journey

LEVEL ***

Elevation gain: +/- 400 to 800m depending on the stages.
Walking time: 4 to 7 hours of hiking per day.
Physical level: reserved for hikers in good physical condition. Minimum experience of snowshoe trekking is highly recommended. 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

GUIDING

Number of participants between 6 and 10 people, guided by a certified professional (mountain guide).
Crossing the massif requires some commitment. Snow conditions in the mid-mountains can be unpredictable, but it is always possible to hike. In case of high avalanche risk, the route may be altered at the guide's discretion, always in the best interest of the group, for your safety and comfort.

ACCOMODATION

3 nights in dormitory, in mountain huts.
Nant du Beure refuge, The Coire refuge et Presset refuge.

LUGGAGE TRANSFER

Without luggage transfer : you carry all your luggage during the trek.

MEALS

Breakfasts and dinners are served at the accommodation. Lunch picnics are taken at the refuge.

CARTOGRAPHY

IGN 25:000 Massif du Beaufortain 3532 OT

Practical information

ACCESS TO DEPARTURE POINT

Meet at the parking located on 'Route du Fruit Commun', in the heart of the hamlet of Naves, 73260 La Léchère.

BY TRAIN

Moûtiers is accessible by TER train all year round and by TGV during the winter.
A transfer by minibus to Grand Naves is possible, depending on arrival times.
Visit www.oui.sncf to check out the schedules.

BY CAR

Highway A430 to Albertville then N90, exit Aigueblanche La Léchère. Ascent to Grand Naves where a large free parking lot is at the entrance of the village

CAR SHARING

Here are some websites to share a lift : www.laroueverte.com www.blablacar.fr

End of the stay in late afternoon in Naves.

ACCOMMODATION BEFORE AND AFTER STAY

Accomodation in Naves : https://www.naves-savoie.com/hebergement/?lang=en

TO CONTACT US

If you are late, contact the agency at: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT

Equipment for snowshoeing (snowshoes and sticks) is provided. You can nevertheless bring your own if you have it. Safety equipment (arva, excavator and probe) is also provided for the group.

Clothes

- Winter ski or hiking pants
- Windbreaker or Goretex jacket
- Tee-shirts "breathable" or merino wool
- Long "breathable" or merino wool shorts
- Fleece or sweater
- Down jacket
- Two pairs of ski gloves and a beanie
- Hiking socks (looped, merino...1 pair per day)
- High-stemmed waterproof hiking shoes (no soft shoes like "boots" or "boots")

Miscellaneous equipment

- Backpack 40 liters minimum
- Sunglasses + ski mask
- Sunscreen
- Flask and thermos (1.5 liter minimum total)
- Knife and cutlery for picnic
- Cup or bowl for soup and tea
- Small personal pharmacy (analgesic, dressings type compeed...)
- Survival blanket
- Identity card or passport

BACKPACK

Pack a comfortable rucksack with enough room for a full change of clothes, safety equipment (arva, shovel, probe), picnic and snacks.

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	**TOUR OF PIERRA MENTA SNOWSHOEING**
Number of days	**4**
Insurance	
Trip price	**620 €**
Estimated deposit (30%)	**186 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com