TOUR OF THE AIGUILLES D'ARVES guided

Out of the paths

Reference · 263

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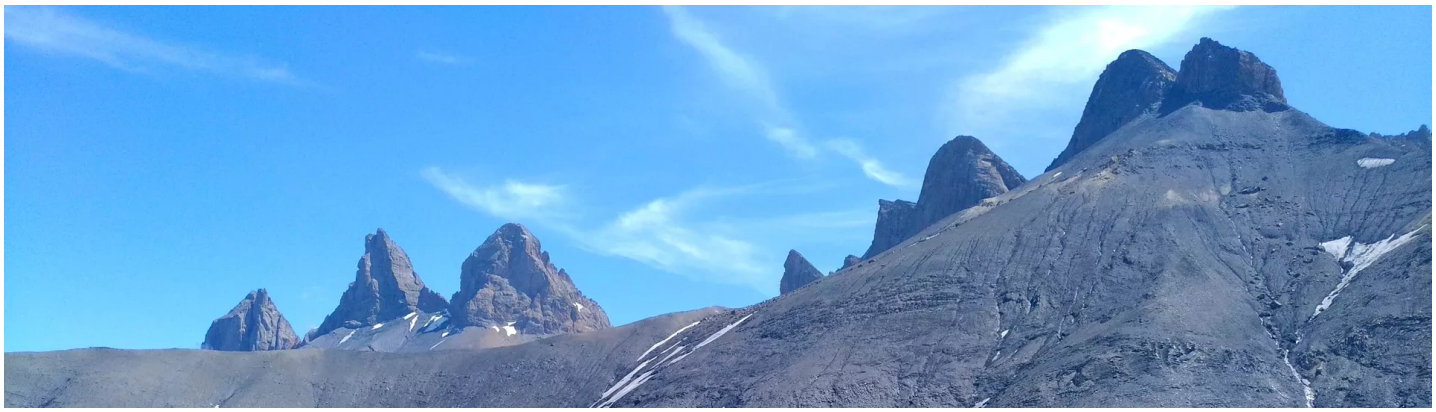

DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**890 €**

The Aiguilles d'Arves sit between the Savoie and the Hautes-Alpes, alone between the Vanoise and the Ecrins. There is no official GR route around them and few refuges have been built to accommodate hikers. There are therefore wide open spaces lost between glaciers, mountain pastures and lunar valleys. This circuit offers an unusual tour of the Aiguilles d'Arves with, on the programme, long panoramic ridges, authentic villages, wild lakes facing the Ecrins and high passes.

You will love

- An unusual and rarely visited tour
- Villages with character, active mountain pastures and the proximity of the high mountains
- Views of the Aiguilles d'Arves, the Ecrins, the Mont-Blanc...
- Long off-trail sections

Day-by-day itinerary

DAY 1

Meeting point in Valloire at 8h30, bus transfert to Bonnenuit.

COL DU GOLEON – REFUGE DU GOLEON

Departure from the Valloirette valley and ascent of the col du Goléon (2873m) by a small path. The view opens up on the north faces of the Meije, the Râteau and the Girose glacier. Descent in a steep slope but with a good path to the Goléon lake and its refuge.

Night at the refuge, in a dormitory **without luggage.**

5h30 walk / Elevation : +1150m -450m 10km

DAY 2

LE SIGNAL DE LA GRAVE – LE CHAZELET

After a short passage in the Goléon valley and the old Carreau refuge, climb to the Cruq des Aiguilles and its view of the Aiguilles d'Arves. The path continues through the mountain pastures to the Signal de la Grave. Descent to Le Chazelet, one of the hamlets of the village of La Grave, classified among the most beautiful in France.

Night in the lodge, in a room with luggage.

5h00 walk / Elevation : +350 -1050m 10km

DAY 3

PLATEAU D'EMPARIS – REFUGE DU PIC DU MAS DE LA GRAVE

A short climb reachs the Emparis plateau, a large steppe with a Mongolian feel, with a panorama of the Meije and its glaciers. The path joins Lac Lérié and then Lac Noir for a contemplative break. Arrival at the end of the day at the comfortable Refuge du Pic du mas de la Grave.

Night at the refuge, in a dormitory **without luggage.**

7 hours walk / Elevation : +950m -800m 18km

DAY 4

COL DE MARTIGNARE – PLATEAU DE MONTROND

Superb wild day! Early departure for the Buffe ridge which reachs the Martignare pass and then the Savoie. The whole day is spent off-piste or on small paths. Descent in the Valfroide valley facing the Aiguilles d'Arves and ascent to the Basse du Gerbier, at the foot of the peaks. It's time to find the path that descends quietly to the Chalet d'la Croë and its unusual domes.

Night in one of the domes with the luggage.

7h30 walk / Elevation : +1450m -1350m 15km

DAY 5

COL D'EMY - ALBANNE

The day begins with a short descent through the Montrond pastures. Climb up to the Emy pass and the possibility to climb the nearby Emy peak. Descent to Albanne, a typical Maurienne village.

Night in the lodge with luggage.

6h30 walk / Elevation : +1000m -1450m 14km

+1 hour walk / Elevation : +/- 100m for the Emy peak

DAY 6

ALBANNETTE – PAIN DE SUCRE – VALLOIRE

After a passage to the Pis waterfall and the old Albanne mills, we arrive at the hamlet of Albannette, its pedestrian streets and its chapel. Climb up to the big 600 year old larch tree, a contemporary of the Hundred Year's War! The path joins the Pain de Sucre and its viewpoint before descending to Valloire.

4h30 walk / Elevation : +650m -850m 9km

End of the tour around 3:00PM in Valloire.

The itinerary is established according to the latest information available, unknown factors and situations beyond our control can affect this itinerary and may change the route, timings etc.

St-Jean-de-Maurienne
St-Michel-de-Maurienne
Albanne 5
Aiguilles d'Arves
3514 m
La Croë 4
Valloire
Bonnenuit
Aiguille du Goléon
3427 m
Mas de la Grave 3
Le Grand Galibier
3228 m
1 Le Goléon
2 Le Chazelet
La Meije
3984 m
FRANCE
graphisme © Adeline Pihuit

Dates and prices

Tarifs sur demande pour votre groupe constitué. Contactez-nous !

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and simple snacks during the day;
- Accommodation in gites and refuges, including the tourist tax;
- Baggage transport between accommodation (except on Day 1, 3) and bus transfers.

The price does not include:

- Personal expenses (drinks, etc.) ;
- Touristic visits ;
- Travel insurance ;
- Your return journey from home to departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***/****

Elevation: from 600m to 1400m approximately per day.
Walking time: 5 to 7 hours per day.
Mountain paths, few screes and few days off-trail in mountain pastures.

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

GUIDING

Number in a group between 6 -12 people supervised by a qualified professional mountain leader. 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.
It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

6 nights in dormitory.

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of a 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.

MAPS

IGN Top 25 - 3435 ET - VALLOIRE

Practical information

ACCESS TO DEPARTURE POINT

Meeting point at 8.30 am in Valloire, at the carpark located at the foot of Crêt-de-la-Brive cable car.

BY TRAIN / BUS
Inbound: departure from Paris-Gare de Lyon the day before at 12:45pm (or 12:11pm) arrival in Chamonix at 7:48pm (6:48pm).
Night bus: departure from Paris Bercy Gare at 11:20pm, arrive at Lyon Perrache at 5:15am, connection at 6:00am, arrival in Chamonix at 9:35am.
www.oui.sncf
There are regular buses throughout the whole Chamonix valley - with an hourly bus service between Les Houches and Montroc-le-Planet.
www.chamonix.montblancbus.com/en/bus-lines
Return night train: in progress...
Times given are indicative and should be verified at a train station or on the SNCF website.

BY CAR
Take the A40 motorway to Chamonix, follow the main road towards Argentière and Switzerland to the village of Montroc (1km after Argentière) or exit at Les Houches, Bellevue/Prarion.
There is ample parking at the meeting point in Montroc-le-Planet or in the village of Le Tour 1km away.
If you wish to leave your car in a covered garage, contact:
Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).
The easiest option for your return is to leave your car at the end point of the tour at the Prarion gondola in the village of Les Houches and take the bus to the meeting point in Montroc-le-Planet.

CAR-SHARING
Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS
Geneva (GVA)
1 hour by car to Chamonix.
Bus and minibus services direct to your accommodation (25-35€ pp each way)
Lyon (LYS)
2h15 by car to Chamonix.
Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)
Paris (PAR)
7 hours by car to Chamonix.
Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

End point Saturday at 4:00pm at the bottom of the Prarion gondola in Les Houches.

RETURN TO DEPARTURE POINT

At the end of the tour the way back to the departure point in Montroc-le-Planet is easy via bus.

ACCOMMODATION BEFORE AND AFTER

By request we can book a bedroom for you before and/or after your tour.

Les Houches :Hôtel St Antoine: +33 (0)4 50 54 40 10 www.hotelsaintantoine.com
Hôtel les Campanules: +33 (0)4 50 54 40 71 www.hotel-campanules.com
Hôtel les Mélèzes: +33 (0)4 50 54 40 09 www.hotellesmelezes.com
Le Tour : Chalet Alpin: +33 (0)4 50 54 04 16
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. www.chamonix.montblancbus.com/en/bus-lines

CONTACT US

If you are late please contact the agency as soon as possible: **+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 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 (0,40L 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

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 days 1 and 3, between accommodation by our logistics vehicle where access is not always easy.

Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR YOUR NIGHT WITHOUT LUGGAGE

On nights 1 and 3, your luggage won't be dropped off at your accommodation (you will get it back the day after). 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
62, passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (3.8% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% 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 (inc. 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	**TOUR OF THE AIGUILLES D'ARVES guided**
Number of days	**6**
Insurance	
Trip price	**890 €**
Estimated deposit (30%)	**267 €**
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