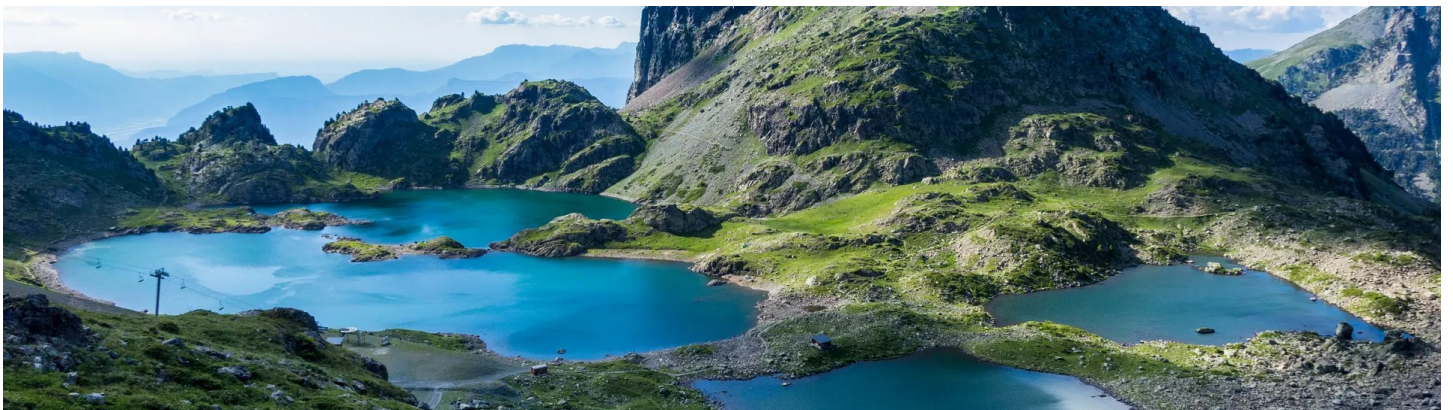


ACROSS SOUTH BELLEDONNE MASSIF self-guided

In the footsteps of shepherds



The "Bella Donna" is one of the four massifs surrounding Grenoble. Contrary to its neighbours who swallow rainwater in their limestone entrails, Belledonne exposes it on its granitic reliefs through torrents, waterfalls and altitude lakes. The water trickles down and, in some corners of the mountain, small glaciers and snow still hide and supply it for most of the summer. In this area, an important fauna has developed (ibex, chamois, birds of prey...) which find all what they need as well as numerous human activities (pastoral, hydroelectric and touristic). In spite of its austere faces which dominate Grenoble, it is a lively massif which is well worth a short 4-day excursion from hut to hut.

🕒 4 days

👤 Self-guided / without a guide

🚚 Without baggage transport

🏠 Accommodation : Classic (dormitory)

🧭 Level : ***

🏠 From : 255€

You will like

- The fauna and flora very present at these altitudes
- The rocky terrain which reveals glaciers, lakes and waterfalls
- Accommodation in mountain huts, far away roads
- The format of the trip, short but immersive.

The route

Day 1

Departure from the Chamrousse ski resort, possible transfer by public bus from Grenoble train station (about 1,5 hours). Each day, one or more alternative routes are proposed to extend the steps.

ROBERT AND BERNARD LAKES

Departure from the hamlet of Recoïn in Chamrousse and climb towards the Col de la Balme. We leave the ski resort on the right to enter the massif via the Robert Lakes. The itinerary goes along glacial lakes, until the refuge of La Pra, between the summits of Grand Colon and Doménon. Night at the refuge.

4.5 hour walk / Distance: 8km / Elevation: +800m -4000m

Day 2

CROZET LAKE - JEAN COLLET HUT

Crossing along the Crozet lake, suspended above the valley. The day continues on the side of the massif, above the Grésivaudan valley, with the Chartreuse in the distance. 2nd night in a small refuge perched on the western slope, in the setting sun.

4.5 hour walk / Distance: 8km / Elevation: +700m -900m

Day 3

LA MINE DE FER PASS – PAS DE LA COCHE

Climb to the col de la Mine de Fer (2400m), then by a more confidential path, to the brèche de la Roche Fendue, which allows you to switch to the other side of the Belledonne range. A return trip to the summit of the Pointe Centrale Sud du Ferrouillet (2587m) is possible, for a nice 360° panorama: (+/-100m of ascent, cairns markings). The traverse continues on a balcony to the Pas de la Coche, from the pass a short descent leads to the habert d'Aiguebelle. Night at the refuge.

4.5 hour walk / Distance: 9km / Elevation: +800m -1000m

Day 4

BELLE ETOILE PEAK - 7 LAUX LAKES

The day starts by climbing up to the Pas de la Coche, before a beautiful traverse to the Col de la Vache where the gradient changes abruptly. Descent on the myriad of lakes of the 7 Laux, which the path skirts, before leaving the massif by the Montagne du Gleyzin to the Fond de France in Allevard.

6.5 hour walk / Distance: 14km / Elevation: +900m -1560m

End of the hike at Fond de France around 4:00pm.

Transfer to Grenoble with public transport. (Taxi possible in option, contact us).

The trip

LEVEL ***

Elevation: +/- 800m average per day.

Walking time: 5 to 8 hours per day.

Good, well-marked mountain trails. The terrain is quite rocky in the Belledonne and some of the variants are not signposted.

IGN 1/25000 map-reading skills are essential.

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](#).

BAGGAGE TRANSPORT

Without baggage transport: you have to carry your personal belongings in your rucksack.

ACCOMMODATION

3 nights in a refuge in a dormitory.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included. They have to be ordered in advance in the accommodations. The refuges in this sector are usually supplied once a week. Orders must be placed well in advance.

Practical information

ACCESS TO DEPARTURE POINT

Departure from Chamrousse, access by public transport from Grenoble train station.

BY TRAIN

regular TGV or TER trains from Paris/Grenoble/Chambéry.
Check www.oui.sncf to check the schedule.

BY CAR

You can park your car near Gières-Université train station.

CAR-SHARING

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

End of the trek around 4:00pm at Fond de France. Return to Grenoble by Public transport (possible return by taxi, contact us).

ACCOMMODATION BEFORE AND AFTER

[Chamrousse](#) Tourist Office
[L'Étape du Fanfoué](#) in Chamrousse
[Auberge du Virage](#) in Chamrousse

[Allevard](#) Tourist Office
[Chambres d'Hôtes Au Barbouillon](#)
[Aux Marronniers](#)

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**

Dates & prices

DEPARTURE AND PRICE

Departures from 15th June to 20th September 2024

Without luggage transport

255€ per person in dormitory

THE PRICE

The price includes:

- Accommodation in refuges with half-board ;
- Travel documents : description and IGN maps (1 full file for 1 to 4 people; additional file with a supplement from 10 to 25 euros)
- Organisation and booking fees, tourist taxes;

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Pic-nics
- Transfers to the departure and from the end of the trek ;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

Equipment and baggage

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
- 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 50 to 60 litres for your personal belongings and keep a little room to carry a picnic and snacks.

To help you preparing your backpack please consult our post " [Equipelement conseillé](#) " on our website, "Partir en autonomie, 2 ou 3 jours et plus".

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 (4.2% 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 (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.

Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE