





TOUR OF PIERRA MENTA SNOWSHOEING

Winter roaming in the heart of the Beaufortain




The giant Gargantua is believed to have created the Pierra Menta. Legend has it that he kicked her from the Aravis, 30 km away. This monolith perched on a ridge became an emblematic peak of the Beaufortain and even gave its name to one of the most famous ski-mountaineering races in the world. Fortunately the slopes around it are soft and lend themselves well to snowshoeing. In the heart of the massif, it will take 4 days to reach it and return, this allows a small crossing of the massif. Ideally located, the route offers beautiful views of the Mont-Blanc massif, the Ecrins massif, the Prealps and all the Savoyard massifs.

 4 days

 Guided / with a guide

 Without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 540€

You will like

- A total immersion in the heart of the massif
- The discreet but constant presence of wildlife with sometimes beautiful observations!
- The passage near the Pierra Menta
- Nights in guarded and warm shelters

The route

Day 1

RDV in the village of Grand-Naves in the commune of La Léchère at 9am

GRAND NAVES – REFUGE DU NANT DU BEURRE

Departure from the small village of Grand-Naves and its northern domain. Climb to the communal refuge of Nant du Beurre and its panoramic view of Vanoise and Lauzière. The afternoon break will allow you to discover and practice with avalanche rescue equipment. Overnight at the shelter in dormitory.

3 hours walk/ Altitude difference +750m - 5km

Day 2

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

After a small climb above the refuge, the landscape opens onto large snowy fields with the Mont Blanc massif in panorama. The summer pastures have given way to these stretches that allow to cross quietly to the cornet of Arêches and the small refuge of the Chur. Possibility to make a detour to one of the peaks close to the route. Overnight at the refuge, in dormitory.

5h walk / Altitude difference +/- 350m - 7km

+/- 100m for the Breakthrough Stone

Day 3

CORNER PASS – BRESSON PASS – PRESSET REFUGE

Immersion in the massif with a passage at the foot of the famous Pierra Menta, superb tooth laid on a tapered ridge. The day starts with the climb to the Col du Coin, quite steep, but without difficulty. Descent into the nearby valley then climb to the Bresson pass before crossing to the refuge of Presset and its lake. Night in dormitory at the refuge, with panoramic view.

6h30 walk / Altitude difference +850m -450m - 8km

Day 4

REFUGE DE LA BALME – SAINT GUERIN

After a night in front of «the stone», descent on Saint Guérin through the refuge of the Balme. The valley runs along the culminant point of the massif and almost 3000: the Roignais (2995m). Transfer and end of the stay in Grand Naves.

4h walk/ Altitude difference -1100m - 8km

End of the mid-afternoon stay in Naves.

The trip

LEVEL ***

Altitude difference: +/- 400 to 800m following the steps.

Walking time: 4 to 7 hours per day.

Physical level: reserved for hikers in good physical shape. Crossing the massif requires a little commitment.

Snow in the middle of the mountain is sometimes random but you are above all hikers. In case of avalanche risk too great the route can be modified on the decision of the guide, this is always in the interest of the group, for your safety and comfort.

GUIDING

Number of participants between 6 and 10 people supervised by a qualified professional (mountain guide).

ACCOMODATION

3 nights in dormitory, in comfortable shelters.

MEALS

Breakfasts and dinners are served at the accommodation.

For lunch, picnics will be taken in the accommodation the day before.

CARTOGRAPHY

IGN 25:000 Massif du Beaufortain 3532 OT

Practical information

ACCESS TO THE STARTING POINT

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 find out or check 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

CARPOOLING

A few links between drivers and passengers to share routes: covoiturage-libre.fr www.laroueverte.com
www.roulezmalin.com www.blablacar.fr

End of the stay in late afternoon in Grand Naves

ACCOMMODATION BEFORE AND AFTER STAY

[Accommodation](#) in Nâves

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

Dates & prices

THE PRICE

Includes:

- organisation costs and supervision by a qualified mountain guide
- full board meals, snacks, nights in refuge (from dinner on day 1 to picnic on day 4)
- the transfer of the last day back to the starting point
- snowshoes and sticks if necessary (to be reserved for registration) and safety equipment (DVA, shovel, probe).

Does not include:

- personal expenses (drinks, etc.), visits
- First day picnic
- return journey from your home to the meeting point and dispersion
- airport taxes and other exclusions clearly and duly described on the corresponding data sheets

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

Equipment and baggage

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

Provide a comfortable backpack of at least 40 liters for safety equipment (arva, shovel, probe), your effects of the day (a warm garment, a canteen, box and cutlery for the picnic, sun protection and identity papers) and a little room to carry a picnic and snacks.

Details



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:

A large, light gray rectangular box intended for the user's signature.

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