




# TOUR OF THE DENTS BLANCHES AND RUAN self guided


High Alpine route in the wilderness... for experienced hikers !




Between the Mont Blanc and Lake Geneva, straddling the French-Swiss border is a mountain range disconnected from the world... The Dents Blanches, Dents du Midi, Tenneverge and Mont Ruan. Incredibly shaped alpine landscapes, including lunar like deserts, alpine lakes, waterfalls and forgotten pastures. Here there is no human stress, just nature and a preserved wilderness only hikers can discover.

Departing from one of the largest natural cirques in the Alps, leave civilization for a perfect loop of 6 days of spectacular hiking in the middle of the mountains, passing through refuges, each more isolated than the next, for total disconnection.

 6 days

 Self-guided / without a guide

 Without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 520€

## You will like

- A highly varied landscape due to the strong geological footprint.
- A wild territory far from crowded paths.
- An abundance of flora and fauna.
- Dozens of waterfalls along the route.

# The route

## Day 1

Meet on Sunday at 10:00am in the Bout du Monde parking in Sixt-Fer-à-Cheval.

### **CIRQUE DU BOUT DU MONDE - VOGEALLE**

After a short bus transfer, traverse the natural amphitheatre of the Bout du Monde passing numerous waterfalls. The nature reserve of Sixt-fer-à-cheval is full of treasures to discover. Night in Refuge Vogealle (\*without baggage).

3 hour walk / Elevation: +900m

## Day 2

### **COL AND LAKE CHAMBRE - POINTE DE BELLEGARDE**

Cross to Lake Vogealle, then climb to Col de Chambre via the forgotten valley of the Vogeallette. La pointe de Bellegarde, 200m higher offers an enormous view over the Giffre valley. Descend into the wild Chambres valley. Night in Refuge des Folly (\*No baggage transport).

6 hour walk / Elevation: +600m -800m (+800m -1000m option Bellegarde)

## Day 3

### **LA COMBE AUX PUAIRES - PAS AU TAUREAU - BARMÉ**

Early morning start to the karstic limestone valley of La Combe aux Puaires, cross the Pas au Taureau at 2500m, with a short cabled passage on the descent. Col de Bostan, direction Barne in Switzerland via the Pas de la Bide. Night in the pretty pastoral village of Barne with the sound of tinkling bells.

6.5 hour walk / Elevation: +1000m -1050m

## Day 4

### **BARNE VALLEY - CABANE DE SALANFE**

Cross the Pas d'Encel with its path overlooking the impressive gorges, before entering into the wild natural amphitheatre of Salanfe, dominated by the glaciers of Tour Salière (3220m) and Grand Mont Ruan (3057m). Climb to the Col de Salanfe under the Haute Cîme (3200m) and descend via a cabled trail to Lake Salanfe. Night in refuge.

6 hour walk / Elevation: +1150 -780m

## Day 5

### **COL D'EMANEY - COL DE BARBERINE - EMOSSON**

Cross to the Salanfe dam, climb to the Col d'Emaney then to the Col de Barberine (2481m). Descend towards the vast Emosson dam. Night in refuge on the lakeshore.

7 hour walk / Elevation: +1250 -1200m

## Day 6

### **LE CHEVAL BLANC - GRENAIRON REFUGE**

In the Veudale combe, the trail passes by sandstone slabs with visible traces of fossilized dinosaur. Climb to the Col du Vieux for to reach the summit of Cheval Blanc (2891m) home to chamois and ibex. Descend to Refuge Grenairon via the large Plan du Buët valley and the ridgeline of Mortine. Night in refuge.

7.5 hour walk / Elevation: +1200m -1450m

The programme has been drawn up on the basis of the latest information available at the time of writing: imponderables

are always possible and situations beyond our control may alter its course.

# The trip

## LEVEL \*\*\*\*

Elevation: +/- 1100m approximately per day

Walking time: 6 to 7 hours per day

Type of trek: this tour passes via rocky terrain with a few technically difficult cabled sections at the Col de la Golette, Cheval Blanc and at the Col de Susanfe.

This stay is designed for people who already have previous experience of mountain hiking, capable of handling technical passages and able to read IGN maps at 1/25,000.

You have to be in a general good fitness level and to have a mental capacity for long efforts. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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](#)

## ROAD BOOK

Before departure, we will give you a travel pack containing

- 2 IGN TOP 25 maps with the route
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

On demand, we will also provide you the GPX tracks of the route.

## ACCOMMODATION

6 nights in dormitory in refuges.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be ordered at every refuge by asking the night before.

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 - 3530 ET - SAMOENS and Top 25 - 3630 OT - CHAMONIX (1/25 000)

MPA (yellow) Trient valley (1/25 000)

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Sunday at 10:00am in the Bout du Monde parking in Sixt-Fer-à-Cheval.**

### BY TRAIN

Cluses SNCF train station [voyages-sncf.com](http://voyages-sncf.com)  
then with the [Bus Y94](#) to Sixt-Fer-à-Cheval

### BY CAR

Take the A40 motorway to Cluses, then direction Taninges, follow signs to Samoens and continue to Sixt-Fer-à-Cheval.  
Parking for the week (5€)

### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [blablacar.fr](http://blablacar.fr), [covoiturage-libre.fr](http://covoiturage-libre.fr), [laroueverte.com](http://laroueverte.com), [roulezmalin.com](http://roulezmalin.com)

**End point Sunday at 3:00pm in the Bout du Monde parking**

## ACCOMMODATION BEFORE AND AFTER

Samoens Tourist Office: +33 (0)4 50 34 40 28 / [www.samoens.com](http://www.samoens.com)  
Sixt Tourist Office: +33 (0)4 50 34 49 36 / [www.chamonix.com](http://www.chamonix.com)

## 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 from the 1st of July to the 1st of September 2024

**Tour of Dents Blanches and Ruan, without luggage transport : 520€ par personne**

**Option comfort (3 nights in bedroom of 2 to 3 persons) : +90€ per person**

Option luggage transport (day 4 only) for a resupply mid-journey : contact us.

## THE PRICE

### The price includes:

- 5 nights half-board from dinner of the first day to breakfast of the last day ;
- The Roadbook : description and IGN maps (1 roadbook per registration up to 4 people. A supplementary roadbook for groups of 5 or more. Extra roadbook supplement 25€) ;
- Organisation and booking fees

### The price does not include:

- Picnic lunches (about 10-15€ per picnic in the refuges) ;
- Personal expenses (drinks, etc.), hot shower tokens when required ;
- Cancellation insurance (4.2% of total tour cost) ;
- 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 40 to 50 litres for your personal belongings for the week (including 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.

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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 (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 (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.





## 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