

Tour of the Mt Thabor

In the heart of the Cerces and Thabor



"Vallée de la Clarée", "Névache", "le Mont Thabor", "le Massif des Cerces"... Names that evoke a country forgotten by the ski industry. Wide mountain valleys with an almost Mediterranean climate, steep peaks and emerald lakes, flocks of sheep and wild grass soups... Like a little corner of paradise between France and Italy.

This circuit approaches it with breadth, proposes to cross the passes between different valleys : Maurienne, Clarée and Guisane, offering the most varied panoramas, up to the Vanoise and the neighboring Ecrins. It is a great way to discover the traditions of this country, a jewel in the process of gentle change towards a serene tourism.

🕒 7 days

👤 Guided / with a guide

🚚 With baggage transport

🏠 Accommodation : Classic (dormitory)

🗝️ Level : ***

🏠 From : 845€

You will like

- A various itinerary with major passes, wild sections and sweet valleys
- The optional ascent of the Mt Thabor, 3000m above the sea
- Comfortable and lost refuges with the luggage transport
- The Italian food in France and the 350 miles of Nevache

The route

Day 1

Meeting point in the Valloire valley at 9:00am, in Plan Lachat at the foot of the Col du Galibier

VALLOIRE - COL DE LA PONSONNIERE - ALPE DU LAUZET

From the parking, the itinerary starts with a great crossing of the Cerces massif, by the famous Lac des Cerces and then the Col de la Ponsonnière (2613m). Between lakes, wetlands and green valleys, the path come down quietly to the Guisane valley. Magnificent view on the Aiguilles d'Arve, Mont Galibier and the Ecrins massif... with the ibexes as a bonus !!!

Night in the refuge of L'alpe du Lauzet **with your luggage.**

5h walk / Elevation : +600 m -650 m

Day 2

COL DU CHARDONNET – REFUGE DE LAVAL

Crossing over the Vallée de la Clarée, starting with the ascent of the Col du Chardonnet before reaching its wide valley and the refuge. The itinerary then continues to the bottom of the valley and goes up quietly to the refuge of Laval. Lakes, mountain pastures and larches are on your way, all this under the warm light of the Southern Alps.

5h30 walk / Elevation : +975 m -650 m / 13km

If the conditions and the team are well (cable and exposure in the descent of the pass), from the refuge du Lauzet ascent of the Col des Béraudes and descent to the lake. A wild path, in the heart of the massif.

6h00 walk / Elevation : +1100 m -770 m / 11km

Night in the refuge of Laval, en dormitory, **with your luggage.**

Day 3

CHEMIN DE RONDE – NEVACHE

The day starts with a small climb along the slope, to then join the "Chemin de Ronde", a balcony path which offers a magnificent panorama on the valley and the Cerces massif, with a small detour on the way to the Laramon, Serpent and Gardioles lakes...to take advantage of so many mirrors in which the summits of the Ecrins massif are reflected. Descent to the village of Névache, heart of this magnificent valley with its preserved heritage.

Night in the village in a room in lodge, **with your luggage.**

5h30 walk / Elevation : +475 m -880 m / 15km

+ 1h walk / Elevation : +/-250 m / +2,5 km to the Lac du Serpent

Day 4

COL DES THURES - VALLEE ETROITE

A day to reach a small corner of Italy in the French Alps! The itinerary takes a gentle path for a quiet day through forests and ochre baths. From the Col des Thures (2194m), descent on the Vallée Etroite whose waters flow towards the Po... The ascent of the Aiguille Rouge allows to lengthen a little the day and have a splendid panorama between the vallée de la Clarée and the Rois Mages.

Night in a refuge, in a room, **with your luggage.**

4h00 walk / Elevation : +600 m -450 m

5h30 walk / Elevation : +800 m -650 m with the summit of the Aiguille rouge

Day 5

COL DE LA VALLEE ETROITE - REFUGE DU MONT THABOR

A more peaceful day. From the village of Les Granges, the path goes on long green steps in the mountain pastures under the protective slopes of the Rois Mages, until the Col de la Vallée Etroite (2434m) and then to the refuge of Mont Thabor. Quiet afternoon at the refuge, by the lakes or a walk between the lakes and the col des Bataillères.

Night in a refuge in dormitory, **without your luggage**.

4h30 walk / Elevation : +800 m -100 m

+1h30 walk / Elevation : +/- 100m come and back to the col des Bataillères

Day 6

MONT THABOR – REFUGE DE TERRE ROUGE

A day close to the Mont Thabor, an emblematic meeting point between the Northern Alps and the Southern Alps! The itinerary takes place in a large ochre shade, with the possibility to climb the summit at 3178m of altitude. A long descent in the Vallon de La Neuvache allows to reach the Vallée de la Maurienne and the refuge of Terre Rouge.

Night in a refuge in dormitory, **without your luggage**.

6h00 walk / Elevation : +700 m -1100 m /12km

+ 30min walk / +/-100m / +1km by the summit of the Mt Thabor

Day 7

COL DE LA ROCHILLE – VALLOIRE

The return to Valloire is done first by taking an itinerary without tracks for a last perspective on the Thabor massif by the Lac de Letaz, the Lac Izi and the passage de la Pissine. Then it crosses the Col des Rochilles to finish this great tour of Mont Thabor in beauty!

6h walk / Elevation : +700 m -900 m /14km

End of the trip during the afternoon at Plan Lachat.

The trip

LEVEL ***

Elevation: +/- 350m to 1100m approximately per day (1420m for the summit of Mt Thabor).
Walking time: 4 to 7 hours per day.
Type of trek: mountain trail with no technical difficulty.

GUIDING

Group between 6 and 14 people supervised by a qualified mountain leader.

ACCOMMODATION

CLASSIC: 6 nights in refuge, in dormitory.
All accommodation offers hot showers.

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the night without your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

MEALS

Breakfasts and dinners are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

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 maps 1:25000 : Névache - Mont Thabor 3535OT

Practical information

ACCESS TO DEPARTURE POINT

BY CAR

Take the A6 motorway to Lyon, then the A43 direction Chambéry and Saint Michel De Maurienne.
At St Michel follow direction Valloire.
Free parking next to the tourist office.

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

ACCOMMODATION BEFORE AND AFTER

Valmeinier Tourist Office: +33 (0)4 79 59 53 69
<https://www.valloire.net/>

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

From 845€ (for a constituted group of 10 person).

THE PRICE

Includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches (from the dinner of day 1 to the picnic lunch of day 6) and snacks;
- Accommodation in gîtes and refuges ;
- Shower tokens if required;
- Baggage transport between accommodations (except on Day 4 and 6);
- The taxi transfer from Valloire the first day

Does not include:

- Personal expenses (drinks, etc.);
- Luggage transport on Day 4 and 6 ;
- Touristic visits;
- Airport taxes;
- 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 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

Your baggage will be transported daily (except on Day 4 and 6) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

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
180, route du lac
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