



GRANDE TRAVERSEE DES ALPES - 1st section


From Lake Geneva to Mont Blanc



Travel across the Alps, meeting both the people and the mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance hike. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five counties and some of the most famous mountain ranges in the Alps.


1st section: Chablais, Haut Giffre, Aiguilles Rouges, Mont Blanc

This first section departs from the shores of Lake Geneva to Chamonix, the ice capital of the Alps. Discovering the Chablais mountains, UNESCO Global Geopark certified, with their characterful limestone relief and the green mountain pastures in Abundance ! The wild Dents Blanches massif opens the doors to the Faucigny region... a land of giant waterfalls, lapies, chasms and heavenly alpine plateaus. A few hours hike later and we are into the Aiguilles Rouges from where we will finally discover the Mont Blanc mountains with a spectacular display of glaciers and rocky spikes. To be continued...

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ***

 From : 920€

You will like

- Crossing mountain ranges with varied landscapes and geology
- Rich ecosystems, abundant wildlife and valleys full of history
- The beginning of a long-distance alpine trail which can be continued all the way to Nice in 4 weeks
- Nights lulled to sleep by the sound of cow bells in alpine pasture chalets
- Baggage transport

The route

Day 1

Meet at 12:30pm in front of the Tourist Office in Thollon-les-Mémises or at 9:30am in front of Chamonix train station if you have chosen this option. A picnic lunch will be taken at the start of the walk.

PIC DES MEMISES - BALCON DU LEMAN

Take the cablecar and depart towards the balcony trail overlooking Lake Geneva. Picnic lunch and then cross the Mémises and the alpine pastures of Mottay before descending to the Novel valley. Night in a refuge in the pastures **without luggage transfer.**

3.5 hour walk / Elevation: +500m -550m / 8km

Day 2

BISE PASS - BISE VALLEY

From the refuge, climb to Lake Neuteu and the Bise pass. Short detour possible to the beautiful glacial Lake Darbon under the watchful eyes of the ibex! After having crossed the "Pas de la Bosse", long descent to reach Chapelle-d'Abondance. Night in an Auberge in the typical village of La Chapelle-d'Abondance.

6 hour walk / Elevation: +900 m -1400 m / 12km

Day 3

ABONDANCE - LAKE TAVANEUSE - LAC DE MONTRIOND

Short transfer. Climb to Lake Tavaneuse and to the mountain pass at 1997m. Descend through the pastures and the forest to Lake Montriond. Transfer to the Chardonnière refuge. Night in a dormitory.

7 hour walk / Elevation: +950 m -1050 m / 11km

Day 4

DENTS BLANCHES MASSIF - PAS AU TAUREAU

Climb to the Tête de Bostan facing the superb and wild Dents Blanches massif. Cross the Pas au Taureau (2555m) via a short cabled passage, then descend into the lunar-like valley of the Combe aux Puaires, an unusual area of lapiaz (eroded limestones). Night at the Vogealle refuge in a dormitory **without luggage transfer.**

7 hour walk / Elevation: +1300 m -750 m / 11km

Day 5

BOUT DU MONDE AND CIRQUE DU FER À CHEVAL

From the Vogealle refuge, a beautiful descent facing the Tenneverge cliffs and on to Bout du Monde, continuing to the amphitheatre at Sixt-Fer-à-Cheval and its multiple waterfalls. Night in the village of Sixt-Fer-à-Cheval.

6 hour walk / Elevation: +200 m -1250 m / 17km

Day 6

ANTERNE LAKE AND PASS

The day begins through the woods, alongside the Rouget, Pleureuse and Souffraz waterfalls. Climb to the Anterne pasture at the heart of the Sixt-Passy Nature Reserve, a wide high plateau where one of the most beautiful lakes in the area is nestled. Here is the kingdom of marmots and rare bearded vultures! Skimming stone contest followed by a short climb to the Anterne pass and descent to the Moède-Anterne refuge. Night in dormitory **without luggage transfer and without shower.**

7 hour walk / Elevation: +1550 m -400 m / 15km

Day 7

ENVERS DU BREVENT - CHAMONIX

Short descent towards the Arlevé bridge. Here the landscape changes, the Fiz limestones give way to the red rocks of the Aiguilles Rouges range. Climb up to the Brévent pass (2368m) then descend to Planpraz to take the gondola down to Chamonix.

5 hour walk / Elevation: +750 m -750 m / 10km

End point around 2:30pm in Chamonix.

The trip

LEVEL ***

Elevation: +/- 700m to 1300m per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain trails with some well-equipped aerial sections.

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](#)

Please note: some névés will be present on the paths until the end of June, particularly on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

GUIDING

Group from 6 to 14 people supervised by a qualified 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 refuges and gîtes.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully daily prepared by your guide, including a variety of 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 - 3528ET/ Morzine and Top 25 - 3530ET/ Samoëns (1/25 000).

Practical information

ACCESS TO DEPARTURE POINT

Meeting point at 12:30pm in front of Thollon-les-Mémises Tourist Office. A picnic lunch will be taken at the start of the walk.

If you wish, we can pick you up in Chamonix and transfer you to the departure point in Thollon-les-Mémises; optional service costing 50€ per person, to be booked on registration. Meet, with your baggage, at 8.45am at the Prarion cablecar carpark (in front of the bakery, free car park) or at 9:30am in front of Chamonix train station.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) TGV Paris/Bellegarde/Evian

There are regular buses from Evian to Thollon Les Mémises (40mins) www.thollonlesmemises.com

Return train, the day after : depart Chamonix at 11:57am arrive in (Paris) Gare de Lyon at 5:42pm.

Times given are indicative and should be verified in a train station or on www.oui.sncf

BY CAR

Take the A40 motorway to Annemasse, free parking and bus [sat-leman ligne-141-evian-annemasse](http://sat-leman.ligne-141-evian-annemasse) or train to Evian-les-Bains, then to Thollon-les-Mémises thollonlesmemises.

Return: By train from Chamonix to Annemasse, then Thonon / Evian www.oui.sncf

For your car: free parking in Thollon-les-Mémises, Chamonix and Annemasse.

Chamonix, free parking at the Biolay car park opposite the Montenvers train station or if you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71.

CAR-SHARING

Get in touch with people to share a lift! www.blablacar.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA) - Lyon (LYS) - Paris (PAR)

End point around 3:00pm in Chamonix.

ACCOMMODATION BEFORE AND AFTER

[Thollon Les Mémises](#)

- [Hôtel Bellevue***](#) : 04 50 70 92 79

- [Hôtel Bon-Séjour**](#) : 04 50 70 92 65

[Office de Tourisme d'Evian-les-Bains](#)

[Hôtel Evian Express](#) : 04 50 75 15 07

[Hôtel Continental](#) : 04 50 75 37 54

Thonon Les Bains :

- [Hôtel Arc en Ciel](#) : 04 50 71 90 63

- [Hôtel Le Comte Rouge](#) : 04 50 71 06 04

You can also contact Chamonix tourist office: [Office de Tourisme de Chamonix](#).

TO 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

Possibility to link up 2 or 4 sections of the GTA :

- [GTA 1 and 2](#)
- [GTA 3 and 4](#)
- [GTA 1, 2, 3 and 4](#)

From 15/06/25 To 21/06/25	Guaranteed departure	920 €
From 22/06/25 To 28/06/25	Last places available	920 €
From 29/06/25 To 05/07/25	Last places available	920 €
From 06/07/25 To 12/07/25	Last places available	920 €
From 13/07/25 To 19/07/25	Last places available	920 €
From 20/07/25 To 26/07/25	Last places available	920 €
From 27/07/25 To 02/08/25	Guaranteed departure	920 €
From 03/08/25 To 09/08/25	Last places available	920 €
From 17/08/25 To 23/08/25	Last places available	920 €
From 31/08/25 To 06/09/25	Last places available	920 €

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- Picnic lunches and snacks during the day;
- Accommodation with half-board formula from dinner on day 1 to breakfast on day 7;
- The cable car from Thollon les Mémmises on Day 1 and the cable car down to Chamonix on Day 7;
- Luggage transfer between accommodation (except Days 1, 4 and 6);
- Bus transfers (except the transfer Chamonix - Thollon, prior reservation possible).

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Travel 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 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 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, 4 and 6, 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 THE NIGHTS WITHOUT LUGGAGE

On nights 1, 4 et 6, 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.

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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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