



GRANDE TRAVERSEE DES ALPES - 3rd section


Clarée, Queyras and Italian Piedmont





Cross the Alps meeting people and 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.


3rd section: Clarée, Queyras and Italien Piedmont - From Modane to Larche

During this incredible week switch from the Northern Alps to the beautiful Southern Alps. Mont Thabor, Nevache Valley, Briançon, Queyras region, Val Maira and Ubaye region, many beautiful mountains to discover. Far from the mechanic scars on the landscape of the big ski resorts, enjoy wild preserved nature and an authentic warm welcome in small villages. Incredible flora and sparkling altitude lakes, all under the sun of the Southern Alps, this tour will leave you with long lasting memories.


 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 895€

You will like

- 3rd section: Thabor, Névache Valley, Queyras, Val Maira, Ubaye
- An adapted itinerary with a passage in Italy
- Baggage transport

The route

Day 1

Meet at 10:45am at Modane train station.

MODANE - VALLEE ETROITE

Transfer to Valfréjus (20mins) to the famous departure point of the GR5, towards the Étroite valley. Gentle climb towards this mountain pass which acts as a natural border between the Northern and the Southern Alps. Here enter the Hautes-Alpes and Étroite Valley, a French enclave in Italy. Descent to the hamlet of Les Granges to spend the first night in a refuge.

5 hour walk / Elevation: +890m -720m

Day 2

VALLÉE ÉTROITE - COL DU VALLON - NÉVACHE

Let's go at the heart of the Clarée Valley. In that very wild area, climb to the Vallon pass (2645m) dominating the great Lake Blanc. A nice descent towards the Nevache village in the upper Clarée Valley. Cross the traditional village of Ville Haute and transfer (35mins) at the end of the day to the neighbouring Fonts de Cervières valley. Night in refuge.

6 hour walk / Elevation: +850m -1050m

Day 3

FONTS DE CERVIÈRES - COL MALRIF - ABRIÈS

Reaching the Queyras National Park via the Malrif pass (2830m). A beautiful climb from the Fonts de Cervières hamlet. Cross the Marif pass with a breathtaking view of the famous Mont Viso, the Lord of the Southern Alps. A long descent to Abriès via the Malrif lakes which are among the largest in the Queyras region. Night in a gîte.

6 hour walk / Elevation: +850m -1300m

Day 4

ECHALP - LAKE VALLEY - COL VIEUX - LAKE BLANCHE

From the last hamlet of this high valley of Guil, up along the Italian border, the valley of Bouchouse which constitutes a biotope reserve. Passage to Egorgeou and Foréant lakes and then to "Col Vieux" (2806m) to reach "Col de Chamoussière". Descent into this wide valley of the "Aigue Blanche" to reach the "refuge de la Blanche", by the lake, nestled at the foot of the "Tête des Toilies". Night **without luggage transport**.

6 hour walk / Elevation: +1400m ; -600m

Day 5

LAKE BLANCHE - COL DE LA NOIRE - MALJASSET

From the refuge, in its extraordinary landscape, climb to the mineral area of Col de la Noire. Leaving behind the Queyras region to enter the wild valley of Haute-Ubaye. Gently descending into the flower filled Longet valley to the first hamlet of Maljasset. Night in a gîte.

7.5 hour walk / Elevation: +550m -1300m

Day 6

MALJASSET - COL MARY - CHIAPPERA

At the foot of the Haute-Ubaye, the Chambeyron (3412m), a gentle climb via the valley of Col Mary with its multitude of lakes cheerfully dotting the pastures. From the mountain pass, enter into Italy in the Piedmont to reach Val Maira and the

beautiful village of Chiappera. Night in gîte (*without baggage).
5.5 hour walk / Elevation: +815m -1150m

Day 7

CHIAPPERA - COL DES MONGE - ORONAYES VALLEY - LARCHE

Beautiful traverse in the unusual Maira valley to reach the Monges pass (2542m) marking the border between France and Italy. Descend into the Montagnette valley, dominated by the fortresses of Maginot erected during the Second World War... Arrive in Larche, a small village in Haute-Ubaye.

6 hour walk / Elevation: +1150m -1150m

End point in Larche and transfer around 6:00pm to Guillestre - Montdauphin train station.

The trip

LEVEL ***

Elevation: +900m approximately per day.

Walking time: 5 to 7.5 hours per day.

Type of trek: easy mid mountain terrain on varied trails. Well marked paths often above the vegetation level with a few forest sections.

This tour is in collaboration with our local partner who offers an authentic approach.

GUIDING

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

ACCOMMODATION

CLASSIC: 6 nights in refuges and gîtes.

All accommodation offers hot showers (*sheets and towels are not provided. Shared bathrooms).

Double/twin bedroom supplement is optional on reservation for nights 1, 2 and 3 depending on availability: **50€ per person**.

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

Breakfast and dinner are provided in each accommodation.

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

PHYSICAL CONDITION

To be able to easily walk 15km (on flat trails) in 3 hours maximum. If this is not the case, at least 3 weeks before departure, 2 to 3 times a week, we advise you to undertake some prior fitness training: 4 to 5km of jogging or 3 to 4 hours hiking or cycling. Your physical preparation will enable you to enjoy your trek to the maximum.

Practical information

ACCESS TO DEPARTURE POINT

Meeting point at 10:45am at Modane train station. Free parking available nearby. Transfer to Valfréjus.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) - Modane by TGV.

Return: night train or the next day from Montdauphin-Guillestre - Gare de Lyon (Paris) <https://www.oui.sncf>

Public transport is limited between Montdauphin-Guillestre and Modane (7 hour train journey).

BY CAR

We advise you to consult www.viamichelin.fr to plan your journey. Free parking available at Montdauphin-Guillestre train station.

From Grenoble, 2 routes are possible to reach Montdauphin-Guillestre:

- Via Gap
- Via the Lautaret pass and Briançon. Inquire about the condition of the pass: +33 (0)4 92 24 44 44 (answering machine).

Option transfer on day 1 by minibus from Montdauphin Guillestre station to Modane station: **reservation required at registration, 25€ per person. Meet at Montdauphin station at 8.15am, 2h30 drive.**

End point Saturday around 6pm, after a short transfer to Montdauphin-Guillestre train station.

ACCOMMODATION BEFORE AND AFTER

Modane:

2* Hotel les Voyageurs: +33 (0)4 79 05 01 39

3* Hotel du Commerce: +33 (0)4 79 05 20 98

Montdauphin:

Hotel Lacour: +33 (0)4 92 45 03 08 (from 40€ per room)

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 et 2](#)
- [GTA 1 à 4](#)

We will book the extra nights accommodation for you and potential transfers between the sections... please contact us!

From 16/06/24 to 22/06/24	Guaranteed departure	895 €
From 23/06/24 to 29/06/24	Guaranteed departure	895 €
From 30/06/24 to 06/07/24	Guaranteed departure	895 €
From 07/07/24 to 13/07/24	Guaranteed departure	895 €
From 14/07/24 to 20/07/24	Guaranteed departure	895 €
From 21/07/24 to 27/07/24	Guaranteed departure	895 €
From 28/07/24 to 03/08/24	Guaranteed departure	895 €
From 04/08/24 to 10/08/24	Guaranteed departure	895 €
From 11/08/24 to 17/08/24	Guaranteed departure	895 €
From 18/08/24 to 24/08/24	Guaranteed departure	895 €
From 01/09/24 to 07/09/24	Guaranteed departure	895 €

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and snacks;
- Accommodation in gîtes, refuges and small hotels;
- Baggage transport between accommodation (except Days 4 and 6);
- Bus transfers.

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Luggage transport on Day 4 and 6;
- Airport taxes;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point including the bus between Guillestre - Montdauphin and Modane train station on Day 1.

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 Days 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 10kg**. 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!**

If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.

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