



# GRANDE TRAVERSEE DES ALPES - 4th section

## From Larche to Menton



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.

### 4th section: from Larche to Menton - Ubaye, Mercantour, Vallée des Merveilles

The fourth section starts from Lake Geneva and goes to Menton. This section has an incredible diversity of landscapes, flora, heritage and the most remarkable architecture in the French Alps. From the highest summits of the Ubaye area, to the Mercantour lakes and its wide open space via the Vallée des Merveilles; you will be diving towards the Mediterranean sea via a multitude of valleys, mountain passes and typical mountain villages. Don't be fooled this is no beach holiday yet... the local terrain and the deep valleys make this section physically challenging. A dazzling experience.

7 days

Guided / with a guide

With or without baggage transport

Accommodation : Classic (dormitory)

Level : \*\*\*

From : 850€

## You will like

- Section 4: Ubaye, Mercantour, Vallée des Merveilles
- Baggage transport
- The Mediterranean as an objective!

# The route

## Day 1

Meet at 9am in front of Auberge du Lauzanier in Larche or at 8am at Montdauphin-Guillestre train station.

### LARCHE - VALLON DU LAUZANIER - PAS DE LA CAVALE

Departure for the Lauzanier Valley at the gates of the Mercantour National Park. Climb via a pleasant path to reach the Lauzanier Lake before a final slightly steeper climb up to the pass. A magnificent view from Col de la Cavale of the Tinée and the surrounding mountains. Descend into the high valleys of the Alpes Maritimes passing via the Col des Fourches and the magnificent promontory of Mont des Fourches. Reaching the Bonnette Restefond road (the highest road in Europe) encountering poignant vestiges of the Maginot line. Night in Bousseyas, the first hamlet in this high valley of Tinée.

6 hour walk / Elevation: +1100m -1100m

## Day 2

### ISOLA 2000 - MERCIÈRE PASS - LE BORÉON

After an early transfer to Isola 2000 ski resort, climb to the Col de la Mercière (2342m). Descend and then cross through the old village of Mollière and up to Col De Salèze. Depending on the condition and the fitness level of the group a detour is possible to Lake Negere. Descend into the Vésubie to the village of Boréon. Night in a gîte.

5.5 hour walk / Elevation: +550m -1090m

## Day 3

### LE BOREON - PAS DES LARDES - MADONE DE FENESTRE - LAC DE PRALS - LA GODOLASQUE

Departing from Boréon, climb up towards Lake Trécolpas to "Pas des Lardes" (2448 m) dominated by the Gelas, the highest peak in Mercantour. Descent to the Madone de Fenestre hospices and passage near the fruit farm of the Madone. Climb up the Poncet valley to reach the "Baisse des Lacs", then are the 5 lakes of Prals before going up to "Baisse des Prals". Nice descent to the bottom of the Godolasque valley, at "Relais des Merveilles".

7.5 hour walk / Elevation: +1550m -1520m

## Day 4

### VALLEE DE LA GODOLASQUE - REFUGE DE NICE - BAISSSE DE VALMASQUE - VALLEE DES MERVEILLES

Climb up the Godolasque valley to Lake Fous and the Nice refuge which dominates it. The bag will be lightened for the evening at the refuge des Merveilles. From the Nice refuge, climb to the "Baisse Basto" to reach the famous "Vallée des Merveilles" and its rock engravings (we will see those near the GR). A row of lakes will enchant you in the middle of this very typical mineral landscape. Descent to the "refuge des Merveilles" for the night **(without luggage)**.

6.5 hour walk / Elevation: +1300m -790m

## Day 5

### REFUGE DES MERVEILLES - PAS DU DIABLE - COL DU RAUX - L'AUTHION - CAMP D'ARGENT

Through a multitude of lakes, we're leaving this "Vallée des Merveilles" by the "Pas du Diable". Change of landscape and crossing several medium altitude passes in the middle of sheep pastures. At the "Col du Raux", climb up to the small plateau of Authion dominated by a remarkable redoubt, a major place of confrontation during the Second World War. From "Authion", first view on the Mediterranean sea if the weather allows it. Descent to "Camp d'Argent", micro-ski resort.

5.5 hour walk / Elevation: +625m -1000m

## Day 6

### **CAMP D'ARGENT - MOUNT VENTABREN - MANGIABO - SOSPEL**

Let's go for a great day on the ridges. Leaving these landscapes rich in military vestiges of the Second World War to reach Sospel via the Mount Ventabren and Mangiabo ridges. With a continuing view over the mouth of the Var and the outskirts of Nice. A nice descent to the village of Sospel on the Bévéra river.

7 hour walk / Elevation: +570m -1750m

## **Day 7**

### **SOSPEL - COL DU RAZET - VIEUX CATSELLAR - MENTON**

Last day of the GTA, not there yet... but can you smell the sea?! Beautiful climb to the Col de Razel (1032m) on an old paved path between ruined shepherd huts. Passing flocks of sheep and goats from Rove testifies to the arrival in Provence. The vegetation becomes much more leafy and fragrant. Chestnut trees, maples and rosemary line this beautiful day. Enjoy the last mountain pass, Col du Berceau (1050m) to picnic overlooking the bay and harbour of Menton... and a final descent of 1050m to the waters edge!

6.5 hour walk / Elevation: +1110m -1450m

**End point around 4:30pm in Menton harbour.**

# The trip

## LEVEL \*\*\*

Elevation: +900m/-1450m 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 forested sections. In the Mercantour region, some sections are rocky.

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 in a dormitory.

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, 3, 5 and 6 (depending on availability): 100€ per person or 20€ per night.

## 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 5 km of jogging or 3 to 4 hours hiking or cycling. Your physical preparation will enable you enjoy your trek to the maximum.

## Practical information

### ACCESS TO DEPARTURE POINT

**Meeting point at 9.15 am in front of Auberge du Lauzanier in Larche (exit the village direction Italy).**

#### BY TRAIN

Inbound: depart Gare de Lyon (Paris) - Montdauphin - Guillestre by TGV [www.oui.sncf](http://www.oui.sncf)

**Option: pick up at 8:00am at Guillestre - Montdauphin train station. Booking required.**

Return: transfer possible to Menton train station, train to Nice (40 mins). Access to Nice airport and mainline trains (arrival at Nice train station after 18:00). Airport shuttle in front of the train station.

Night train (or the day after) from Nice to Gare de Lyon (Paris) <https://www.oui.sncf>

Possibility to return to Larche (3.30 hours) or Guillestre - Montdauphin train station (4.30 hours) by special transfer.

**Booking is required: 50€/person.**

#### BY CAR

We advise you to consult [www.viamichelin.fr](http://www.viamichelin.fr) to plan your journey. Free parking available at Montdauphin - Guillestre train station.

You can access Larche by car via Gap, Ubaye Valley taking direction Barcelonnette then Col de Larche (Italian border). The village of Larche is 5km before the pass. The Auberge du Lauzanier is located just outside the village of Larche direction Italy. Free parking near the hostel or Tourist Office.

#### CAR-SHARING

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

**End point around 4:30pm at Menton harbour.**

### ACCOMMODATION BEFORE AND AFTER

Montdauphin: Hôtel Lacour: 04 92 45 03 08 (from 40€ per room). Transfer at 8am from your hotel to departure point (20€/pers).

Larche: Auberge du Lauzanier: 04 92 84 35 93 (half-board from 50€ per person).

Menton or Nice: accommodations available near the train station (from 40€ per person).

### 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 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 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	Full	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 25/08/24 to 31/08/24	Guaranteed departure	895 €
From 08/09/24 to 14/09/24	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 during the day;
- Accommodation in gîtes, refuges and small hotel;
- Baggage transport between accommodation (except Day 4);
- Bus transfers.

### The price does not include:

- Personal expenses (drinks, etc.), 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 Day 4) 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](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  
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:

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