

# GRANDE TRAVERSEE DES ALPES self-guided - 1st section

From Lake Geneva to Mont-Blanc



Right through the Alps towards people and mountains... Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance journey. That's a chance to take a long break and put your daily life aside.


This itinerary runs along Swiss and Italian borders crossing five departments and some of the most famous massifs of the Alps.


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

This first stage takes us from the shores of Lake Geneva to the ice capital of Chamonix. We discover the Chablais massif with its characterful limestone relief and the rich green alpine pastures of Abondance! The wild and preserved Dents Blanches massif opens the doors of the Faucigny area. Land of giant waterfalls, lappiaz and abysses and also land of heavenly mountain pastures. A few hours of hiking later we are at the Aiguilles Rouges from where we finally discover the whole Mont Blanc range, a spectacular display of glaciers and rocks. To be continued...

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic or comfort

 Level : \*\*\*

 From : 565€

## You will like

- Crossing mountain ranges, with varied geology and landscapes
- Rich ecosystems, abundant wildlife and valleys full of history
- The beginning of a long-distance alpine trek, which can be continued to Nice in 4 weeks

# The route

## Day 1

**Departure of your trek from Thollon-Les Memises** (where your luggage will be picked up, if you have chosen this option)

### **THOLLON LES MEMISES - PIC DES MEMISES - ALPAGE OF NEUVA**

Way up with the cablecar and depart towards the balcony trail overlooking Lake Geneva. Then traverse the Mémises range and Mottay alpine pastures before descending to Novel valley. Night in a refuge **without baggage**. Plan to carry your belongings for the night (See section equipment).

3.5 - 4 hour walk / Elevation: +500m -500m (+900m, without the gondola) / 7,5km

## Day 2

### **BISE PASS - CHAPELLE D'ABONDANCE**

From the refuge, climb to lake Neuteu and Bise pass. Detour possible by Lake Darbon, under the mocking eyes of the ibex ! Descend into Bise Valley, climb to Pas de la Bosse and descend to La Chapelle d'Abondance, a typical village. Night in a gîte.

6 - 6.5 hour walk / Elevation: +900m -1400 m / 12km

## Day 3

### **COL DE BASSACHAUX - LINDARETS (Goat village) - VALLÉE DE LA MANCHE**

Climb to Pointe des Mattes in the Mont de Grange nature reserve, home to chamois. Traverse through the pastures of Abondance to reach Bassachaux pass overlooking Lake Montriond. Descend to the pretty Lindarets village, known for its goats! Transfer to Vallée de la Manche. If the length of the stage seems too great, 2 other shorter routes are possible on this day. Night in a refuge.

7 - 7.5 hour walk / Elevation: +1400 m ; -950 m / 18km

## Day 4

### **COL DE LA GOLÈSE - FOLLY REFUGE**

Climb to the pastures and farm of Fréterolles, its cows, its goats and its cheese! Cross at the foot of the Terres Maudites and short climb to Golèse pass (1666m), descend to the hamlet Les Allamands. Climb under the rock slabs of Tuet to reach Folly refuge for a night overlooking the distant lights of the Giffre Valley. Night in refuge, **without your baggage**.

6.5 - 7 hour walk / Elevation: +1150m -1100m / 15km

## Day 5

### **VOGEALLE LAKE - SIXT-FER-À-CHEVAL**

Day in the wild range of Dents Blanches. Depart towards the Combe aux Puaires an unusual area of lappiaz (eroded limestones). Descend to Lake Vogealle. Follows a beautiful descent facing the waterfalls of the cirque of Bout du Monde and Sixt-Fer-à-Cheval. Night in the village Sixt-Fer-à-Cheval.

6.5 - 7 hour walk / Elevation: +800m -1400m / 16km

## Day 6

### **COL D'ANTERNE - REFUGE MOËDE-ANTERNE**

Climb to the Rouget waterfall and then to the Pleureuse and the Sauffaz waterfalls. The path reach the pastures of Anterne at the heart of the nature reserve of Sixt-Passay, a vast and high plateau where one of the most beautiful lakes of

the region nestles. Kingdom of marmots and rare bearded vultures! Another small climb to Col d'Anterne and descend to Moëde-Anterne refuge. Possible swim at Lake Pormenaz, 15mins from the refuge. Night in refuge, **without your baggage**.

6 - 6.5 hour walk / Elevation: +1550m -400m / 14km

## Day 7

### **COL DU BREVENT - CHAMONIX**

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

4.30 - 5 hour walk / Elevation: +900 m ; -900 m / 10km

Extra 1.5 hour walk if descending by foot to Chamonix: -1000m added

**End point in Chamonix during the afternoon.**

# The trip

## LEVEL \*\*\*

Elevation: +/- 600m to 1200m approximately per day.

Walking time: 5 to 6h30 per day.

Type of trek: mountain hike on marked trails including gravel paths. An easy passage with cables on day 4 can be avoided via a steeper path.

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](#)

## ROAD BOOK

Before departure, we send you a travel folder containing:

- 2 IGN TOP 25 with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

In France trails are marked with red and white stripes for Grande Randonnée (in both directions). It is preferable to know how to read a topographical map at 1/25000.

## BAGGAGE TRANSPORT

Two options:

**Without baggage transport:** you carry your baggage.

**With baggage transport:** your baggage is transported by our vehicle, except on days 1, 4 and 6.

## 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!)

## ACCOMMODATION

### CLASSIC

4 nights in a dormitory, in refuge or gite

2 nights in a gite, in a multiple bedroom

### COMFORT

6 nights in hotels or gites in a twin/double bedroom.

All accommodation offers hot showers. Accommodation on the first part of the GTA is often small mountain hotels and rustic lodges. The purpose of this comfort option is sleeping in a private space, unlike a night in a dormitory.

## MEALS

Breakfast and dinner are provided in each accommodation.  
Picnics are not included and can be pre-ordered at each accommodation in the evening.

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.*

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## MAPS

IGN Top 25 - 3528ET/ Morzine and Top 25 - 3530ET/ Samoëns (1/25 000).

# Practical information

## ACCESS TO DEPARTURE POINT

From mid June to mid September.

### Depart from Thollon-les-Mémises cable car.

#### 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](http://www.thollonlesmemises.com)

Return the day after : departure from Chamonix at 11:57am arrive in (Paris) Gare de Lyon at 5:42am.

*Times given are indicative and should be verified at a train station or at [www.oui.sncf](http://www.oui.sncf)*

#### BY CAR

Take the A40 motorway to Annemasse, free parking.

Train or bus to Evian : [ligne-141-evian-annemasse](http://ligne-141-evian-annemasse) or [www.oui.sncf](http://www.oui.sncf)

Bus to Thollon les Mémises: [www.thollonlesmemises.com](http://www.thollonlesmemises.com)

Return: Chamonix to Annemasse by train.

Or

Taxi transfer before or after your hike.

Parking: free parking in Annemasse, Thollon-les-Mémises and Chamonix.

In Chamonix: free parking at the Biolay car park opposite the Montanvers train station, if you wish to leave your car in a covered garage, contact: Chamonix Auto Park: 04 50 53 65 71.

#### CLOSEST AIRPORTS

##### Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

##### Lyon (LYS)

2.15 hours by car to Chamonix.

Train every 2 hours to Chamonix, 4.15 hour journey (40-45€ pp return)

##### Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

### End point in Chamonix.

## ACCOMMODATION BEFORE AND AFTER

Thollon Les Mémises: [www.thollonlesmemises.com](http://www.thollonlesmemises.com)

Hotel Bellevue\*\*\*: +33 (0)4 50 70 92 79 [www.hotellebellevue.com](http://www.hotellebellevue.com)

Hotel Bon-Séjour\*\* : +33 (0)4 50 70 92 65 <http://bon-sejour.com/indexen.php>

Evian-les-Bains: [www.evian-tourisme.com](http://www.evian-tourisme.com)

Hôtel Evian Express: 04 50 75 15 07 [www.hotel-evianexpress.fr](http://www.hotel-evianexpress.fr)

Hôtel Continental: 04 50 75 37 54 [www.hotel-continental-evian.com](http://www.hotel-continental-evian.com)

Hôtel Arc en Ciel: 04 50 71 90 63 [www.hotelarcencielthonon.com](http://www.hotelarcencielthonon.com)

Hôtel Le Comte Rouge: 04 50 71 06 04 [www.lecomterouge.com](http://www.lecomterouge.com)

Chamonix Tourist Office: +33 (0)4 50 53 00 24 [www.chamonix.com](http://www.chamonix.com)

If you book a night in the Chamonix valley, you can ask to your hotel reception a bus/ train pass so you can use public transports for free in the Chamonix valley.

[www.chamonix.montblancbus.com/en/bus-lines](http://www.chamonix.montblancbus.com/en/bus-lines)

## 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

## DEPARTURES AND PRICES

Daily departure from 22th of June to 8th of September 2024

From 22nd to 30th June and 1st to 8th September, departure on Wenesdays and weekends only.

In July and August, possible departure every day.

### **Without baggage transport**

**565€** per person in classic accommodation (based on 2 people)

Single person supplement: **60€**

### **With baggage transport (except on day 1, 4 and 6)**

#### **Departure on Saturday :**

**675€**/person for groups of 2 to 3, classic accommodation.

Single person supplement, departure on Saturday only : +160€

#### **Other depature :**

**810€**/person for groups of 2, classic accommodation.

**705€**/person for groups of 3, classic accommodation.

**675€**/person for groups of 4, classic accommodation.

**650€**/person for groups of 5, classic accommodation.

**630€**/person for groups of 6, classic accommodation.

**Comfort option (double/twin bedroom depending on availability) : +95€/pers.**

## THE PRICE

### The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- 1 paper roadbook for the group and the digital version to download for each participant;
- Daily baggage transport between accommodation if you have chosen this option (except Days 1, 4 and 6);
- Transfer on Day 3;
- Organisation and booking fees, taxes.

### The price does not include:

- Picnic lunches ;
- Shower tokens ;
- Personal expenses, drinks, touristic visits, etc.;
- The cable car at Thollon (approx 6€ per person) and descent on cable car at Brévent (approx 17€ per person) ;
- Travel/cancellation insurance.

**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

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported, 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 TH DAYS WITHOUT LUGGAGE

**On nights 1, 4 and 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.

# Details

## 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 (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