



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

From Lake Geneva to Mont-Blanc




Travel across the Alps from one end to the other, meeting both the people and the 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 guide

 With or without luggage transportation

 Accommodation : Classic or comfort

 Level : \*\*\*

 From : 595€

## 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 DE NEUVA**

Ascend by cable car and begin the balcony trail overlooking Lake Geneva. Traverse the Mémises and the Mottay alpine pastures before descending into the Novel valley. Overnight at the alpine hut **without your luggage**. Be sure to bring your overnight essentials (see equipment section)."

3.5 - 4 hour walk / Elevation: +500m -500m (+900m, without the gondola) / 7.5km

## Day 2

### **COL DE BISE - CHAPELLE D'ABONDANCE**

From the alpine pasture, ascend to Lake Neuteu and the Bise Pass. A small detour is possible to Lake Darbon, a beautiful glacial lake—keep your eyes wide open, you are in the land of the Ibex! Descend to the Bise alpine pasture and climb back up to the 'Pas de la Bosse' before a final descent to the typical village of La Chapelle d'Abondance. Overnight in a gîte.

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

## Day 3

### **COL DE BASSACHAUX - LES LINDARETS - VALLÉE DE LA MANCHE**

Ascend to the Pointe des Mattes in the Mont de Grange nature reserve, home to the chamois. Traverse some of the alpine pastures of the Abondance region to reach the Bassachaux Pass, overlooking Lake Montriond. Descend to the village of Lindarets, famous for its goats! A small visit is a must before transferring to the bottom of the 'Vallée de la Manche'. If the day's stage seems too long, two shorter route options are available. Overnight in a mountain refuge.

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

## Day 4

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

Ascend to the Fréterolles alpine farm, with its cows, goats, and cheese! Cross at the foot of the 'Terres Maudites' and take a short climb to the Golèse Pass (1666 m), followed by a descent to the hamlet of Allamands. Then, climb under the Tuet slabs to reach the Folly refuge. Overnight at the refuge **without your luggage**, but with the lights of the Giffre Valley in the distance!

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

## Day 5

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

Day in the wild massif of the Dents Blanches. Departure for the 'Combe aux Puaires', an unusual site of lapiaz (eroded limestone). Descend to Lake Vogealle. A beautiful descent follows through the cirque of 'Bout du Monde' and the cirque of 'Fer à Cheval', with their numerous waterfalls. Overnight in the village of Sixt-Fer-à-Cheval.

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

## Day 6

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

Ascend to the Rouget Waterfall, then to the Pleureuse and Sauffaz Waterfalls. The trail then leads to the Anterne alpine

pasture in the heart of the Sixt-Passy nature reserve, a vast plateau where one of the most beautiful lakes in the region is nestled. A short climb follows to the Anterne Pass, then a descent to the Moëde-Anterne refuge. Swimming is possible at Lake Pormenaz, just 15 minutes from the refuge. Overnight at the refuge **without your luggage and without a shower.**  
6 - 6.5 hour walk / Elevation: +1550m -400m / 14km

## Day 7

### COL DU BREVENT - CHAMONIX

Short descent to the Arlevé Bridge. The landscape changes as the limestone of the Fiz mountains gives way to the rocks of the Aiguilles Rouges massif. Ascend to the Brévent Pass (2368 m), then descend to Planpraz, where you take the cable car to return 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 need to be in a good overall physical condition. Regularly practice an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: [levels of difficulty](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read a 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.).

You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

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!

## 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.

## TRAIL MARKERS

In France, Grande Randonnée trails are marked with red and white (in both directions). It is essential to master reading an IGN map at a scale of 1:25,000.

## LUGGAGE TRANSFER

Two options

**Without luggage transfer:** you carry all of your luggage yourself.

**With luggage transfer:** your luggage is delivered at your accommodation, except on days 1, 4 and 6.

## ACCOMMODATION

### CLASSIC

4 nights in a dormitory, in refuge or gîte

2 nights in a gîte, in a shared room

### COMFORT

6 nights in hotels or gîtes in a room for 2 people. The accommodations on the first part of the GTA are often small mountain hotels and rustic guesthouses. This 'comfort option' option primarily means having the possibility to sleep in a private space, as opposed to 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

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

#### BY TRAIN

Go: Paris/Bellegarde/Évian line by TGV.

Then take the regular bus from Évian to Thollon-Les Mémises:  
[evad.fr/wp-content/uploads/2022/12/Horaires-ligne-Thollon.pdf](http://evad.fr/wp-content/uploads/2022/12/Horaires-ligne-Thollon.pdf)

Return: TGV line Chamonix/Paris.

Please consult the [oui.sncf](http://oui.sncf) website to check the schedules.

#### BY CAR

Take the A40 motorway to Annemasse, free parking.

Train or bus to Evian : [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 Montenvers 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)- Lyon (LYS) - Paris (PAR)

**End point in Chamonix.**

### ACCOMMODATION BEFORE AND AFTER

Thollon-Les-Mémises/ Thonon-les-Bains/ Evian-les-Bains

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)

### 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

## DEPARTURES AND PRICES

Departure from 22nd June to 07th September 2025

### **Without luggage transfer**

**595€** per person in classic accommodation (based on 2 people)

Single person supplement: **60€**

### **With luggage transfer (except on day 1, 4 and 6)**

**820€**/person for 2 people, classic accommodation.

**725€**/person for 3 people, classic accommodation.

**690€**/person for 4 people, classic accommodation.

**660€**/person for 5 people, classic accommodation.

**640€**/person for 6 people, classic accommodation.

**Comfort option (2-person bedroom every night, depending on availability) : +110€/pers.**

## THE PRICE

### The price includes:

- Accommodation with half board formula from dinner the first evening to breakfast of the last day;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request.
- Luggage transfer (except on days 1, 4 and 6), if you have chosen this option;
- Transfer on day 3;
- Organization and booking fees, tourist tax.

### The price does not include:

- Picnic lunches ;
- Shower tokens ;
- Personal expenses, drinks, touristic visits, etc.;
- The cable car at Thollon (around €7/ person) and descent on cable car at Brévent (around €18/ person) ;
- Guiding : you are responsible for your own safety ;
- Travel/cancellation insurance.

**The price is all inclusive from departure to end point.**

# Equipment and luggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Doudoune
- 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, 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 TRANSFER

For the nights without luggage transfer, 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!)

## 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:

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