

# GRANDE TRAVERSEE DES ALPES self-guided - 2nd section

From Mont Blanc to the Maurienne



The Alps from one side to the other to meet people and discover mountains. The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean sea is a long-distance journey. The opportunity to take a long break and put daily life aside.

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

## 2nd section: Mont Blanc, Beaufortain, Vanoise

This section takes you through the giant glaciers of the Mont Blanc to those of the Dômes de la Vanoise equally as impressive due to the area they cover. Along the way, milk drums remind you of the authenticity of pastoral life here, rooted in the Beaufortain pastures. No factory farming here with herds of more than 150 cows. This section also is the way between three major valleys in the Alps: the Chamonix Valley, the Tarentaise and the Maurienne valleys.

🕒 7 days

👤 Self-guided / without a guide

🧳 With baggage transport

🛏 Accommodation : Classic (dormitory)

🦶 Level : \*\*\*

🏠 From : 510€

## You will like

- The well-known mountain ranges: Mont Blanc and Vanoise
- The view over the Mont Blanc from the Gittes ridge
- The local Beaufort cheese
- The numerous lakes along the way

# The route

## Day 1

**Start at the Prarion gondola in les Houches.**

### **LES HOUCHES - COL DU TRICOT - CONTAMINES**

Take the gondola to start you on your way to the Col du Tricot at the foot of the Bionnassay glacier. Descend to the village Les Contamines and Notre-Dame-de-la-Gorge.

Night in a small dormitory in the Nant Borrant refuge (\*without baggage).

5 - 5.5 hour walk / Elevation: +600m -1250m

1 hour walk / Elevation: +250m from Les Contamines to Nant Borrant

## Day 2

### **COL DU BONHOMME - CORMET DE ROSELEND**

Climb up along the Roman road to the famous Col du Bonhomme on the Tour of Mont Blanc. Then cross the Gittes ridgeline and traverse through the vast Beaufortain pastures at Cormet de Roselend.

Night in dormitory on the Cormet de Roselend plateau.

6 - 6.5 hour walk / Elevation: +1350m -700m

## Day 3

### **COL DU BRESSON - PORTE DE ROSUEL**

Balcony trail overlooking Lake Roselend and climb up to Col du Bresson at the foot of the Pierra Menta. Descend to the valley of Ormette via small canals and hamlets to reach the Tarentaise valley. Taxi transfer from the Saint Guérin chapel to reach Peisey Nancroix and Rosuel.

Night in a dormitory in a refuge.

6 - 6.5 hour walk / Elevation: +950m -1170m

## Day 4

### **COL DE LA SACHETTE - TIGNES**

Enter into the Vanoise National Park at the foot of Mont Pourri and the Dome de la Sache. Detour possible to the lake in La Plagne before climbing to the Col de la Sachette (2713m). Descend into la Sache valley and the Tignes-Champagny natural reserve to the village of Tignes les Boisses.

Night in a hotel.

6 - 6.5 hour walk / Elevation: +1200m -850m

## Day 5

### **VALLEY OF LA LEISSE - COL DE LA VANOISE**

Short transfer by local bus to the Val Claret village. Depart to discover the wide spaces of the Vanoise National Park and climb up to the Col de la Leisse. Descend the Leisse Valley with its lakes and where the 1700m south face of the Grande Casse overhangs the trail.

Night in a dormitory in the refuge Col de la Vanoise (\*without baggage).

6.5 - 7 hour walk / Elevation: +1100m -650m

## Day 6

### **CIRQUES DU PETIT AND GRAND MARCHET**

Leave the refuge and take the balcony trails overlooking the Pralognan Valley: Combe de l'Arcelin, Cirque du Dard,

Grand Marchet, Petit Marchet, Valette Lake and Combe des Nants. Descend into the Prioux Valley.  
Night in a dormitory in a refuge (\*baggage transport optional).  
6.5 - 7 hour walk / Elevation: +1000m -1800m

## Day 7

### **COL DE CHAVIERE - VALLEE DE LA MAURIENNE**

Walk up to the Chavière Valley dominated by the Dômes de la Vanoise, in a moon-like world, dotted with cairn forests. The Aiguilles de Péclet-Polset show us the col de Chavière nearby. Walk down into the Valley of Maurienne among the pastures and to Modane.

6 - 6.5 hour walk / Elevation: +1150m -950m to the Orgère refuge

1.5 hour walk / Elevation -880m additional descend to Modane on foot

**End of the trek around 5:00pm at Modane train station.**

# The trip

## LEVEL \*\*\*

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

Walking time: 4 to 7 hours per day.

Type of trek: this tour is not technically difficult and is open to children from 12 years.

## ROAD BOOK

Before departure, we send you a travel folder containing:

- 3 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 daily by our logistics vehicle except days 1, 5 and 6.

Extra for luggage on Day 6: 150€ for the group.

## 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:

6 nights in refuges in a dormitory of 4 to 8 persons.

## MEALS

Breakfast and dinner are provided in each accommodation.

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

## 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.

## **PERSONALISED TOURS**

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

## **MAPS**

IGN Top25 3531 ET St-Gervais ;  
IGN Top25 3532 OT Beaufortain ;  
IGN Top25 3532 ET Les Arcs ;  
IGN Top25 3633 ET Tignes ;  
IGN Top25 3534 OT Trois Vallées.

# Practical information

## DEPARTURE

From mid June to mid September.

## ACCESS TO DEPARTURE POINT

**Depart from the Prarion gondola in Les Houches.**

### BY TRAIN

Inbound: depart Gare de Lyon (Paris) - St-Gervais-le Fayet by TGV, then to Les Houches on the Mont Blanc Express.  
Return: Modane - Chamonix via Chambéry.

[www.oui.sncf](http://www.oui.sncf)

### BY CAR

Take the A40 motorway direction Chamonix, exit 21 Saint-Gervais-les-Bains.  
Free parking near the train station. Then train to Les Houches on the Mont Blanc Express.

Return: Modane - Saint-Gervais-le-Fayet via Chambéry on train.

[www.oui.sncf](http://www.oui.sncf)

### CAR-SHARING

to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr) [www.covoiturage-libre.fr](http://www.covoiturage-libre.fr)  
[www.laroueverte.com](http://www.laroueverte.com) [www.roulezmalin.com](http://www.roulezmalin.com)

Get in touch with people

### 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)**

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

#### **Paris (PAR)**

7 hours by car to Chamonix.

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

**End point around 5:00pm at Modane train station.** Do not hesitate to visit the museums in Modane whilst waiting for the train.

## ACCOMMODATION BEFORE AND AFTER

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, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley.

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

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose,

Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

## **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

Departures from 20 June to 5 September 2021

### **Without baggage transport, daily departures**

**510€** per person, classic accommodation (based on 2 people)

Single person supplement: **60€**

Comfort option, 3 nights in a room of 2/3 persons : 85€/pers.

### **With baggage transport (except days 1, 5 and 6), daily departures**

**760€** per person for groups of 2 to 3 persons, classic accommodation.

**620€** per person for groups of 4 to 5 persons, classic accommodation.

**595€** per person for groups of 6+ persons, classic accommodation.

Single person supplement: **230€**

Supplement baggage transport on Day 6: 150€ for the group

Comfort option, 3 nights in a room of 2/3 persons: 85€/pers.

**Information and reservation is simple by telephone or email.**

## THE PRICE

### The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Daily baggage transport between accommodation if you have chosen this option (except Days 1, 5 and 6);
- Transfers as detailed in the guidebook;
- Organisation and booking fees, taxes.

### The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- The cable car up at Les Houches (approx 15€ per person);
- The taxi transfer to Modane on Day 7;
- 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

Your baggage will be transported daily (except Days 1, 5 and 6) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. 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.*

# Details

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)

- By phone: +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

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