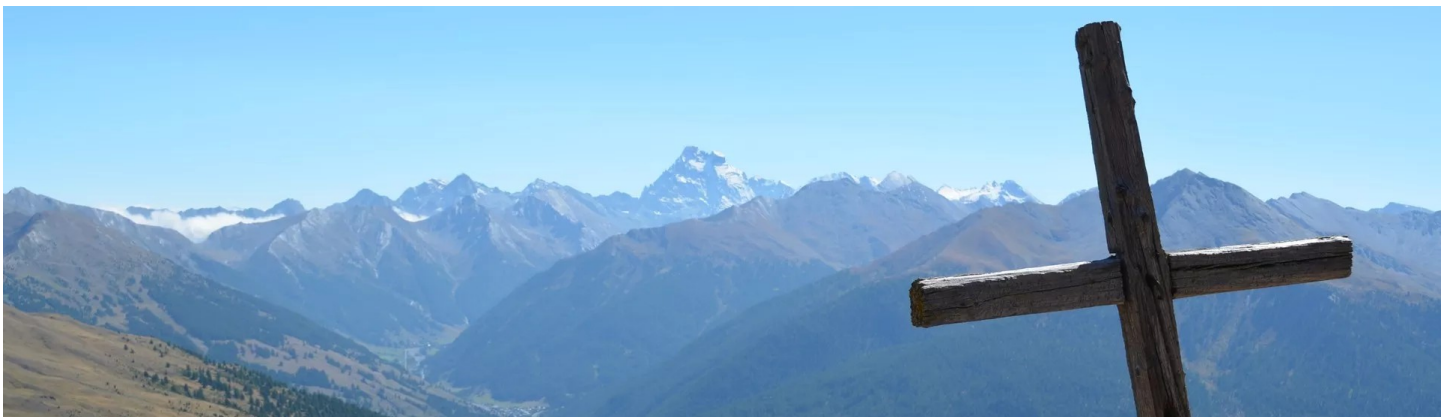




GRANDE TRAVERSEE DES ALPES self-guided - 3rd section

From Modane to Larche



The Alps from one side to the other to meet people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean 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 of the Alps.

3rd section: Clarée, Queyras, Ubaye

We take you for one incredible week to pass from Northern to Southern Alps through stunning parts! The Thabor, the valley of Névache, Briançon, the Queyras, the Val Maira, Ubaye... as many prestigious ranges that you need to discover! Away from the loud of big ski stations, enjoy a preserved nature and an authentic hospitality in cosy villages. An incredible flora, high-altitude lakes with stunning reflection, all under the sun of Southern Alps. A trek you will remember long time!

7 days

Self-guided / without a guide

With or without baggage transport

Accommodation : Classic (dormitory)

Level : ***

From : 695€

You will like

- A diversified and adapted itinerary, with a part in Italy
- Thabor, Valley of Névache, Queyras, Val Maira, Ubaye
- Luggage transport

The route

Day 1

MODANE - ETROITE VALLEY PASS

Meet at 9am at Modane train station.

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

5 hour walk / Elevation: +850m -720m

Day 2

VALLÉE ÉTROITE - COL DU VALLON - NÉVACHE

Let's go to 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: +900m -1050

Day 3

FONTS DE CERVIÈRES - COL MALRIF - ABRIÈS

Transfer to Fonts de Cervières (50 min). Joining the Queyras National Park at altitude via the Col Malrif (2830m). Beautiful mountain climb from the magnificent hamlet Fonts de Cervières. Traverse the Col Marif with a breathtaking view of the famous Mount Viso, Lord of the Southern Alps. Long descent to Abriès by the Malrif lakes, one of the largest in the Queyras to the Guil Valley. Night in a gîte.

6 hour walk / Elevation: +950m -1300m

Day 4

L'ÉCHALP - LA VALLÉE DES LACS - COL VIEUX - REFUGE AGNEL

From the last hamlet of the Guil valley, 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: +1350m ; -600m

Day 5

LAKE BLANCHE - COL DE LA NOIRE - MALJASSET

From the refuge, in an 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.

6 hours walk / Elevation: +500m -1050m

Day 6

MALJASSET - COL MARY - CHIAPPERA

At the foot of the highest range of Haute-Ubaye, the Chambeyron (3412m), easy climb through the Col Mary Valley with its multitude of lakes cheerfully dotting the pastures. From the mountain pass enter Italy, to the Piedmont to reach the Val Maira and the beautiful village Chiappera (**without luggage**).

5.5 hour walk / Elevation: +950m -950m

Day 7

CHIAPPERA - COL DES MONGE - ORONAYES VALLEY - LARCHE

Beautiful traverse in the unusual Maira Valley to reach the Col des Monges (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... End of the trek in Larche, a small village of Haute-Ubaye.

6 hour walk / Elevation: +1050 m -940 m

End point in Larche and transfer (in option) around 5pm to Guillestre - Montdauphin train station.

For those who continue their "Grande traversée des Alpes" the next week, between Larche and Menton, night in Larche.

The trip

LEVEL ***

Elevation: + 900m ; - 1200m approximately per day.

Maximum altitude: 3000m

Maximum elevation: 1200m.

Accommodation average altitude: 1800m

Walking time: 5 to 7.5 hours per day.

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

Trek organised in collaboration with local partners, concerned in making authentic tours like we do.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 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 and 1/50000.

BAGGAGE TRANSPORT

Two options:

without baggage transport: you carry your baggage.

with baggage transport: your baggage is transported daily by our logistics vehicle, except on day 4 and on day 6.

ACCOMMODATION

CLASSIC

6 nights in mountain refuges or comfortable gîtes in dormitory.

Accommodation have been recently renovated with hot showers every day.

COMFORT

In option, bedroom for 2 persons, for 6 nights (bedroom for 2 people in gîte: bedlinen and towels not furnished, shared bathrooms).

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening (except day 1): 90€ for the week, to book at registration.

PHYSICAL CONDITION

To be able to easily walk 15km (on the flat) 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 maximise and appreciate your days even more.

Practical information

DEPARTURE

From end of June to early September

ACCES TO DEPARTURE POINT

Meeting point at 9 a.m. at Modane train station, free and unguarded parking nearby.
Then transfer to Valfréjus.

BY TRAIN

The easiest way to get there is to come to Modane by train and leave from Montdauphin - Guillestre station by train as well.

Please consult <https://www.oui.sncf/>

BY CAR

Please consult competent websites such as <https://www.viamichelin.fr/> or <https://fr.mappy.com/> to organize your trip

Here are some websites about car sharing : <https://www.blablacar.fr/> <https://www.laroueverte.com/>

You can park at Guillestre - Montdauphin station (free and unguarded parking). Take a one-way transfer from Montdauphin - Guillestre station to Modane station, +€45/person (book at registration). Departure in the morning at 8am (1h30 drive).

END OF STAY

End of the hike in Larche on Saturday afternoon then (optional) transfer around 5 p.m. to Montdauphin - Guillestre station.

ACCOMODATION BEFORE YOUR HIKE

Modane, Hôtel les Voyageurs** : 04 79 05 01 39
Hôtel du Commerce*** : 04 79 05 20 98

Dates & prices

DEPARTURE AND PRICE

Departures from 16 June to 16 September 2024

Without baggage transport

695€ per person in classic accommodation (mini. 2 persons)
815€ per person in comfort version (bedroom for 2 or 3 people)
Single departure without luggage transport : +120€

With baggage transport (except on day 4 and 6)

1 person : 1035€ with classic accommodation
2 persons : 870€ per person with classic accommodation
3 persons and more : 820€ per person with classic accommodation

6 picnics in option : 90€ per person

Optional transfers :

Transfer on day 1 Montdauphin -> Valfréjus : 45€ per person
Return transfer Larche -> Montdauphin : 40€ per person
Return transfer Larche -> Modane : 140€ per person

Information and reservation by telephone or e-mail.

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 day 4 and 6) ;
- Transfers as detailed in guidebook ;
- Organisation and booking fees, touristic taxes.

The price does not include:

- Picnic lunches ;
- Personal expenses, drinks, touristic visits, etc. ;
- The return way to the departure point (especially if you chose the minibus between Guillestre-Montdauphin and Modane train station on first day ;
- Travel 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 between accommodation by our logistics vehicle (except D4 and D6). 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 the driver to refuges, which access is not always easy! **Luggage 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: <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