



# TOUR OF BEAUFORTAIN Self-guided

## Pastoral mountain break




Here, the landscape brings back buried memories. You suddenly discover the mountain of your childhood, the mountain of your dreams! The one you drew at school without having seen it, the one that the over-frequentation of ski resorts means you can no longer find. It's all there: the crest of the snow-capped peaks forming the horizon, the lush green meadows where the herds graze, the little village huddled around its bell tower, hanging on to the slope and, everywhere, the wooden chalets, the traditional habitat, dotted across the mountain. This is a wild mountain that man has not deserted.

 7 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 625€

## You will like

- A traditional mountain with pastures, herds and chalets...
- A serene atmosphere away from the big resorts
- Landscapes of the Mont-Blanc massif
- The unique taste of the "Beaufort", the local cheese.

# The route

## Day 1

### BEAUFORT - ARÊCHES - ALPAGE REFUGE

**Meet at 9am in Beaufort sur Doron for a transfer to Le Planay, Arêches, starting point.**

From Le Planay, the itinerary starts in the forest and reaches the 'Col de La Bathie'. The tour and optional ascent of the 'Pointe de La Grande Combe' offers an excellent first 360° panorama, before crossing to the Alpage refuge via 'Lac de Brassa'. A short return trip to the former Ardoisières de Cevins makes for a slightly longer stage. Night in refuge, **without luggage transfer**.

5h30 walk / +1250m-460 / 11km

## Day 2

### COL DE LA FORCLAZ - COL DE LA LOUZE - REFUGE DE L'ECONDU

A day of wilderness between the 'Grand Mont' and the 'Pointe du Riondet'. The path starts in a mineral landscape along the lake Seston and the lake Cornu before reaching the 'Col de La Forclaz' and then the 'Col de La Louze'. The second part of the itinerary goes between vast alpine pastures and multiple streams along the slopes of Riondet. Night in refuge, with luggage transfer.

*3h walk, Elevation: + 600m/ -750m, 7km for the most direct path*

*5h to 5h30 walk, Elevation: + 500m/ -900m, 13km with the summit of the Grand Mont or by the "Lacs de la tempête"*

## Day 3

### PIERRA MENTA - LA BALME REFUGE OR PRESSET REFUGE

The path starts quietly in the mountain pastures between the "Lac des Fées" and the "Lac des Halles", until the "Col du Coin" that offers a fantastic panorama of the Mont Blanc Massif. Reaching the "Lac d'Amour" at the foot of the Pierra Menta, one of the most famous summits of the Beaufortain, an emblematic mountain of alpinism ! With good weather conditions, you can cross the "Passeur de la Mintaz", near Pierra Menta.

Night in a refuge, **without luggage transfer**.

5h30 walk / Elevation: +1000m / -800 / 12 km

## Day 4

### COL DU GRAND FOND – PLAN DE LA LAI

A quiet day to reach the 'Cornet de Roselend', historical passage between Tarentaise and Italy. Two itineraries in option today : through the 'Col du Grand Fond' before descending in the vast 'Combe de la Neuva', with the Mont Blanc in sight; or by reaching the slope which dominates the magnificent Roselend dam. Both itineraries end at Plan de la Lai. Night in refuge with luggage transfer.

5h30 walk / Elevation: +700 m/ - 850m / 13 km (from refuge de La Balme)

## Day 5

### COL DU BONHOMME - REFUGE DES PRÉS

A first ascent under the 'Rocher du Vent' allows you to admire the great plateau of 'Cornet de Roselend' before reaching the 'Col de La Sauce' and the 'Crête des Gittes'. From the 'Col de la Croix du Bonhomme', the itinerary follows a portion of the 'Tour of Mont Blanc', on the traditional route of the peddlers between Val Monjoie, Tarentaise and Val d'Aoste. A little detour is possible via the 'Rocher du Vent' and its tunnel, for a spectacular view of the Gittaz and Roselend lakes, and the Mont Blanc massif. (+1h30 walk, +/-250m ascent / +4km). Night in refuge, close to the Mont Blanc **without luggage transfer**.

6h00 walk / Elevation: +1000 m -850m / 13 km

## Day 6

## COL DE LA FENETRE - REFUGE DE LA CROIX DE PIERRE

From the refuge, the route starts with the ascent of the 'Col de la Fenêtre'. From the pass, starts the long panoramic route around 'Val Joly'. One view follows another across the Val Montjoie, the snow-capped peaks of the Mont Blanc massif and the Aravis. The balcony path ends quietly at the wide 'Col de Véry'. In good weather, the hike can be extended by climbing the 'Col de la Cicle' and the 'Plateau de la Grande Perrière'. Night in refuge, **without luggage transfer**.

5h walk / Elevation / +650m -620m / 13 km

6h30 walk / Elevation : +860m -830m / 17km through col de la Cicle

## Day 7

### MONT CLOCHER – HAUTELUCE

In the morning, you can still enjoy the panoramic views as you cross to Mont Clocher. A long descent on a winding path leads to the intact village of Hauteluce and its church Saint-Jacques-d'Assyrie, a great example of Baroque art in Savoie with its beautiful bulbous bell tower and its wall of illusion. Coming back to Beaufort with the shuttle (July-August) or walking.

3h30 walk/ Elevation: +80 m -900m / 9km (to Hauteluce)

### End point at Beaufort sur Doron.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us.

# The trip

## LEVEL \*\*\*

Elevation: +/- 900m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain hike including some variants with steeper passages requiring a little more attention. Hiking poles are essential.

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](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 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.). Guiding is not included in the self-guided package.

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!

## ACCOMMODATION

**Classic version :** 6 nights in dormitory in refuge. All accommodation has hot showers except at the refuge 'Croix de Pierre', the last night. Due to increasingly recurrent periods of drought, access to showers is not guaranteed.

## LUGGAGE TRANSFER

Two options:

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

**With luggage transfer:** your luggage is delivered to your accommodation on nights 2 and 4.

## MEALS

Breakfast and dinner are provided in each accommodation. You can order the lunch picnic in each accommodation when arriving for the day after. Please specify any allergies or dietary requirements **when booking**. The accommodation do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

## CURRENCY

Please bring cash for drinks and personal expenses, as not all accommodations accept credit cards.

## SUSTAINABLE TOURISM

We opted not to transfer luggage over several nights because this service would have involved very costly logistics. This means we can keep our prices more affordable and limit our carbon footprint. Let us know what you think!

## MAPS



# Practical information

## ACCESS TO DEPARTURE POINT

**Departure point at Beaufort sur Doron.**

### BY TRAIN

Arrive at Albertville. There are regular buses between Albertville and Beaufort (schedule on [Altibus.com](http://Altibus.com))  
Timetables must be checked at a train station or at [www.voyages-sncf.com](http://www.voyages-sncf.com)

### BY CAR

There is a large free car park on the right at the entrance to the village, opposite the tennis courts, along the banks of the river.

Please check [mappy.com](http://mappy.com) or [viamichelin.com](http://viamichelin.com)

**End of the tour in the afternoon in Beaufort sur Doron.**

## ACCOMMODATION BEFORE AND AFTER

Hôtel le Grand Mont, place de l'Eglise 73270 Beaufort, 04 79 38 33 36

Gîte de Molliessoulaz, 5398 route de Molliessoullaz 73720 Queige, 06 30 10 34 56

## TO CONTACT US

If you are late please contact the agency as soon as possible **+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 14th September 2025

### **Without luggage transfer**

**625€** per person (minimum 2 persons), classic accommodation

Single person departure : **50€**

### **With luggage transfer on Days 2 and 4**

For 2-3 people: **860€** per person, classic accommodation

For 4-5 people: **735€** per person, classic accommodation

For 6 people : **710€** per person, classic accommodation

## THE PRICE

### Includes:

- Accommodation with half-board formula from dinner on day 1 to breakfast on day 7;
- Luggage transfer on days 2 and 4, if you have chosen the option;
- Tourist tax;
- Luggage transfer on days 2 and 4, if you have chosen the option;
- Transfers as described in the technical facts;
- Booking fees.

### Does not include:

- Personal expenses (drinks, tourist visits etc.);
- Lunchtime picnics;
- Guiding : you are responsible for your own safety ;
- 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 luggage

## 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
- Lightweight down 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 (0,4 ~ 0,5L)
- 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.

## LUGAGGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported, only on days 2 and 4, 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

**On nights 1, 3, 5 and 6**, your luggage won't be delivered at your accommodation. 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.



## 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  
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 (inc. 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