TOUR OF THE BEAUFORTAIN MASSIF

Getaway in an authentic moutain range

Here, the landscape brings out buried memories. It permits to imagine a mountain dream! The one we drew at school without having seen it, the one that the over-frequentation of the resorts no longer allows us to find. Everything is there: the ridges of the snow-covered summits outlining the horizon, the intense green meadows where cows graze, the small village squeezed around its authentic church, clinging to the slope full of the wooden chalets, traditional habitat, scattered on the sides of the mountain. It is a natural mountain that men have not deserted. The beaufortains live their mountain life, inviting the tourist to go with them and share their country.

7 Days

Guided / with a guide

With or without luggage transportation

Accommodation : Classic (dormitory)

Level : ***

From : 990€

You will like

- A traditional mountain full of pastures, cows, little chalets...
- A wilderness place far away from the big ski resorts
- The viewpoints on the Mont-Blanc massif
- The unique taste of the "Beaufort", the local DPO cheese.

The route

Day 1

Meeting point at 8:00am in Beaufort Sur Doron before the taxi transfer to Les Chappes, start of the trip.

BEAUFORT - LES CHAPPES - REFUGE DE L'ALPAGE
From Les Chappes, above Queige, progressive entry into the Beaufortain Massif along the sides of the Pointe de la Grande Journée. The route overlooks Albertville and the Tarentaise Valley until the mountain pasture of l'Aulp des Tours, before to reach the Col des Lacs and then the Col de la Bâthie. Then the trail changes of slope and a last crossing allows to join the lake of Brassa and the refuge de l'Alpage. Night in the refuge **without the luggage.**
6h30 walk / Elevation : +1200m/ - 760m / 15 km

Day 2

COL DE LA FORCLAZ – COL DE LA LOUZE - REFUGE DES ECONDUS
A day of wilderness between the Grand Mont and the Pointe du Riondet. The itinerary begins in a mineral landscape along the lac Seston and lac Cornu before reaching the col de La Forclaz and then the col de La Louze. The second part of the day continues between vast alpine pastures and multiple streams along the slopes of Riondet.
Night in the refuge, with your baggages
4h30 walk, Elevation: + 600m/ -750m, 10km for the direct path.
5h30 walk, Elevation: + 800m/ -950m, 13km with the summit of the Grand Mont or by the Lacs de la tempête.

Day 3

MONT COIN - REFUGE DE PRESSET
The trail starts quietly in the mountain pastures between the Lac des Fées and the Lac des Halles, until the Col du Coin which offers a fantastic panorama of the Mont Blanc Massif. Then it reaches the Lac d'Amour at the foot of the Pierra Menta, one of the most famous summits of the Beaufortain, an emblematic mountain of ski touring! After the Col du Bresson, the day ends in beauty at the refuge of Presset to take a magic night near to the lake...**without the luggage.**
With good weather condittions, possibility to cross the Passeur de la Mintaz, at the beginning of the north ridge of Pierra Menta.
5h walk / Elevation: +1060m / -400 / 11 km

Day 4

COL DU GRAND FOND – REFUGE DE PLAN MYA
A quieter day to reach the Cormet de Roselend, historical passage between Tarentaise and Italy. Two itineraries are possible for this day: through the col du Grand Fond before a descent in the vast combe de la Neuva, with the Mont Blanc in sight; or by joining the slope which dominates the magnificent Roselend dam. Both itineraries end at the refuge farm of Plan Mya. Night in the refuge with your luggage.
4h walk / Elevation: +200 m/ - 850m / 10 km

Day 5

CRÊTE DES GITTES – COL DU BONHOMME - REFUGE DES PRÉS
A first ascent under the Rocher du Vent allows you to admire the great plateau of Cormet 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 du Mont Blanc, on the traditional route of the peddlers between Val Monjoie, Tarentaise and Val d'Aoste. A small atypical diversions 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...of course (+1h30 walk, +/-250m ascent / +4km). Night at the refuge des Prés, close to the Mont Blanc **without luggage**.
6H00 walk / Elevation: +950 m -850m / 14 km

Day 6

COL DU JOLY – REFUGE DE LA CROIX DE PIERRE
From the refuge, the itinerary leaves the Val Montjoie via the Col de la Fenêtre and then follows the Aiguille de Roselette: a plunging view of the turquoise waters of the Girotte dam, a short passage via the Col du Joly and its grandiose panorama of the Val Monjoie and the snow-covered peaks of the Mont Blanc massif, then the balcony path leads quietly to the wide Col de Véry. In good weather, the hike can be extended by climbing the Col de la Cicle and the vast mountain pastures of the Plateau de la Grande Perrière. Night in the refuge, **without luggage.**
5h walk / Elevation / +650m -620m / 13 km
6h30 walk / Elevation : +860m -830m / 17km through col de la Cicle

Day 7

MONT CLOCHER – HAUTELUCE
The morning allows to enjoy the panoramic view during the whole crossing to the Mont Clocher. A long descent on a winding path leads to the authentic and preserved village of Hauteluce and its church Saint-Jacques-d'Assyrie, a magnificent example of Baroque art in Savoie with its beautiful bulbous bell tower and its wall of illusion.
Come back to Beaufort with the shuttle (July-August) or by the walk.
3h30 walk/ Elevation: +60 m -845m / 9km

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 gravel paths. Some variants can be taken with steeper passages requiring some 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

GUIDING

Between 6 and 14 participants with a professional mountain leader.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

6 nights in dormitory in refuge.
All accommodation has hot showers except last night.

MEALS

Breakfast and dinner are provided in each accommodation.
For lunch, the guide prepare a picnic for the group, generally made up of a variety of salads and local products. For nights without luggage transport, picnics are ordered at the refuge.

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.

LUGGAGE TRANSPORT

Your luggage is transported to your accommodation on Days 2 and 4.

MAPS

IGN Top 25 - 3532 OT - Massif du Beaufortain

Practical information

ACCESS TO DEPARTURE POINT

Starting of the trek at Beaufort sur Doron.

BY TRAIN
Arrive at Albertville. There are regular buses between Albertville and Beaufort (schedule on Altibus.com)
Times given are indicative and must be checked at a train station or at www.voyages-sncf.com

BY CAR
Please check mappy.com or viamichelin.com

End point at Beaufort sur Doron.

RETURN TO DEPARTURE POINT

At the end of the tour the return to the departure point at Montroc-le-Planet is easy via bus.
If you book a night in a hotel in the Chamonix valley, the hotel will give you a card for free public transport within the valley.

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

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

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 +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Dates & prices

THE PRICE

Includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches (from the dinner of day 1 to the picnic lunch of day 7) and snacks;
- Accommodation in gîtes and refuges ;
- Baggage transport between accommodations on Day 2 and 4 ;
- The taxis transfers precised.

Does not include:

- Personal expenses (drinks, etc.);
- Luggage transport on Day 1, 3, and 6 ;
- Touristic visits;
- Airport taxes;
- Travel 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
- 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, on days 2 and 4 only, 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

On nights 1, 3, 5 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: 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 (3.8% 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