

TOUR OF THE DENTS BLANCHES AND RUAN self guided

High Alpine route in the wilderness... for experienced hikers !



Between the Mont Blanc and Lake Geneva, straddling the French-Swiss border is a mountain range disconnected from the world... The Dents Blanches, Dents du Midi, Tenneverge and Mont Ruan. Incredibly shaped alpine landscapes, including lunar like deserts, alpine lakes, waterfalls and forgotten pastures. Here there is no human stress, just nature and a preserved wilderness only hikers can discover.

🕒 6 days

👤 Self-guided / without a guide

🚚 Without baggage transport

🛏 Accommodation : Classic (dormitory)

🔪 Level : ****

💰 From : 445€

You will like

- A highly varied landscape due to the strong geological footprint.
- A wild territory far from crowded paths.
- An abundance of flora and fauna.
- Dozens of waterfalls along the route.

The route

Day 1

Meet on Sunday at 10:00am in the Bout du Monde parking in Sixt-Fer-à-Cheval.

CIRQUE DU BOUT DU MONDE - VOGEALLE

After a short bus transfer, traverse the natural amphitheatre of the Bout du Monde passing numerous waterfalls. The nature reserve of Sixt-fer-à-cheval is full of treasures to discover. Night in Refuge Vogealle (*without baggage).

3 hour walk / Elevation: +900m

Day 2

COL AND LAKE CHAMBRE - POINTE DE BELLEGARDE

Cross to Lake Vogealle, then climb to Col de Chambre via the forgotten valley of the Vogeallete. La pointe de Bellegarde, 200m higher offers an enormous view over the Giffre valley. Descend into the wild Chambres valley. Night in Refuge des Folly (*No baggage transport).

6 hour walk / Elevation: +600m -800m (+800m -1000m option Bellegarde)

Day 3

LA COMBE AUX PUIRES - PAS AU TAUREAU - BARME

Early morning start to the karstic limestone valley of La Combe aux Puires, cross the Pas au Taureau at 2500m, with a short cabled passage on the descent. Col de Bostan, direction Barme in Switzerland via the Pas de la Bide. Night in the pretty pastoral village of Barme with the sound of tinkling bells.

6.5 hour walk / Elevation: +1000m -1050m

Day 4

BARME VALLEY - CABANE DE SALANFE

Cross the Pas d'Encel with its path overlooking the impressive gorges, before entering into the wild natural amphitheatre of Salanfe, dominated by the glaciers of Tour Salière (3220m) and Grand Mont Ruan (3057m). Climb to the Col de Salanfe under the Haute Cîme (3200m) and descend via a cabled trail to Lake Salanfe. Night in refuge.

6 hour walk / Elevation: +1150 -780m

Day 5

COL D'EMANEY - COL DE BARBERINE - EMOSSON

Cross to the Salanfe dam, climb to the Col d'Emaney then to the Col de Barberine (2481m). Descend towards the vast Emosson dam. Night in refuge on the lakeshore.

7 hour walk / Elevation: +1250 -1200m

Day 6

LE CHEVAL BLANC - GRENAIRON REFUGE

In the Veudale combe, the trail passes by sandstone slabs with visible traces of fossilized dinosaur. Climb to the Col du Vieux for to reach the summit of Cheval Blanc (2891m) home to chamois and ibex. Descend to Refuge Grenairon via the large Plan du Buet valley and the ridgeline of Mortine. Night in refuge.

7.5 hour walk / Elevation: +1200m -1450m

The trip

LEVEL ****

Elevation: +/- 1100m approximately per day

Walking time: 6 to 7 hours per day

Type of trek: this tour passes via rocky terrain with a few technically difficult cabled sections at the Col de la Golette, Cheval Blanc and at the Col de Susanfe.

ACCOMMODATION

6 nights in dormitory in refuges.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

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!)

MAPS

IGN Top 25 - 3530 ET - SAMOENS and Top 25 - 3630 OT - CHAMONIX (1/25 000)

MPA (yellow) Trient valley (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 10:00am in the Bout du Monde parking in Sixt-Fer-à-Cheval.

BY TRAIN

Cluses Train Station www.voyages-sncf.com
then by bus to Sixt-Fer-à-Cheval www.altibus.com

BY CAR

Take the A40 motorway to Cluses, then direction Taninges, follow signs to Samoens and continue to Sixt-Fer-à-Cheval.
Parking for the week (5€)

CAR-SHARING

to share a lift! Here are some website recommendations: www.blablacar.fr www.covoiturage-libre.fr
www.laroueverte.com www.roulezmalin.com

Get in touch with people

End point Sunday at 3:00pm in the Bout du Monde parking

ACCOMMODATION BEFORE AND AFTER

Samoens Tourist Office: +33 (0)4 50 34 40 28

www.samoens.com

Sixt Tourist Office: +33 (0)4 50 34 49 36

www.chamonix.com

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

THE PRICE

The price includes:

- 5 nights half-board from dinner of the first day to breakfast of the last day ;
- The Roadbook : description and IGN maps (1 roadbook per registration up to 4 people. A supplementary roadbook for groups of 5 or more. Extra roadbook supplement 25€) ;
- Baggage transport if you have chosen this option (except day
- Organisation and booking fees

The price does not include:

- Picnic lunches (about 10-15€ per picnic in the refuges) ;
- Personal expenses (drinks, etc.), hot shower tokens when required ;
- Cancellation insurance (4.2% of total tour cost) ;
- Your return journey from home to the point of departure/end point.

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 and 2) 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

- 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 (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