




MORZINE PANORAMA self-guided


A week in the mountains... between Lemman and Mont Blanc !




Morzine is well known for its ski resort but is also part of a wider mountain range at the limits of Mont Blanc massif. The label "Géopark", awarded by Unesco in 2012, recognises the treasures of this area: wildlife, geology, history, human heritage, gastronomy, flora...


We'll discover some surprising landscapes during beautiful easy hikes. In the evening, a warm and cosy 3*hotel awaits us.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Hotel ***

 Level : **

 From : 570€

You will like

- Easy hikes in a stunning and character filled mountain range
- Discovering the cultural and human heritage
- Wildlife, flora and geological treasures of the Haut-Chablais
- A comfortable 3*hotel with swimming pool, spa and tempting dessert buffet
- The village of Morzine and its entertainment

The route

Day 1

Meet Sunday in the afternoon at your hotel in Morzine to check in (if you booked 5 days / 6 nights)

Day 2

COL LA BASSE AND COL RATTI (1905m)

An amazing panorama for the first day hiking overlooking the Mont-Blanc range. A flexible hike with different elevation possibilities to start the week easy.

3 to 4 hour walk / Elevation: between +350 to +600m / -250 to -500m

Day 3

LA CHAILLA RIDGES AND GOLESE PASS

Traversing through old pastures this hike takes us to a ridge (1837m) which offers a "postcard view" all over the Dent Blanche massif and one of the major Geopark spot : the "Rouleau de Bostan". Return via the Golèse refuge.

4.5 hour walk / Elevation: +/- 530m

Day 4

BISE AND DARBON LAKE

Change of valley to observe ibex between the Bise high limestone cliffs. Picnic at the edge of the emerald coloured Darbon Lake, a swim is possible for the more courageous ones!

5 hour walk / Elevation: +/- 620m

Day 5

PASS OR PEAK OF CHALUNE

Depart from the Foron pasture inbetween chamois and marmots that we can see in the near distance. Ascend to the Chalune pass and on to the summit (2116m) for those who wish. Return via the Bolire pass.

4.5 to 5.5 hour walk / Elevation: between +/- 640m and +/- 760m

Day 6

COL DE COUX AND FARM VISIT

Between smuggling and migration, Col de Coux (1920m) is full of stories... without forgetting the view over the Swiss mountains. Return via the Freterolles farm to visit their cheese production and a possibility of buying some local cheese.

4 hour walk / Elevation: +/- 520m

Day 7

End point Saturday morning after breakfast.

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.

The trip

LEVEL ***

Elevation: +/- 400 to 700m approximately per day.

Walking time: 3 to 5 hours per day depending on the group.

Type of trek: mountain hike on marked trails.

The tour with one hotel only allows you to have rest day during the week at any point.

ACCOMMODATION

5 or 6 nights in a 3-star hotel in twin/double bedroom. Single supplement on request.

Located 500m from the centre of Morzine, this hotel offers all the comfort for a week of sports and relaxation: a large living room with warming wood fire, spa with sauna, jacuzzi, indoor heated pool and a cosy bar. The hotel is also a food lovers heaven with a large menu of local dishes.

The village centre is within easy walking distance with a large selection of shops and an outdoor ice-rink. Weekly cultural events include: a visit to the sawmills in Morzine old town, the slatemines or the local cheese makers producing tomme, reblochon and abundance. Morzine also offers a lively après-ski nightlife with wine bars, pubs, open air djs, clubs....

MEALS

Breakfast and dinner are provided at your hotel.

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

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.

MAPS

IGN Top 25 - 3528 ET Morzine and 3530 ET Samoëns

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at the hotel Alpen Roc in Morzine to check in.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) at 10:30am arrive in Thonon at 3:06pm.

Then bus, depart Thonon at 3:15pm (3:05 in low season) arrive in Morzine at 4:00pm (3:50pm). 10 minutes walk (or free village bus) to the hotel

Return: depart from Morzine by bus at 10:30am (11.00am in low season), arrive in Thonon at 11:25am (or 11.50am).

Then train from Thonon at 1:00pm, arrive Gare de Lyon (Paris) at 5:42pm.

Times given are indicative and should be verified in a train station or on the [SNCF website](#).

BY BUS VIA THONON OR CLUSES

[Bus SAT Thonon - Morzine](#)

BY CAR

Take the A40 motorway to Cluses, then direction Morzine/Avoriaz (les Portes du Soleil), follow Taninges, Les Gets to arrive in Morzine.

CAR-SHARING

Get in touch with people to share a lift! Here are some website : [www.blablacar.fr](#) [www.laroueverte.com](#)
[www.roulezmalin.com](#)

End point on Day 6 after your trek or on Day 7 after breakfast at the hotel, depending on the chosen formula.

ACCOMMODATION BEFORE AND AFTER

Hôtel Alpen Roc 0033 (0)4 50 75 75 43

Morzine Tourist Office: +33 (0)4 50 74 72 72

[www.morzine-avoriaz.com](#)

TO 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

Departure from 25th June to 28th August 2023

5-day trekking/ 5 nights:

570€ per person in standard room, in 3-star hotel

630€ per person in superior room, in 3-star hotel

5-day trekking/ 6 nights:

660€ per person in standard room, in 3-star hotel

750€ per person in superior room, in 3-star hotel

Single departure on request

Info and bookings via phone or email

THE PRICE

Includes:

- Half-board from dinner on the first day to breakfast on the last day;
- Accommodation hotels, in rooms for 2/4 people;
- The road book: description and IGN maps (1 complete road book for 1 to 4 people, additional file from 5 people. Additional file: supplement of 10 to 25€);
- Daily transport of luggage between the accommodations, if you have chosen this option;
- Organisational costs and tourist taxes.

Does not include:

- Picnics at lunchtime;
- Personal expenses (drinks, visits...);
- Transfers are done with your personal car (or by line bus on certain stages only), except transfer option to ask at registration;
- Cancellation assistance insurance 4.2% of the price of the stay.

The rate is all inclusive from the meeting point to the point of dispersion.

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.

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 (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