

# CHARTREUSE MASSIF self-guided

You, your hiking boots and your map, we take care of the rest...

Reference · 270

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<b>DURATION</b> <b>7 days</b>	<b>TRAVEL STYLE</b> <b>Freedom / unguided</b>	<b>LUGGAGE</b> <b>With luggage transfer</b>
<b>ACCOMMODATION</b> <b>Classic (dormitory)</b>	<b>LEVEL</b> <b>3/4 ★★★☆</b>	<b>FROM</b> <b>585 €</b>

Between two Alpine capitals there is a massif with a wild character that inspired St Bruno to found the Carthusian order. The proposed itinerary allows you to discover all the faces of the massif: plateaus, cliffs, caves, waterfalls, deep forests, monastic life and views of the largest French glacial lake. The ascent of the most beautiful summits offers exceptional views of the valleys and summits of the other Alpine massifs. However, beware, the silence of the monks must not be disturbed in these mountains... The route crosses the massif from Chambéry to Grenoble without taxi transfers, the opportunity for a soft mobility stay and easily accessible by train!

## You will love

- A massif that has kept its authentic mountain atmosphere
- Hiking on the most beautiful peaks of the massif
- The alternation between plateaus and vertiginous cliffs
- Panoramic views of the others alpine massifs, Belledonne, Taillefer, Grandes Rousses, Ecrins and the far Mont Blanc.

## Day-by-day itinerary

### DAY 1

**Bus transfert from the train station of Chambéry at 12:30 pm. Meeting point at 1:15 pm at the Col du Granier if you have chosen the luggage transport option.**

#### **COL DU GRANIER - MONT JOIGNY - LE DÉSSERT**

From the Col du Granier, the path rises to the Mont Joigny cross, an exceptional viewpoint on the Mont-Blanc, the Bauges, the Lac du Bourget to the north and the whole Chartreuse massif to the south. After a passage on the ridge to the pointe de la Gorgeat, descent through the forest into the Entremonts valley. Night in a lodge, in a dormitory in the hamlet of Le Désert.

4h30 walk / Elevation : +/- 700 m / 10km

### DAY 2

#### **NATURAL RESERVE OF THE CHARTREUSE - CIRQUE OF ST MEME**

From the gîte, the path leads to the Col de l'Alpette and the Alpe valley. In summer, this valley is home to cows that cohabit with the wild fauna. You can hear the cry of marmots interspersed with the sound of bells. The ruins of old halmets mark the plateau, witnesses to the pastoral activity of past times. Descent to the Cirque of Saint Mème, a superb site at the foot of limestone cliffs from which 4 waterfalls gush out. Night in gîte, in a multiple room.

6h30 walk / Elevation : +900 m ; -1150 m / 14km

### DAY 3

#### **NATURAL RESERVE - ST PIERRE DE CHARTREUSE**

The itinerary joins the high plateau of Chartreuse again before a long crossing through the Aup du Seuil forest and the Marcieu valley, bordered by high cliffs, one of the most beautiful routes in the Chartreuse. At the Bellefont pass, you can climb up to the Dôme de Bellefont to discover the panorama over the Grésivaudan valley and the Alps, before descending to the village of Saint Pierre de Chartreuse. Settling in for two nights in a gîte in a multiple room.

7h30 walk / Elevation : +1150 m ; -1150 m / 19km

**DAY 4****GRAND SOM - MONASTERY OF GRANDE CHARTREUSE**

The first part of the route takes place in the forest, up to the Pas de la Suffière where we reach the summit of the Grand Som which overlooks the Monastery. Descend through a "sangle" to reach the habert de Bovinant, then through the forest to the Monastery and La Corrierie, the house of the converted brothers, transformed into a museum. Second night at the gîte in a multiple room.

6.30 hours walk / Elevation : +1300 m ; -1300 m / 15km

Low effort option : The Monastery of Grande Chartreuse. From St Pierre reach the bridge of Grand Logis and then the Porte de l'Enclos. An easy path allows to join La Corrierie and the Monastery.

3 hours walk / Elevation : +150 m ; -150 m / 9km (Return)

**DAY 5****CHARMANT SOM - COL DE PORTE**

Une montée permet de rejoindre les dalles du Charmant Som, petit sommet central de la Chartreuse. Le sentier traverse l'alpage puis continue en crête avant de descendre en forêt jusqu'au Col de Porte. Possibilité de continuer la crête jusqu'au joli sommet pointu de la Pinéa.

Nuit au col de Porte, en gîte, en chambre multiple.

6h30 walk / Elevation : + 1200 m ; - 700 m without the summit of Pinea /15km

7h30 walk / Elevation : + 1300 m ; - 800 m by the summit of Pinea / 16km

**DAY 6****CHAMECHAUDE - LE SAPPEY or COL DE PORTE**

Ascent of the highest summit in Chartreuse, the very famous route of the Grenoble inhabitants, in every season from the sunrise to the sunset! Large viewpoint on the massif, Belledonne, Ecrins, Mont Blanc... The descent allows to reach the little village of Le Sappey. Depending on availability, last night at Le Sappey, in a room of 2 or 3 or again at Col de Porte.

5h30 walk / Elevation : +800 m ; -1150 m / 11km

**DAY 7****SAINT EYNARD - LA BASTILLE - GRENOBLE**

After an early morning ridge walk, the itinerary attacks the forts of Grenoble! First the Saint-Eynard, perched on the cliffs of Chartreuse, which dominates the whole valley of Grésivaudan, then a passage in caves leads to the fort of Bastille, at the doors of Grenoble. The last descent between the gardens and fortifications allows a smooth arrival in the capital of the Alps.

6h00 walk / Elevation : +600 m ; -1400 m / 15km

**End of the tour in Grenoble during the afternoon.**

Depending on accommodation availability, the programme may vary slightly.

*The programme has been drawn up according to the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter the programme.*





## Dates and prices

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### DEPARTURE AND PRICE

Departure from 22nd June to the end of September 2026. Daily departures (except on Sundays).

#### Without luggage transport

**585€** per person classic accommodation.

#### With luggage transport

2 or 3 persons : **850€** per person

4 or 5 persons : **715€** per person

6 persons : **675€** per person

#### Picnics

**€65** per person, 5 picnics (optional)

### 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;
- Tourist taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Guiding : your are responsible for your own safety ;
- Bus transfers (around 6€ per person);
- Travel insurance.

**The price is all inclusive from departure to end point.**



## The journey

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### LEVEL \*\*\*

Elevation: +/- 600m - 1200m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain hike on marked trails. Some steps are quite long. Some variant paths require attention.

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 route in general is well indicated, and the Roadbook provided sufficiently complete to allow you to hike in complete safety. 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 may 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!

### ROAD BOOK

Before departure, we send you a travel folder containing:

- 2 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

All the paths are well-marked, a part of the trek takes the GR9. You must know how to read a topographical map at 1/25000.

### BAGGAGE TRANSPORT

Two options:

**without baggage transport:** you carry your baggage.

**with baggage transport:** your baggage is transported daily by our logistics vehicle.

### ACCOMMODATION

3 nights in dormitory, in gîtes.

3 nights in hoetl, in rooms.

All accommodation has hot showers.



## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening. Possibility to buy picnic supplies in small local shops.

Please let us know if you have any allergies or dietary requirements at the time of booking.

*Accommodations 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.*

## MAPS

IGN Top 25 - 3333 OT - Chartreuse Nord and Top 25 - 3334 OT - Chartreuse Sud (1/25 000)



## Practical information

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### DEPART

From 22nd June to mid September.

Daily departure (except on Sundays).

### ACCESS TO DEPARTURE POINT

#### Bus transfer from Chambéry train station at 12:30 pm.

##### BY TRAIN

Direct TGV from Paris

Local trains from Grenoble, Lyon...

Timetables must be checked on [www.oui.sncf](http://www.oui.sncf)

##### BY CAR

**Meet at 1:15 pm at the Col du Granier if you have the luggage transport option.**

Take the A43 motorway to Chambéry and continue to the highway exit 20 direction Saint Badolph. Then follow the D12 road to the Col du Granier. Large free parking at the pass.

##### CAR-SHARING

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

##### CLOSEST AIRPORTS

###### Geneva (GVA)

2 hour by car to Chambéry.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

###### Lyon (LYS)

1h15 by car to Chambéry.

Train every 2 hours to Chambéry, 4h15 journey (40-45€ pp return)

###### Paris (PAR)

7 hours by car to Chambéry.

**End point during the afternoon at Grenoble train station, regular trains to get back to Chambéry.**

### RETURNING TO DEPARTURE POINT

**At the end of the tour the return to the departure point at Chambéry is easy by the train (~25€). Buses at 12.30pm and 6.20pm from the station if you have left your car at the Col du Granier.**

### ACCOMMODATION BEFORE AND AFTER

By request we can book a night before/after the trek.

Chambéry : <https://www.chamberymontagnes.com/hebergements/hotels/>

Grenoble : <https://www.residhotel.com/residence/grenoble-le-central-gare/>



## 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**



## Equipment and luggage

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### 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 (0.40L to 0.50L)
- 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 daily 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!



## Details

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### HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.



## Postal booking form

Complete this form and return it with your deposit.

<b>Last name</b>	_____
<b>First name</b>	_____
<b>Birth date</b>	_____
<b>Address</b>	_____
<b>Phone</b>	_____
<b>Mobile phone</b>	_____
<b>Email</b>	_____
<b>Requested trip</b>	<b>CHARTREUSE MASSIF self-guided</b>
<b>Number of days</b>	<b>7</b>
<b>Insurance</b>	_____
<b>Trip price</b>	<b>585 €</b>
<b>Estimated deposit (30%)</b>	<b>175,50 €</b>
<b>Signed in</b>	_____
<b>Date</b>	_____
<b>Signature</b>	<div style="border: 1px solid #ccc; height: 40px; width: 100%;"></div>

**Return with your deposit to**

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond  
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com