

GRANDE TRAVERSEE DES ALPES self-guided - 4th section

From Larche to Menton

Reference · 136

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**DURATION**

7 days

TRAVEL STYLE

Freedom / unguided

LUGGAGE

With luggage transfer

ACCOMMODATION

Classic or comfort

LEVEL

3/4 ★★★☆

FROM

630 €

The Alps from one side to the other to meet people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance journey. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five departments and some of the most famous massifs of the Alps.

4th section: from Larche to Menton - Ubaye, Mercantour, Vallée des Merveilles

The fourth section of this route starting from Lake Geneva to Menton. Undoubtedly the section with an itinerary whose diversity of landscapes, flora, heritage and architecture is most marked in the French Alps. From the high summits of the Ubaye, passing by lakes and wide open spaces of the Mercantour and the Vallée des Merveilles, diving towards the Mediterranean by a multitude of valleys, passes and ancient mountain villages. Do not be deceived the terrain and deep valleys make it a physically challenging section. A dazzling experience with a sea view to finish.

You will love

- Ubaye, Mercantour, Vallée des Merveilles
- Baggage transport
- Through the mountains to the Mediterranean!

Day-by-day itinerary

DAY 1

Meet at 9am in front of Auberge du Lauzanier in Larche or at 8am at Montdauphin-Guillestre train station.

LARCHE - LAUZANIER VALLEY - PAS DE LA CAVALE

Depart for the Lauzanier Valley at the gates of the Mercantour National Park. Climb via a nice path to reach the Lauzanier Lake before a final slightly steeper climb up to the pass. A magnificent view from Col de la Cavale of the Tinée and the surrounding massifs. Descend into the high valleys of the Alpes Maritimes passing by the Col des Fourches and the magnificent promontory of Mont des Fourches. Reaching the Bonnette Restefond road (the highest road in Europe) encountering poignant vestiges of the Maginot line. Night in Bousiéyas, the first hamlet of this high valley of Tinée.

6 hours walk / Elevation : + 1040 m ; - 1100 m / Distance : 20 km

DAY 2

ISOLA 2000 - COL DE LA MERCIÈRE - LE BORÉON

After an early transfer to Isola 2000 ski resort, climb to the Col de la Mercière (2342m). Descend, then cross through the old village of Mollière and up to Col De Salèze. Depending on the conditions and the level of the group, detour to Lake Negre. Descend into Vésubie to the village of Boréon. Night in a gîte.

5.5 hours walk / Elevation: + 550 m ; - 1090 m / Distance : 18 km

DAY 3

BOREON - PAS DES LARDES - MADONE DE FENESTRE - LACS DE PRALS - LA GODOLASQUE

From Boreon, climb the valley up to Trecolpas lake and Pas des Lardes (2448 m) dominated by the Gelas, highest summit of Mercantour. Going down to the hopice of the Madone de Fenestre. Going up the small valley of Poncet to get to la Baisse and the 5 lakes of Prals before going up to Baisse des Prals. Beautiful descent to the bottom of Godolasque Valley, to relais des Merveilles.

7.5 hours walk / Elevation : + 1550 m ; - 1520 m / Distance : 20 km

DAY 4**VALLEE DE LA GODOLASQUE - REFUGE DE NICE - BAISSÉ DE VALMASQUE - VALLEE DES MERVEILLES**

Climb through the Gordolasque valley to Lac de la Fous and the Nice refuge above. Your rucksack will be lighter for the evening at the Merveilles refuge. From the Nice refuge, climb up to Baisse Basto to reach the famous Vallée des Merveilles and its rock engravings, which border the GR. A multitude of enchanting lakes sit enthroned in the middle of this mineral landscape so typical of the valley. Descent to the Refuge des Merveilles to spend the night.

6.5 hours walk / Elevation : + 1300 m ; - 790 m / Distance : 16 km

DAY 5**REFUGE DES MERVEILLES - PAS DU DIABLE - COL DU RAUX - L'AUTHION - CAMP D'ARGENT**

Via a multitude of lakes, the trail leaves the Vallée des Merveilles via the Pas du Diable. A change of scenery as we cross a number of medium-altitude passes in the midst of sheep-filled mountain pastures. At the Col du Raux, we climb up to the small Authion plateau dominated by a remarkable redoubt, a major battleground during the Second World War. From Authion, the first glimpse of the Mediterranean on a clear day. Descend to the Camp d'Argent micro-ski resort.

5.5 hours walk / Elevation : + 625 m ; - 1000 m / Distance : 13 km

DAY 6**LE CAMP D'ARGENT - MONT VENTABREN - MANGIABO - SOSPEL**

On the programme: a magnificent day on the crests. Departure for Sospel via the ridges and the Ventabren and Mangiabo mountains, with views of the mouth of the Var and the outskirts of Nice. Descend to Sospel for the night, a charming village lining the banks of the Bévéra torrent.

7 hours walk / Elevation : + 570 m ; - 1750 m / Distance : 22 km

DAY 7**SOSPEL - COL DU RAZET - VIEUX CATSELLAR - MENTON**

Last day of the GTA, not there yet... but can you smell the sea?! Beautiful climb to the Col de Razel (1032m) on an old paved path between ruined shepherd huts. Passing flocks of sheep and goats from Rove testifies to the arrival in Provence. The vegetation becomes much more leafy and fragrant. Chestnut trees, maples and rosemary line this beautiful day. Enjoy the last mountain pass, Col du Berceau (1050m) to picnic overlooking the bay and harbour of Menton... and a final descent of 1050m to the waters edge !

6.5 hours walk / Elevation : + 1110 m ; - 1450 m / Distance : 18 km

In Menton, your bags are left at the hotel you have booked (please provide accommodation details when booking). If you do not sleep in Menton, the drop-off and storage fees in Menton will be €15 per bag.

The program has been drawn up based on the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the program.





Dates and prices

DEPARTURE AND PRICE

Departure from 15th June to 15th September 2026

Grande traversée des Alpes part 4 without baggage transport :

- 1 person : 920 €
- 2 persons : 790 € / person
- 3 persons : 730 € / person
- 4 persons : 680 € / person
- 5 persons : 650 € / person
- 6 persons : 630 € / person

Grande traversée des Alpes part 4 with luggage transport (except day 4) :

- 1 person : 1540 €
- 2 persons : 1100 € / person
- 3 persons : 945 € / person
- 4 persons : 845 € / person
- 5 persons : 800 € / person
- 6 persons : 760 € / person

Drop-off and drop-off charges in Menton (if you have not booked a hotel in Menton on the evening of day 7): **€20** per item of luggage.

Optional extras

- 6 picnics: **€85** per person
- Comfort option : +120€ (based on 2 people)

Optional transfers (based on 2 people) :

- Transfer between Montdauphin station and Larche on D1: **€ 55** per person.
- Return transfer between Menton station and Montdauphin on D7: **€ 240** per person.
- Transfer from Boréon to Madone de Fenestre on D3 (to shorten the stage): **€55** per person.

THE PRICE

It includes:

- Half-board from the dinner of the 1st day to the breakfast of the last day;
- The road book in french: description and maps IGN (1 road book per registration file);
- Transfer between Bousieyas and Isola 2000;
- Luggage transport between accommodations, if you chose this option (except D4);
- Tourist taxes;
- Organization and booking fees.



The price does not include:

- Lunch picnics;
- Drinks, visits and other personal expenses;
- Guiding : your are responsible for your own safety ;
- Travel insurance.

The price is all inclusive from departure to end point.



The journey

LEVEL ***

Average elevation per day: 900 m.

Maximum elevation: 1450 m.

Maximum altitude of passage: 2800 m.

Altitude of accommodations: around 1800 m on average

Walking time: 5 to 7.30 hours per day

Type of terrain: on varied, medium-mountain paths and easy terrain. The paths are well marked and you will often be above the vegetation level, so there will be few forest passages. In the Mercantour, some pass crossings are through scree.

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 IGN 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 of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

This trip is organised in collaboration with our local partners, who are as committed as we are to offering you an authentic holiday.

ROAD BOOK

Before departure, we give you a travel file with:

- IGN map
- 1 road-book with all the necessary information for the hike (french language)
- 1 card holder
- The list of accommodations
- Access to our digital application downloadable onto your smartphone

For all bookings made less than 3 weeks before departure, paper travel documents cannot be sent. Only the digital version will be made available.

LUGGAGE TRANSPORT

Without luggage transport: your luggages are carried by you exclusively.

With luggage transport: your luggage is daily transported to your accommodation by a vehicle except on day 4.

ACCOMMODATION



CLASSIC: shared room for 4 to 12 people, sheets and towels are not provided, bathroom facilities are on the landing.

COMFORT: optional except D4, double or 2-bedded room of your choice, sheets and towels are not provided, bathroom facilities are on the landing.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be ordered the day before in each accommodation.

Please specify any allergies or dietary requirements **at the time of the 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.



Practical information

ACCESS TO DEPARTURE POINT

You will leave your bags at the Auberge du Lauzanier in Larche (exit the village towards Italy), this is the start of your hike. If you have chosen the option to transfer the day 1 between the SNCF station of Guillestre-Montdauphin and Larche, RDV at 8am precise at the SNCF train station. **Shuttle bus must be booked on registration.**

BY TRAIN:

The easiest way to get here is by train, as this is a linear walk rather than a loop.

Your stop is Montdauphin - Guillestre station (Paris - Valence - Briançon line). You can arrive by night train or arrive the day before by day train and sleep at the Hôtel Lacour at Montdauphin-Guillestre station.

Please consult the [SNCF](#) for exact timetables.

BY CAR:

In order to plan your trip, we advise you to inquire about your route at the different sites: Via Michelin or Mappy. You can also drive to Larche directly from Gap, Ubaye valley, towards Barcelonnette, then Col de Larche (Italian border). The village of Larche is 5 km before the pass. The Auberge du Lauzanier is just outside the village of Larche. Free, unguarded parking is available near the inn or the tourist office.

END OF STAY

The hike ends on Saturday around 4.30pm, with your bags in the hotel you have booked (if you have taken the luggage transport option). If you leave Menton directly after the hike, we will drop off your bags at a hotel near the station (suppl. €20 per person).

Return by train:

From Menton station, you can reach Nice (Nice => Menton: 40 mins) and the trains or planes that will take you back to the major destinations (arriving at Nice station between 4 and 6 pm).

Night trains : Nice - Paris; TGV; Shuttle bus to Nice - Côte d'Azur airport in front of Nice Ville station, on the right along the avenue in front of the station. You can spend the night in a hotel close to the station in Nice or Menton.

Or return to Montdauphin - Guillestre station if you came by car, but it will take you at least 5 hours to get back by train.

ACCOMMODATION BEFORE STAY

Possibility of arriving the day before:

At the [Auberge du Lauzanier](#) in Larche +33 (0)4 92 84 35 93 (starting point for the next day).

At the [Hotel Lacour](#) at the Montdauphin - Guillestre train station +33 (0)4 92 45 03 08 (then transfer to Larche optional).

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.



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 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



Your baggage will be transported daily between accommodation by our logistics vehicle (except day 4). 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 the driver to refuges, which access is not always easy! **Luggage which is too big and too heavy won't be accepted by the drivers!**



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
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.

Last name _____

First name _____

Birth date _____

Address _____

Phone _____

Mobile phone _____

Email _____

Requested trip **GRANDE TRAVERSEE DES ALPES self-guided - 4th section**

Number of days **7**

Insurance _____

Trip price **630 €**

Estimated deposit (30%) **189 €**

Signed in _____

Date _____

Signature

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