

NATURE TREK IN THE HEART OF THE FIZ MOUNTAINS

4 days of immersion in the heart of a mountain range with unique biodiversity

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**DURATION**

4 days

TRAVEL STYLE

Accompanied / guided

LUGGAGE

Without luggage transfer

ACCOMMODATION

Refuge

LEVEL

3/4 ★★★☆

FROM

490 €

Geologically remarkable, with unique biodiversity and stunning views of Mont Blanc, the small Fiz massif is undoubtedly worth the detour. With no luggage transfer, friendly accommodations, and guided by a passionate naturalist, you will feel completely cut off from the world. A guaranteed change of scenery.

You will love

- 4 days focused on discovering the mountain environment
- Guided by a passionate naturalist Mountain Guide
- A short, accessible trek allowing the discovery of rich natural heritage and crossing through the Passy Nature Reserve
- Nights spent in authentic and friendly mountain huts

Day-by-day itinerary

DAY 1

Meeting point 1:30pm at Passy Plaine-Joux station. Plan to have lunch before.

FROM PASSY PLAINE-JOUX TO PLATÉ REFUGE

The adventure begins here, in the small family resort of Passy Plaine-Joux (74). It starts with a forest path that leads you to the Ugine stream. The vegetation thins out as the slope intensifies and we reach the center of the Charbonnière cirque. A final limestone fortress rises before the "Desert de Platé". We finally descend into "la cheminée des Egratz" (which means "stairs") before setting our first foot on the much-coveted desert! Night in a dormitory at the refuge.

3h30 walk / Elevation: +850 m -200 m / 7km

DAY 2

NATURALISTIC APPROACH IN THE PLATÉ DESERT

"A GEOLOGICAL TREASURE WITH MULTIPLE FACETS"

Walking in the Platé desert is to admire the grandiose staging of Mother Nature. A vast plateau framed by lush pastures reveals white rocks with large fissures: a lapiaz. Though of oceanic origin, the lapiaz does not retain water but still hosts a rich biodiversity. Beneath your feet, fossils dating back millions of years lie there, bearing witness to the incredible geological history of this desert. Your guide helps you understand this heritage and also allows you to observe the masters of the land: the ibexes. Night in a dormitory at the refuge.

5h30 walk / Elevation: +850 m -850 m / 12km

DAY 3

FROM PLATÉ REFUGE TO ALFRED WILL REFUGE

"FROM DESERT TO WATER, THERE'S ONLY ONE STEP!"

Today, you leave the desert. Via the Portette pass, new perspectives open up to you: the Sales valley, the western face of the Fiz rock ridge, and the Mont Blanc massif. A long descent leads you into a much greener landscape, where water flows in gentle streams that lead to beautiful waterfalls. Marmots and chamois are not far away! You skirt around the Sales peak to reach the alpine meadows of the Montagne d'Anterne, where nature and pastoralism are in perfect harmony. Night in a dormitory at the refuge.

5h30 walk / Elevation: +750 m -1000 m / 13km

DAY 4**FROM ALFRED WILLS REFUGE TO PASSY PLAINE-JOUX**

"MOUNTAIN LAKES, ISLANDS TO BE PROTECTED"

Lake Anterne, Lake Pormenaz, and Lake Vert, three natural jewels, each has its own distinct atmosphere. Lake Anterne is dominated by the imposing wall of the Fiz mountains and is home to a unique flora. Lake Pormenaz, hidden in the foothills of the Aiguille Rouge massif, features a change in rock color and hardness, with the water nestled like an island beneath the Pointe Noire of Pormenaz. With the story of the creation of Lake Vert, your adventure comes to a gentle end. Return to the Passy Plaine-Joux station for a last goodbye to the majestic Mont Blanc. It's also the perfect opportunity to plan another adventure in the Alps...

5h30 walk / Difference in altitude: +600 m -1050 m / 13km

End of the hike in Passy Plaine-Joux around 4.30pm.

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. (depending on the natural conditions and the fitness of the group).



graphisme © Adeline Pihuit



Dates and prices

PERIOD	AVAILABILITY	PRICE
02/07/2026 - 05/07/2026	Open departure	490 €
11/07/2026 - 14/07/2026	Open departure	490 €
23/07/2026 - 26/07/2026	Open departure	490 €
01/08/2026 - 04/08/2026	Open departure	490 €
13/08/2026 - 16/08/2026	Open departure	490 €
27/08/2026 - 30/08/2026	Open departure	490 €

THE PRICE

It includes:

- Supervision by a qualified mountain leader;
- Accommodation with half-board formula, lunch picnics (except on Day 1) and snacks;
- Organisational costs and tourist tax.

Does not include:

- The picnic lunch on Day 1 ;
- Personal expenses (drinks, visits, etc.) ;
- Luggage transfer (not possible on this route) ;
- The journey from your home to the meeting point and back ;
- Cancellation insurance.

The price is all inclusive from departure to end point.



The journey

LEVEL ***

Difference in altitude: +/- 600m to 1350m on average per day

Walking time: around 4h to 6h30 per day

Type of hike: mountain itinerary on marked, often stony paths. Some variants with steeper passages requiring steady footness. You need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: [levels of difficulty](#)

GUIDING

Number of participants between 6 and 14, supervised by a qualified professional (mountain leader). The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker

As a thank you, it is customary to tip your guide at the end of your hike, depending on your satisfaction. This is not compulsory, but it is greatly appreciated.

LUGGAGE TRANSFER

Without luggage transfer : you carry your luggage.

ACCOMMODATION

3 nights in a dormitory in refuge.

The Platé Refuge is located on the karst desert of Platé. In this context, water is scarce during the summer and is precious.

Therefore, there is no shower in the refuge, but you can still wash yourself thanks to the outdoor solar showers provided by the refuge.

MEALS

Breakfast and dinner are provided in each refuge. Picnic lunches are also provided by the refuges. Please inform us about any 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.



Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN

Outward journey: the day before, departure from Paris-Gare de Lyon at 12.18pm, arrival at Saint Gervais les Bains le Fayet at 6.16pm.

Return: the following day, departure from Saint Gervais les Bains le Fayet at 10.44am, arrival at Paris-Gare de Lyon at 3.42pm.

The times given are for information only and must be checked with the [SNCF](#).

BY BUS

Access by bus to Passy Plaine-Joux station: line Y85 serves Passy Plaine-Joux station from Le Fayet station.

Timetables can be consulted online at the following link: <https://www.laregionvoustransporte.fr/lignes/y85-sallanches-passy-plaine-joux>

BY CAR

A40 motorway to Passy (74190). Free parking at the Passy Plaine-Joux resort.

End of the hike at the Passy Plaine-Joux resort car park.

ACCOMMODATION BEFORE AND AFTER YOUR STAY

[Saint Gervais Mont Blanc](#) Tourist Office: +33 (0)4 50 47 76 08

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**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable or merino wool T-shirts
- Breathable or merino wool long johns
- Fleece or jumper
- Lightweight down jacket
- Windbreaker or Goretex jacket
- Rain cape + gaiters or Goretex-type trousers + a sack cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, looped...1 pair per day)
- Hiking shoes that are already broken in and have well notched soles.
- 1 change of clothes for the evening
- A change of shoes for the evening

Other Equipment

- Toiletry bag
- Towel (quick-drying, sold in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos flask (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics (0,4L to 0,5L)
- Coffee cup
- Small personal first-aid kit (painkillers, compeed bandages, etc.)
- Survival blanket
- Headlamp or torch
- Two telescopic poles (strongly recommended)
- Valid identity card or passport

BACKPACK

Pack a comfortable 40-50 litre rucksack for your personal belongings for the week (including warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and a little room for a picnic and snacks.

In the 'weight is the enemy' section, here are some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic zip bag or a small plastic box to avoid accidental crushing.

- Hotel-size soap is generally enough for a week



- A tube of toothpaste 3/4 full will do the trick
- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo
- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring:

- Elastoplast or hook-and-loop tape
- "second skin" tape to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm

Now all you have to do is apply this recipe to your entire bag!



Details

HOW TO REGISTER

- Online: 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 (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 & Conditions](#) 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 **NATURE TREK IN THE HEART OF THE FIZ MOUNTAINS**

Number of days **4**

Insurance _____

Trip price **490 €**

Estimated deposit (30%) **147 €**

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