



Wellness hikes in the Bauges

Hiking and well being to reboot the system...



A Regional Nature Park, a UNESCO Geopark and a Game and Wildlife Reserve, the Bauges are full of secrets waiting to be discovered. From lapiaz to mysterious forests, from traditional villages to isolated mountain pastures, from barking roe deer to chamois clinging to golden slopes, here beats the heart of these mountain territories preserved from mass tourism. In quality, comfortable accommodation with a swimming pool and mouth-watering meals, yoga classes will be offered during the week, as well as a reconnection with Nature. Ideal for enjoying 5 peaceful days in the mountains!

 6 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Hotel ***

 Level : **

 From : 1450€

You will like

- Cosy, warm accommodation with sauna and heated swimming pool
- Reconnecting with nature
- The secrets of the fauna, flora and geology of the Bauges
- The awakening of Nature or the autumn colours of this wild and unspoilt massif

The route

Day 1

ARRIVAL AND WELCOME

Welcome and introduction to your stay by Maxime, your mountain leader.
Dinner and overnight in your accommodation.

Day 2

COL DE LA BUFFAZ – POINTE DE LA GALOPPAZ

What better way to relieve stress than a walk in the forest to recharge your batteries and enjoy the beautiful colours of spring and autumn? A loop to discover the secrets of the forest and the area, with a magnificent panorama to boot.
3 to 4 hours walk / Elevation: between +/- 350 m and +/- 600m (Pointe de la Galoppaz)

Day 3

TANNES AND THE MARGERIAZ ICE COOLER

Short transfer to discover the very particular geology of this massif. An unusual landscape between the lapiaz in a Fairy Kingdom! Magnificent panorama at the summit... and a little surprise in the program!
4 to 5 hour walk / Elevation: +/- 300m to +/- 500m

Day 4

TOURBIERE DES CREUSATES – MONT REVARD

Transfer by car to the Plateau de la Féclaz, famous for Nordic skiing. Discover the Tourbière des Creusates before enjoying the magnificent view of Lac du Bourget from the Revard.
4h30 to 5h30 walk / Elevation: +/- 600 m

Day 5

THE PANORAMIC CRESTS OF MORBIE

A short transfer to gain height. Over an easy ridge, we cross Mont Morbié. Panoramic 360° views of the Bauges massif, Belledonne and the Combe de Savoie. Descend through woods and meadows and walk back to the accommodation.
4 to 5 hours walk / Elevation: between + 450 m and - 650 m

Day 6

SURPRISE HIKE!

Depending on the weather and the shape of the group, your guide will suggest the best possible hike in the Haute-Bauges. You'll have the chance to touch 2000 metres in the Réserve de Chasse et de Faune Sauvage or come across a few chamois? On the way back, stop off at a dairy cooperative to stock up on good cheeses and local produce!

Return journey to Annecy station or by your own means.

The programme was drawn up according to the latest information available at the time of writing. Situations beyond our control may alter the programme, and the tour leader retains full control over the choice of itineraries.

The trip

LEVEL **

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

Walking time: 3 to 5 hours per day.

Type of trek: this tour is not technically difficult and is open to all.

GUIDING

Number in a group between 5 and 8 people supervised by a qualified professional mountain leader, Maxime Gay.

Maxime Gay, certified mountain leader, geographer and nature teacher... Lover of nature and contemplative, he will help you discover secret corners and the beauty of the mysterious territories of the Bauges, its fauna and its flora.

ACCOMMODATION

3 nights twin accommodation in a cosy chalet www.lechaletdublanc.fr

Located at an altitude of 1000m in the heart of the Bauges, in the village of Aillon, Le Chalet du Blanc offers all the comfort for 4 days of sport and relaxation: large lounge with fireplace, spa area with outdoor Nordic bath, sauna and heated swimming pool... gourmet pleasures with a tasty cuisine. The large bay windows surrounding the chalet allow complete immersion into the natural environment.

MEALS

Breakfasts, picnics and dinners are provided at the accommodation.

MAPS

IGN Top 25 - 3432 OT Bauges Massif

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Thursday at 2:00pm at Chalet du Blanc in Aillon-le-Jeune (8 Route de Motzon, La Mense, 73340 Aillon Le Jeune)

BY TRAIN / BUS

Inbound: departure from Paris-Gare de Lyon at 06:29am (or 09:49am) to Chambéry-Challes-les-Eaux

Return: departure from Chambéry-Challes-les-Eaux at 16:25pm to Paris-Gare de Lyon

www.oui.sncf

Times given are indicative and should be verified at a train station or on the SNCF website.

Bus service - Eurolines, FlixBus, Isilines and Ouibus also available to Chambéry.

BY CAR

From Paris, northern and western France take the A43 motorway to Chambéry (exit 13), then direction Grenoble onto the N201 and exit 17 at Bassens. Take the D912 to Saint-Jean-d'Arvey, then right onto the D206. Traverse Thoiry to Aillon-le-Jeune and then turn right towards Corrierie. The village of Mense is on the left.

From the south of France, take the A41 motorway to Chignin (exit 21), then take the D21, traverse Chignin, then Le Broyat to Thoiry. Take the D206 on the right to Aillon-le-Jeune and then turn right towards Corrierie. The village of Mense is on the left.

From eastern France and Switzerland, take the A41 motorway to Seynod-sud (exit 15.1), turn right towards Aix-les-Bains, then left towards Viuz-la-Chiésaz. Continue to Lescheraines. Then take the D59 to Aillon-le-Jeune. Then left towards Corrierie. The village of Mense is on the left.

CAR-SHARING Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr
www.covoiturage-libre.fr www.laroueverte.com www.roulezmalin.com

OPTIONAL TRANSFER

Optional transfer from Annecy train station to the accommodation (*please reserve on registration).

End point at Chalet du Blanc in the afternoon on Sunday

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: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader, Maxime Gay;
- All meals including picnic lunches and simple snacks during the day;
- Twin room accommodation in Chalet du Blanc for 5 nights;
- Daily access to the swimming pool;
- Appointment with a herbalist;
- Transfers Annecy - Aillon-le-Jeune;
- Transfers to access hikes.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Airport taxes;
- Cancellation insurance;
- Your return journey from home to departure/end point.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Bikini or swimsuit
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex 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
- 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 phone: +33 (0)4 50 79 09 16
- By post: Please provide your contact details
 - Surname, First Name, Date of birth
 - Address
 - Email
 - Telephone
 - Mobile phone

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 (3.8% 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 prior 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:

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