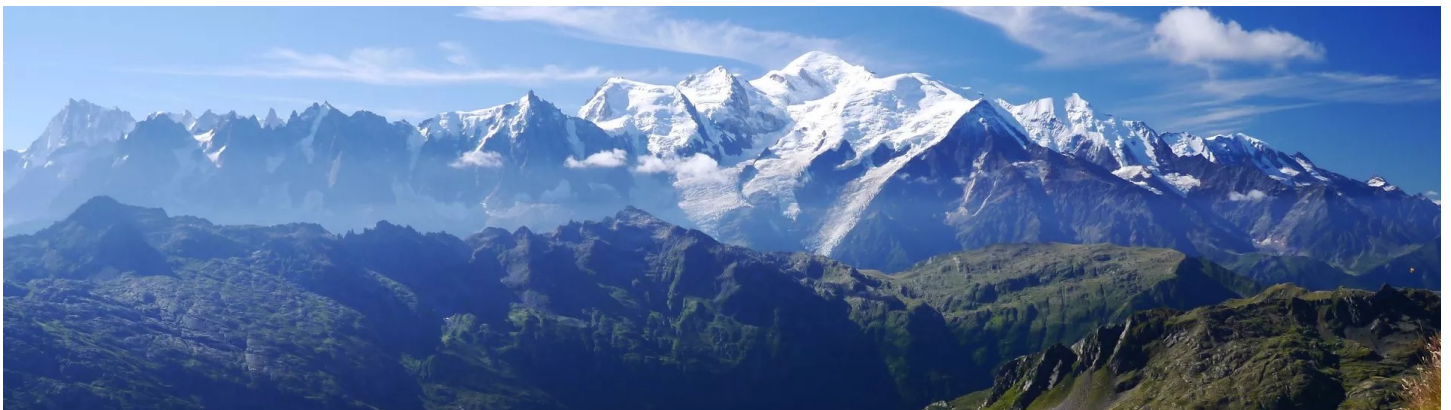




# GRANDE TRAVERSEE DES ALPES - 1st and 2nd section

From Lake Geneva to the Maurienne valley




Cross the Alps meeting people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance hike. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five counties and some of the most famous mountain ranges in the Alps.

## 1st section: Chablais, Haut Giffre, Aiguilles Rouges, Mont-Blanc


This first section departs from the shores of Lake Geneva to Chamonix, the ice capital of the Alps. Discovering the Chablais mountains with their characterful limestone relief and the green mountain pastures in Abundance! The wild Dents Blanches massif opens the doors to the Faucigny region... a land of giant waterfalls, lapies, chasms and heavenly alpine plateaus. A few hours hike later and we are into the Aiguilles Rouges from where we will finally discover the Mont-Blanc mountains with a spectacular display of glaciers and rocky spikes. To be continued...


## 2nd section: Mont Blanc, Beaufortain, Vanoise

This section leads from the giant glaciers of the Mont Blanc massif to those equally imposing of the Domes de la Vanoise. On our way, collections of milk cans remind us of the authenticity of farming life in the Beaufortain pastures and then on the Vanoise the first National Park in France, created in 1963, land of ibex and marmots. One of the benefits of being with a guide is the opportunity to discover some beautiful variants and mountain passes stress-free! The chance to feel alone in the world, in the vast preserved Beaufortain and Vanoise areas.

 14 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 1860€

## You will like

- Crossing mountain ranges with varied landscapes and geology
- Rich ecosystems, abundant wildlife and valleys full of history
- The beginning of a long-distance alpine trail which can be continued all the way to Nice in 4 weeks



- Nights lulled to sleep by the sound of cow bells in alpine pasture chalets
- Baggage transport

# The route

## Day 1

Meet at 12:30pm in front of the Tourist Office in Thollon-les-Mémises or at 9:30am in front of Chamonix train station if you have chosen this option.

### PIC DES MEMISES - BALCON DU LEMAN

Take the cablecar and depart towards the balcony trail overlooking Lake Geneva. Picnic lunch and then cross the Mémises and the alpine pastures of Mottay before descending to Novel valley. Night in a refuge in the pastures **(without baggage)**.

3.5 hour walk / Elevation: +500 m ; -550 m / 8km

## Day 2

### BISE PASS - BISE VALLEY

From the refuge, climb to Lake Neuteu and the Bise pass. Short detour possible to the beautiful glacial Lake Darbon under the watchful eyes of the ibex! Descend into the Bise valley to the Ubine Refuge nestled under the north face of Mont Chauffé.

6 hour walk / Elevation: +1050 m ; -1050 m / 12km

## Day 3

### ABONDANCE - LAKE TAVANEUSE

Descend to the village of Abondance for a short transfer. Climb to Lake Tavaneuse and to the mountain pass at 1997m. Descend through the pastures and the forest to Lake Montriond. Transfer to the Chardonnière refuge. Night in a dormitory

7 hour walk / Elevation: +950 m ; -1600 m / 13km

## Day 4

### DENTS BLANCHES MASSIF - PAS AU TAUREAU

Climb to the Tête de Bostan facing the superb and wild Dents Blanches massif. Cross the Pas au Taureau (2555m) via a short cabled passage, then descend into the lunar-like valley of the Combe aux Puaires, an unusual area of lappiaz (eroded limestones). Night at the Vogelle refuge in a dormitory **(without baggage)**.

7 hour walk / Elevation: +950 m ; -1600 m / 13km

## Day 5

### BOUT DU MONDE AND CIRQUE DU FER À CHEVAL

From the Vogelle refuge, a beautiful descent facing the Tenneverge cliffs and on to Bout du Monde, continuing to the amphitheatre at Sixt-Fer-à-Cheval and its multiple waterfalls. Night in the village of Sixt-Fer-à-Cheval.

6 hour walk / Elevation: +200 m -1250 m / 17km

## Day 6

### ANTERNE LAKE AND PASS

The day begins through the woods, alongside the Rouget, Pleureuse and Souffraz waterfalls. Climb to the Anterne pasture at the heart of the Sixt-Passy Nature Reserve, a wide high plateau where one of the most beautiful lakes in the area is nestled. Here is the kingdom of marmots and rare bearded vultures! Skimming stone contest followed by a short climb to the Anterne pass and descent to the Moëde-Anterne refuge. Night in dormitory.

6.5 hour walk / Elevation: +1550 m ; -400 m / 15km

## Day 7

### ENVERS DU BREVENT - CHAMONIX

Short descent towards the Arlevé bridge. Here the landscape changes, the Fiz limestones give way to the red rocks of the Aiguilles Rouges range. Climb up to the Brévent pass (2368m) then descend to Planpraz to take the gondola down to Chamonix. Night in gîte.

5 hour walk / Elevation: +750m -750m / 10km

## Day 8

### LES HOUCHES - LES CONTAMINES

Take the cable car and depart on foot from 1800m. Crossing to the foot of the Bionnassay Glacier before climbing to the Tricot pass. Descend to the Miage chalets and on to Les Contamines.

Night in a small dormitory in a village gîte.

5.5 hour walk / Elevation: +650 m ; -1250 m / 11km

## Day 9

### COL DE LA CROIX DU BONHOMME - CORMET DE ROSELEND

Climb via the Roman road to the famous mountain pass, Col du Bonhomme. Descend via the Crête des Gittes and the vast Beaufortain pastures to arrive at Plan de la Lai. Night in a dormitory above Lake Roselend.

6.5 hour walk / Elevation: +1450 m ; -800 m / 17km

## Day 10

### FROM THE FOOT OF PIERRA MENTA TO PORTE DE ROSUEL

Balcony trail overlooking Lake Roselend and climb to the Bresson pass (2469m) at the foot of the Pierra Menta mountain. Descend through the Ormette valley and alongside small water channels in the hamlets to reach Valezan, part of the Tarentaise valley. Taxi transfer to Peisey Nancroix and La Porte de Rosuel.

Night in a dormitory in a refuge (\*or hotel).

7 hour walk / Elevation: +900 m ; -1200 m / 16km

## Day 11

### COL DE LA SACHETTE - TIGNES

Enter into the Vanoise National Park at the foot of Mont Pourri and Dôme de la Sache. A short detour is possible via Lake La Plagne before climbing to the Sachette pass (2713m). Descent into La Sache valley and the natural reserve of Tignes-Champagny and continue to the village of Tignes-les-Boisses.

Night in a hotel.

6 hour walk / Elevation: +1050 m ; -1150 m / 18km

## Day 12

### COL DE LA VANOISE: VIEW ON THE GRANDE CASSE

Short bus transfer to reach the Val Claret ski resort. From here discover the wide outdoors of the Vanoise National Park and climb to the Leisse pass. Descend the Leisse valley punctuated by its many lakes. The 1700m high southern face of the Grande Casse overhangs the trail. Night in a dormitory in Col de La Vanoise refuge (\*without baggage).

5.5 hour walk / Elevation: +1080m -650m / 10km

+/-100 m more via the col des Galinettes

## Day 13

### PETIT AND GRAND MARCHET CIRQUES

Depart from the refuge along the balcony trails overlooking the Pralognan Valley: Combe de l'Arcelin, Cirque du Dard,

Cirque du Grand Marchet, Cirque du Petit Marchet, Lake Valette and Combe des Nants. Descent into Prioux Valley. Night in a dormitory in a refuge.

7 hour walk / Elevation: +900 m ; -1600 m / 17km

## Day 14

### CHAVIÈRE PASS - MAURIENNE VALLEY

Climb Chavière valley dominated by the Domes de la Vanoise in a lunar landscape punctuated by cairn forests (piles of stones). The Aiguilles de Péclet-Polset indicate the nearby Chavière Pass. Descend into the Maurienne Valley through the pastures. Short transfer to Modane from Porte de l'Orgère.

6 hour walk / Elevation: +1150m -950m / 16km

**End point around 4pm at Modane train station.**

# The trip

## LEVEL \*\*\*

Elevation: +/- 700m to 1300m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain route on trails with some well equipped aerial sections.

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](#)

## GUIDING

Group from 6 to 14 people supervised by a guide.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

## ACCOMMODATION

CLASSIC: 13 nights in mountain chalets, refuges and gites.

All accommodation offers hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your guide, comprising a variety of 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.*

## CURRENCY

Bring cash for your personal consumption and expenses, some accommodations don't credit card.

## MAPS

IGN Top 25 - 3528ET/ Morzine and Top 25 - 3530ET/ Samoëns (1/25 000).

# Practical information

## DEPARTURE

From end of June to mid-September.

## ACCESS TO DEPARTURE POINT

**Meeting point at 12:00pm in front of the Tourist Office in Thollon-les-Mémises.**

**If you choose the option : meet with your baggage, at 8.45am at the Prarion carpark or at 9:30am in front of Chamonix train station for a transfer to Thollon les Mémises.**

### BY TRAIN

Inbound: depart Gare de Lyon (Paris) TGV Paris/Bellegarde/Evian

There are regular buses from Evian to Thollon Les Mémises (40mins) [www.thollonlesmemises.com](http://www.thollonlesmemises.com)

Schedules should be verified in a train station or at [www.oui.sncf](http://www.oui.sncf)

### BY CAR

Take the A40 motorway to Annemasse, free parking and bus [www.sat-leman ligne-141-evian-annemasse](http://www.sat-leman ligne-141-evian-annemasse) or train to Evian-les-Bains, then to Thollon-les-Mémises. Free parking at Thollon-les-Mémises.

### CAR-SHARING

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

[www.roulezmalin.com](http://www.roulezmalin.com)

### CLOSEST AIRPORTS

#### **Geneva (GVA)**

1 hour by car to Chamonix.

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

#### **Lyon (LYS)**

2.15 hours by car to Chamonix.

Train every 2 hours to Chamonix, 4.15 hour journey (40-45€ pp return)

#### **Paris (PAR)**

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

**In option: the transfer Chamonix-Thollon and the transfer Modane - Les Houches: 50€ per transfer and per person (to book on registration).**

## ACCOMMODATION BEFORE AND AFTER

[Thollon Les Mémises](#)

[Evian-les-Bains](#)

[Chamonix](#)

## 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.

## 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

### Possibility to link up 2, 3 or 4 sections of the GTA :

- [GTA 3 and 4](#)
- [GTA 1 to 4](#)

From 16/06/24 to 29/06/24   **Guaranteed departure**   **1860 €**

From 23/06/24 to 06/07/24   **Guaranteed departure**   **1860 €**

From 30/06/24 to 13/07/24   **Guaranteed departure**   **1860 €**

From 07/07/24 to 20/07/24   **Guaranteed departure**   **1860 €**

From 14/07/24 to 27/07/24   **Guaranteed departure**   **1860 €**

From 21/07/24 to 03/08/24   **Guaranteed departure**   **1860 €**

From 21/07/24 to 03/08/24   **Guaranteed departure**   **1860 €**

From 28/07/24 to 10/08/24   **Guaranteed departure**   **1860 €**

From 04/08/24 to 17/08/24   **Guaranteed departure**   **1860 €**

From 18/08/24 to 31/08/24   **Guaranteed departure**   **1860 €**

From 01/09/24 to 14/09/24   **Guaranteed departure**   **1860 €**

## THE PRICE

### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- All meals including picnic lunch and snacks ;
- Accommodation in gites, refuges and small hotels ;
- Baggage transport between accommodation (except on days 1,4, 6 and 12) ;
- Bus transfers (except the transfer Chamonix - Thollon and Modane - Chamonix) and the Bellevue cablecar.

### The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Travel/ cancellation insurance;
- Your return journey from home to the point of departure/end point;
- Baggage transport to Col de la Vanoise refuge.

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

# 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.

## 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, except day 1,4,6 and 12, between accommodation by our logistics vehicle where access is not always easy.

**Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!**

## YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

**On night 1,4, 6 and 12**, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.

## 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 (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:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE