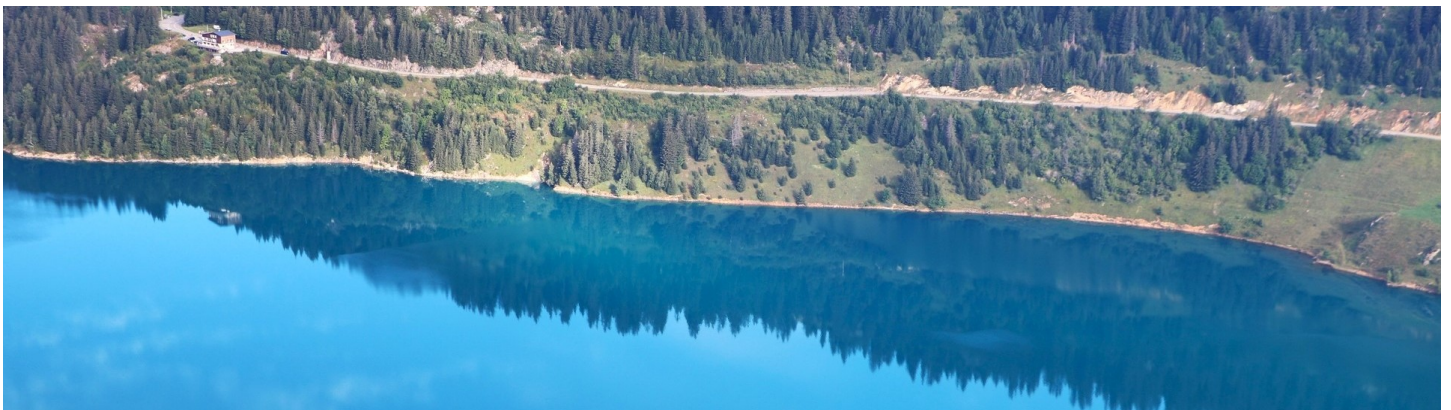




GRANDE TRAVERSEE DES ALPES self-guided - section 1 and 2

From Lake Geneva to Vanoise massif



Travel across the Alps, meeting both the people and the mountains... Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance journey. That's a chance to take a long break and put your daily life aside. This itinerary runs along Swiss and Italian borders crossing five departments and some of the most famous massifs of the Alps.

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

This first stage takes us from the shores of Lake Geneva to the ice capital of Chamonix. We discover the Chablais massif with its characterful limestone relief and the rich green alpine pastures of Abondance! The wild and preserved Dents Blanches massif opens the doors of the Faucigny area. Land of giant waterfalls, lappiaz and abysses and also land of heavenly mountain pastures. A few hours of hiking later we are at the Aiguilles Rouges from where we finally discover the whole Mont Blanc range, a spectacular display of glaciers and rocks. 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

Self-guided / without guide

With or without luggage transportation

Accommodation : Classic or comfort

Level : ***

From : 1260€

You will like

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



The route

Day 1

Tour departs from the Thollon-Les Mémises gondola (where your luggage will be picked up, if you have chosen this option).

THOLLON LES MEMISES - PIC DES MEMISES - ALPAGE OF NEUVA

Take the gondola up to the balcony path overlooking Lake Geneva. Cross the Mémises and Mottay mountain pastures before descending to the Novel valley. Overnight on the mountain pasture **without luggage transfer**.

3.5 - 4 hour walk / Elevation: +350m -500m

Day 2

COL DE BISE - CHAPELLE D'ABONDANCE

From the mountain pasture, climb to Lake Neuteu and 'Col de Bise'. A short detour is possible to Lake Darbon, a magnificent glacial lake - open your eyes wide, you're in Bouquetin country! Descend to the Bise mountain pasture and climb back up to the 'Pas de la Bosse' before a final descent to the picturesque village of 'La Chapelle d'Abondance'.

6 - 6.5 hour walk / Elevation: +900m -1350m

Day 3

COL DE BASSACHAUX - LINDARETS (Goat village) - VALLÉE DE LA MANCHE

Climb to the 'Pointe des Mattes' in the 'Mont de Grange' reserve, home to the chamois. Cross some of the alpine pastures of the Abondance region to reach the Bassachaux pass overlooking the lake of Montriond. Descent to the Lindarets village, famous for its goats! A short visit is a must before being transferred to the bottom of the 'Vallée de la Manche'.

6.5 - 7 hour walk / Elevation: +1250m -750m

Day 4

COL DE LA GOLÈSE - FOLLY REFUGE

Climb to the Fréterolles alpine farm, with its cows, goats and cheese! Cross to the foot of the 'Terres Maudites' and short ascent to the Golèse pass (1666 m), then descent to the hamlet of 'Les Allamands'. Climb back under the Tuet slabs to reach the Folly refuge. Night in refuge **without luggage transfer**, but with the lights of the valley in the background!

6 - 6.5 hour walk / Elevation: +1050m -990m

Day 5

VOGEALLE LAKE - SIXT-FER-À-CHEVAL

Enjoy a day in the wild Dents Blanches massif. Departure for the 'Combe aux Puaires', an unusual lapiaz (eroded limestone) site. Descent to 'Lac de la Vogealle'. A beautiful descent follows to the 'cirque du Bout du Monde' and the 'cirque du Fer à Cheval' with their many waterfalls. Night in the village of Sixt-Fer-à-Cheval.

5.5 - 6 hour walk / Elevation: +700m -1250m

Day 6

ANTERNE PASS - MOËDE-ANTERNE REFUGE

Climb to the Rouget waterfall, then to the Pleureuse and Sauffaz waterfalls. The trail then joins the Anterne mountain pasture in the heart of the Sixt-Passy nature reserve, a vast plateau where one of the region's most beautiful lakes nestles. Another short climb to the Anterne pass, then down to the Moède-Anterne refuge. You can swim in Lake Pormenaz, 15 minutes from the refuge. Night at the refuge **without luggage transfer or shower**.

6 - 6.5 hour walk / Elevation: +1500m -350m

Day 7

COL DU BREVENT - CHAMONIX

Short descent to the Arlevé bridge. The landscape is changing, with the limestone of the Fiz giving way to the soft rock of the Aiguilles Rouges massif. Ascent to Col du Brévent (2368 m), then descent to Planpraz, where we take the gondola to Chamonix.

5 hour walk / Elevation: +800m; -800m

Extra 1.5 hour walk if descending by foot to Chamonix: -1000m added

Day 8

LES HOUCHES - COL DU TRICOT - CONTAMINES

Take the gondola up, then wander through valleys and forest before climbing the 'Col du Tricot', facing the Bionnassay glacier. After a coffee break at the 'Chalets du Miage', descent to the village of Les Contamines Montjoie, then on to 'Notre-Dame-de-la-Gorge'.

5 - 5.5 hour walk / Elevation: +600m -1250m ; 11km

1 hour walk / Elevation: +250m from Les Contamines to Nant Borrant

Day 9

COL DU BONHOMME - CORMET DE ROSELEND

Climbing the Roman road to the famous 'Col du Bonhomme' on the Tour du Mont-Blanc. Cross the 'Crête des Gittes' between heaven and earth, before joining the great alpine meadows of the Beaufortain at 'Cornet de Roselend'.

6 - 6.5 hour walk / Elevation: +1350m -700m ; 16 km

Day 10

COL DU BRESSON - PORTE DE ROSUEL

Balcony trail overlooking Lake Roselend and ascent to 'Col du Bresson' at the foot of the legendary 'Pierra Menta'. Descend through the Ormette valley, then between waterways and hamlets to reach the Tarentaise valley. Transfer by cab from the 'Chapelle St Guérin' to Peisey Nancroix and the Porte de Rosuel.

6 - 6.5 hour walk / Elevation: +950m -1170m ; 15km

Day 11

COL DE LA SACHETTE - TIGNES

Entering the Vanoise National Park at the foot of 'Mont Pourri' and 'Dôme de la Sache'. Possible detour to 'Lac de la Plagne' before climbing to 'Col de la Sachette' (2713 m). Then down through the Sache valley and the Tignes-Champagne nature reserve to the village of Tignes-les-Boisses (alternative via the 'Col du Palet'). Night in hotel, **without luggage transfer**.

6 - 6.5 hour walk / Elevation: +1200m -850m

Day 12

VALLEY OF LA LEISSE - COL DE LA VANOISE

Short transfer by local bus to the Val Claret resort. The hike takes you back to the wide-open spaces of the Vanoise Park and up to the 'Col de la Leisse'. Descent of the Leisse valley dotted with lakes. The 1700 m south face of 'Grande Casse' overlooks the trail. Night in refuge **without luggage transfer**.

6.5 - 7 hour walk / Elevation: +1100m -650m ; 19 km

Day 13

CIRQUES DU PETIT AND GRAND MARCHET

After leaving the refuge, cross over to the balcony paths overlooking the Pralognan valley: Combe de l'Arcelin, Cirque du dard, Grand Marchet and Petit Marchet, Lac de la Valette, Combe des Nants. Then down to the Prioux valley (easier

option via Pralognan).

6.5 - 7 hour walk / Elevation: +1000m -1800m ; 14 km

Day 14

COL DE CHAVIERE - VALLEE DE LA MAURIENNE

Climb up the Chavière valley, overlooked by the 'Dômes de la Vanoise', in a lunar world punctuated by forests of cairns. The Aiguilles de Péclet-Polset point the way to the nearby 'Col de Chavière'. Descent into the Maurienne valley through the mountain pastures to Modane.

Possibility of taking a cab from l'Orgère to Modane (to be ordered the day before and paid for on site, shuttle at 4.30pm in July/August).

6 - 6.5 hour walk / Elevation: +1150m -950m to the Orgère refuge

1.5 hour walk / -880m additional descend from l'Orgère to Modane on foot

End of the trek around 5pm at Modane train station.

The trip

LEVEL ***

Elevation: around +/- 600m to 1200m per day.

Walking time: 5 to 6h30 per day.

Type of trek: mountain itinerary on marked trails. An easy cabled passage on day 4, in a crossing, can be avoided with a little more ascent.

You need to be in good physical condition and mentally fit for long efforts. Regularly practice an endurance sport such as walking, running or cycling, for 6 to 8 hours a week. Your physical preparation will make your trek easier and more enjoyable. Click here for a description of the different levels: [hiking level](#).

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 25 maps with route layout
- 1 road book with all the necessary information for the hike
- 1 card holder
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file.

The information for downloading and using it is sent by e-mail.

TRAIL MARKERS

In France, the Grande Randonnée trails are signposted in red and white (in both directions). It is essential to be able to read a 1:25,000 scale IGN map.

LUGGAGE TRANSFER

Two options:

Without luggage transfer : you carry all your luggage.

With luggage transfer : your luggage is delivered to your accommodation each day, except on days 1, 4, 6, 11 and 12.

ACCOMMODATION

CLASSIC

12 nights in a dormitory, in refuge or gîte.

1 night in a 2 to 3-person bedroom, in hotel.

COMFORT

12 nights in a 2 or 3-person bedroom in refuge, gîte or hotel.

1 night in dormitory, in refuge.

Accommodation on the GTA is often small mountain hotels and rustic gîtes. This 'comfort' option consists above all in being able to sleep in a private space, rather than in a dormitory.

CURRENCY

Please bring cash for your personal expenses, some accommodations don't accept credit card.

MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included and can be pre-ordered at each

accommodation in the evening. 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.

MAPS

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

Practical information

ACCESS TO DEPARTURE POINT

Depart from Thollon-les-Mémises tourist Office.

BY TRAIN

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

There are regular buses from Evian to Thollon Les Mémises : <https://www.evad.fr/line/navette-thollon/>

Return : TGV line Chamonix/Paris or depart Modane/Paris

Please check timetable on www.oui.sncf

BY CAR

The most comfortable :

Getting there: A40 freeway, Annemasse exit, free parking, or Bellegarde exit, parking next to the station, paying and bookable in advance.

Then train or bus to Evian and bus to Thollon-les-Mémises.

Return from Chamonix to Annemasse by train and bus from Annemasse to Evian. See the SAT website.

Or

Transfer by cab before or after your hike. Thollon free parking. Annemasse free parking. Chamonix free parking.

CLOSEST AIRPORTS

Geneva (GVA) - Lyon (LYS) - Paris (PAR)

End of the tour around 5pm at Modane train station. Feel free to visit the town's museums while waiting for the train.

ACCOMMODATION BEFORE AND AFTER

Thollon Les Mémises

Evian-les-Bains: www.evian-tourisme.com

Chamonix Tourist Office: +33 (0)4 50 53 00 24 www.chamonix.com

If you book a night in the Chamonix valley, you can ask to your hotel reception a bus/ train pass so you can use public transports for free in the Chamonix valley.

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**

Dates & prices

DEPARTURES AND PRICES

Departure from June 22 to August 31, 2025

Classic version in 14 days

Without luggage transfer

1260€ per person (based on 2 people)

Single person supplement: **120€**

With luggage transfer (except on days 1, 4, 6, 11 and 12)

2 persons : 1765€ per person

3 persons : 1570€ per person

4 persons : 1485€ per person

5 persons : 1430€ per person

6 persons : 1390€ per person

Comfort option (2-person bedroom except one night): +295€/pers.

Information and reservation by telephone or mail.

THE PRICE

The price includes:

- Accommodations with half-board formula and tourist tax ;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request ;
- Daily luggage transfer between accommodation if you have chosen this option (except Days 1, 4, 6, 11 and 12) ;
- Transfer on day 3 and on day 10 ;
- Organisation and booking fees.

The price does not include:

- lunchtime picnics ;
- Shower tokens ;
- Personal expenses (drinks, touristic visits, etc.);
- The cable car at Thollon (approx 8€ per person) and descent on cable car at Brévent (around 18€ per person);
- Travel/cancellation insurance.

The price is all inclusive from departure to end point.

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
- 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.

LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your luggage will be transported daily, except on days 1, 4, 6, 11 and 12, and the 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 TRANSFER

On nights 1, 4, 6, 11 and 12, your luggage won't be delivered at your accommodation. Here are the things to bring with you in your backpack (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

- 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 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