





SECRET VALLEYS OF THE ARAVIS MASSIF

Aravis, land of trekking and reblochon



Ideally located close to the Mont-Blanc and the Lac Léman, the esthetic Aravis Range culminates at 2750 m in the Pointe Percée and offers its mineral peaks to the hiker. A beautiful itinerary characterizes this trek, between richly flowered meadows, large lapiaz, spectacular viewpoints and observation of the wildlife, particularly various here. The Aravis range is the territory of bouquetins, chamois, marmots and more rare golden eagles or bearded vultures. As in many regions of Haute-Savoie, the production of a PDO cheese is a must! Here we hike, we make cheese and we relax!

 6 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Comfort (room)

 Level : ***

 From : 990€

You will like

- The characteristic geology the Aravis and Bargy
- A large wildlife (bouquetins, chamois, eagles, gypaete...)
- The viewpoints of Mont-Blanc and the north Alps
- A living agriculture which shapes the landscapes and offers fabulous local products (cheese, meat...)
- Discover the wilderness of this secret range
- Comfortable and authentic accomodation

The route

Day 1

Meeting point at 1:30pm in front of the train station in Sallanches, transfert at the beginning of hike in Burzier (6km).

ALPAGE DE MAYERES

A little hike in front of the Mont-Blanc. We reach early the lodge for the night. For the volunteers, this is possible to hike a little more to "l'arête des Saix", an incredible viewpoint of the massif! Night in a very comfortable refuge, knows for its local food, with the baggages.

1h30 walk / Elevation : +500 m 3km

2 hour walk / Elevation : +/- 400 m 4km for the Saix ridge.

Day 2

LA GRANDE FORCLAZ - LES CONFINES

After a beautiful trail across the slopes of "les 4 têtes", the route climbs the elevate valley of Chombas, just near to the queen "Pointe Percée". The lonely feeling make you want to chill here... "Passage de la grande Forclaz" is reached to cross on the west face of the Aravis range. The descent goes to les Confins before a short transfer to La Clusaz in the hotel***.

6 hour walk / Elevation : +850 m -850 m 12km

Day 3

REFUGE DE GRAMUSSET - LE CHINAILLON

Under the combes of Aravis the trail cross forests and mountain pastures before to reach the Gramusset refuge, a welcome stop in an ocean of white rocks, often kept by the bouquetins. For the volunteers, go and down in the "Pointe de la Chombas" summit. Then the route switchs to the "Klippe des Annes" and the traditional reblochon mountain pastures of Grand-Bornand. Various farms and typical houses with "tavaillons" punctuate the route to Chinaillon. Settling in a *** hotel for 3 nights in a room.

6 hour walk / Elevation : +800 m -980 m 15km

1h30 walk / Elevation : +/-300 m 2km for the summit of Chombas

Day 4

LAC DE LESSY - TRAIL OF GYPAËTE

Circuit around the Roc des Tours on a reintroduction site of gypaète. The trail cross the traditional village of Chinaillon before to go to the "col du Planay". We switch to the alpine pastures of Mayse and the lake of Lessy, as a gem at the foot of the Jalouvre. We return to the Aiguille Verte and the Samance plateau, where we can buy reblochons or others farmhouse cheeses. Back to the hotel.

5 hour walk / Elevation : +950 m -950 m 10km

Day 5

LAC DE PEYRE - WILDERNESS COMBE

Transfer to the Col de la Colombière before to climb to the Peyre lake, then to the Pointe du Midi, on the territory of the bouquetins. A slightly technical descent in the well-named Combe Sauvage. Short ascent before to come back to the pass by the cave and the mountain pastures of Montarquis, between 360° panoramas and wildlife observation. Return to the hotel for the night.

5h30 walk / Elevation : +1000 m -1000 m 9km

Day 6

TOUR DE LA POINTE D'AREU

Transfer to "Le Reposoir". Climb the slopes of the Pointe d'Areu, the northern summit of the Aravis range. A last day in the fresh air on the ridges, before a beautiful descent to the Doran refuge. Possible variation by the Forclaz pass, depending on the group. Back to the car in Burzier and transfer to the station of Sallanches.

6 hour walk / Elevation : +980 m -1060 m 13km

End of the trip at 5pm in the front of train station of Sallanches.

The trip

LEVEL ***

Elevation: +/- 1000m approximately per day.

Walking time: 5 to 6 hours per day.

Type of trek: mountain trail with no specific technical difficulty.

Some technicals or aeriels trails days 3 and 5.

GUIDING

Group between 6 and 12 people supervised by a qualified mountain leader.

ACCOMMODATION

1 night in a lodge, large dormitory, known for its local food.

4 nights in a hotel*** in a 2/3 person bedroom.

All accommodation offers hot showers.

MEALS

Breakfasts and dinners are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of a healthy salads and local products.

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 maps 1:25000 : La Clusaz - Le Grand-Bornand 3430ET

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 1:30pm in front of Sallanches train station. Plan to have lunch before departing. Transfer to Burzier parking with a taxi or your own car.

BY TRAIN

Inbound: depart from the Paris-Gare de Lyon, between 5h and 7h from Paris.

Return: depart from Sallanches at 4:54pm or 5:55 pm arrive in Paris-Gare de Lyon at 9:43pm or 11:13pm.

Times given are indicative and should be verified in a train station or on www.oui.sncf

BY CAR

Take the A10 motorway from Lyon to Sallanches.

Free parking at the beginning of the hike.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations:

www.blablacar.fr www.laroueverte.com www.roulezmalin.com

End of the tour at 5pm in front of Sallanches train station.

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

On request for your own group.

THE PRICE

Includes :

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- All meals including picnic lunches (from the dinner of day 1 to the picnic lunch of day 6) and snacks ;
- Accomodations in refuges and gites, shower tokens if needed ;
- Baggage transports between accomodations ;
- All the taxi transfers as decribed in the technical facts.

Does not include:

- Personal expenses (drinks, etc.) ;
- Airport taxes ;
- Travel 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
- Light down 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 (0,4 ~ 0,5L)
- 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. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 10kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

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
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:

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