





# TOUR OF THE BEAUFORTAIN MASSIF

## Mountain getaway




Here, the landscape brings back buried memories. You suddenly discover the mountain of your childhood, the mountain of your dreams! The one you drew at school without having seen it, the one that the over-frequentation of ski resorts means you can no longer find. It's all there: the crest of the snow-capped peaks forming the horizon, the lush green meadows where the herds graze, the little village huddled around its bell tower, hanging on to the slope and, everywhere, the wooden chalets, the traditional habitat, dotted across the mountain. This is a wild mountain that man has not deserted.

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 965€

## You will like

- A traditional mountain with pastures, herds and chalets...
- A serene atmosphere away from the big resorts
- Landscapes of the Mont-Blanc massif
- The unique taste of the "Beaufort", the local cheese.

# The route

## Day 1

Meeting point at 8:00am in Beaufort Sur Doron before the taxi transfer to Les Chappes, start of the trip.

### BEAUFORT - LES CHAPPES - REFUGE DE L'ALPAGE

From Les Chappes, above Queige, progressive entry into the Beaufortain Massif along the sides of the Pointe de la Grande Journée. The route overlooks Albertville and the Tarentaise Valley until the mountain pasture of l'Aulp des Tours, before to reach the Col des Lacs and then the Col de la Bâthie. Then the trail changes of slope and a last crossing allows to join the lake of Brassa and the refuge de l'Alpage. Night in the refuge **without the luggage**.

6h30 walk / Elevation: +1200m/ - 760m / 15 km

## Day 2

### COL DE LA FORCLAZ – COL DE LA LOUZE - REFUGE DES ECONDUS

A day of wilderness between the Grand Mont and the Pointe du Riondet. The itinerary begins in a mineral landscape along the lac Seston and lac Cornu before reaching the col de La Forclaz and then the col de La Louze. The second part of the day continues between vast alpine pastures and multiple streams along the slopes of Riondet.

Night in the refuge, with your baggages

*4h30 walk, Elevation: + 600m/ -750m, 10km for the direct path.*

*5h30 walk, Elevation: + 800m/ -950m, 13km with the summit of the Grand Mont or by the Lacs de la tempête.*

## Day 3

### MONT COIN - REFUGE DE PRESSET

The trail starts quietly in the mountain pastures between the Lac des Fées and the Lac des Halles, until the Col du Coin which offers a fantastic panorama of the Mont Blanc Massif. Then it reaches the Lac d'Amour at the foot of the Pierra Menta, one of the most famous summits of the Beaufortain, an emblematic mountain of ski touring! After the Col du Bresson, the day ends in beauty at the refuge of Presset to take a magic night near to the lake...**without the luggage**. With good weather conditions, possibility to cross the Passeur de la Mintaz, at the beginning of the north ridge of Pierra Menta.

5h walk / Elevation: +1060m / -400 / 11 km

## Day 4

### COL DU GRAND FOND – REFUGE DE PLAN MYA

A quieter day to reach the Cormet de Roselend, historical passage between Tarentaise and Italy. Two itineraries are possible for this day: through the col du Grand Fond before a descent in the vast combe de la Neuva, with the Mont Blanc in sight; or by joining the slope which dominates the magnificent Roselend dam. Both itineraries end at the refuge farm of Plan Mya. Night in the refuge with your luggage.

4h walk / Elevation: +200 m/ - 850m / 10 km

## Day 5

### CRÊTE DES GITTES – COL DU BONHOMME - REFUGE DES PRÉS

A first ascent under the Rocher du Vent allows you to admire the great plateau of Cormet de Roselend before reaching the Col de La Sauce and the Crête des Gittes. From the Col de la Croix du Bonhomme, the itinerary follows a portion of the Tour du Mont Blanc, on the traditional route of the peddlers between Val Monjoie, Tarentaise and Val d'Aoste. A small atypical diversions is possible via the Rocher du Vent and its tunnel, for a spectacular view of the Gittaz and Roselend lakes, and the Mont Blanc massif...of course (+1h30 walk, +/-250m ascent / +4km). Night at the refuge des Prés, close to the Mont Blanc **without luggage**.

6H00 walk / Elevation: +950 m -850m / 14 km

## Day 6

## **COL DU JOLY – REFUGE DE LA CROIX DE PIERRE**

From the refuge, the itinerary leaves the Val Montjoie via the Col de la Fenêtre and then follows the Aiguille de Roselette: a plunging view of the turquoise waters of the Girotte dam, a short passage via the Col du Joly and its grandiose panorama of the Val Monjoie and the snow-covered peaks of the Mont Blanc massif, then the balcony path leads quietly to the wide Col de Véry. In good weather, the hike can be extended by climbing the Col de la Cicle and the vast mountain pastures of the Plateau de la Grande Perrière. Night in the refuge, **without luggage**.

5h walk / Elevation / +650m -620m / 13 km

6h30 walk / Elevation : +860m -830m / 17km through col de la Cicle

## **Day 7**

### **MONT CLOCHER – HAUTELUCE**

The morning allows to enjoy the panoramic view during the whole crossing to the Mont Clocher. A long descent on a winding path leads to the authentic and preserved village of Hauteluce and its church Saint-Jacques-d'Assyrie, a magnificent example of Baroque art in Savoie with its beautiful bulbous bell tower and its wall of illusion.

Come back to Beaufort with the shuttle (July-August) or by the walk.

3h30 walk/ Elevation: +60 m -845m / 9km

### **End point at Beaufort Sur Doron.**

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.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*

Elevation: +/- 900m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: often stony mountain route. A few variants may be proposed with steeper passages requiring a little more attention. The use of walking poles is recommended.

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: [hiking levels](#).

## GUIDING

Number of participants between 6 and 14, supervised by a qualified professional (mountain leader). As a thank you, it is common practice to tip your guide at the end of your hike, depending on your satisfaction. This is not obligatory, but much appreciated.

## ACCOMMODATION

**Classic** : 6 nights in dormitory in refuge.

All accommodation has hot showers except at the refuge 'Croix de Pierre', the last night. Due to increasingly recurrent periods of drought, access to showers is not guaranteed.

## MEALS

Breakfast and dinner are provided in each accommodation. For lunch, the guide prepare a picnic for the group, generally made up of a variety of salads and local products. For nights without luggage transport, picnics are ordered at the refuge. 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.

## LUGGAGE TRANSFER

Your luggage is transported to your accommodation on Days 2 and 4.

## CURRENCY

Please bring cash for drinks and personal expenses, as not all accommodations accept credit cards.

## RESPONSIBLE TOURISM

We opted not to transfer luggage on several nights where this service involved extensive and very costly logistics, in order to maintain a more affordable rate and limit the carbon impact. The third night without luggage was chosen for its otherwise unbeatable itinerary! Let us know what you think!

## MAPS

IGN Top 25 - 3532 OT - Massif du Beaufortain



# Practical information

## ACCESS TO DEPARTURE POINT

**Departure at Beaufort sur Doron.**

### BY TRAIN

Go: departure from Gare de Lyon (Paris) and arrival in Albertville.

Bus 21 from Albertville to Beaufort sur Doron (timetable available on [Altibus.com](http://Altibus.com)).

Return: bus 21 from Beaufort sur Doron to Albertville (timetable available on [Altibus.com](http://Altibus.com)).

Departure from Albertville and arrival at (Paris) Gare de Lyon.

Timetables must be checked with SNCF [www.voyages-sncf.com](http://www.voyages-sncf.com)

### BY CAR

Please check [mappy.com](http://mappy.com) or [viamichelin.com](http://viamichelin.com)

**End point at Beaufort sur Doron.**

## ACCOMMODATION BEFORE AND AFTER

[Hôtel le Grand Mont](#), place de l'Eglise 73270 Beaufort, 04 79 38 33 36

[Gîte de Molliessoulaz](#), 5398 route de Molliessoulaz 73720 Queige, 06 30 10 34 56

## TO 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

From 22/06/25 To 28/06/25	Open departure	965 €
From 06/07/25 To 12/07/25	Open departure	965 €
From 20/07/25 To 26/07/25	Guaranteed departure	965 €
From 03/08/25 To 09/08/25	Guaranteed departure	965 €
From 17/08/25 To 23/08/25	Open departure	965 €
From 31/08/25 To 06/09/25	Open departure	965 €

## THE PRICE

### Includes:

- Organisation and booking fees ;
- Guiding by a qualified mountain leader ;
- Accommodation with half-board formula, picnic lunches and snacks ;
- Luggage transfer on Days 2 and 4 ;
- Tourist tax ;
- Transfers as described in the technical facts.

### Does not include:

- Personal expenses (drinks, visits, etc.);
- Luggage transfer on Days 1, 3, 5 and 6 ;
- Travel insurance;
- Your return journey from home to the point of departure/end point.

**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
- Doudoune
- 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.

## LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported, on days 2 and 4 only, between accommodation by our logistics vehicle where access is not always easy.

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

## YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

**On nights 1, 3, 5 and 6**, your luggage won't be delivered at your accommodation. 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: <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  
62 Passage du Nant Devant  
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 before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (inc. 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