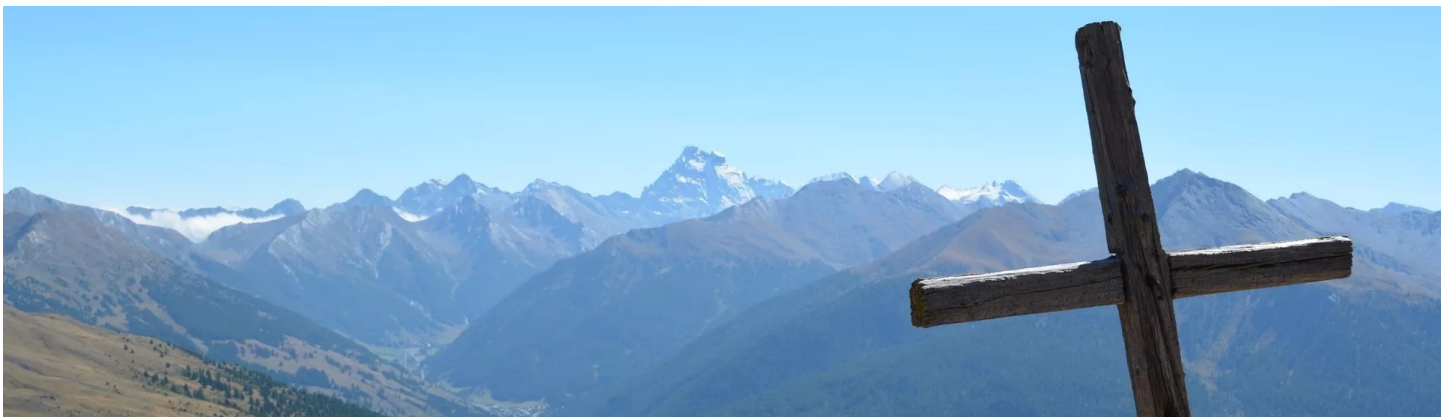




GRANDE TRAVERSEE DES ALPES self-guided - 3rd section

From Modane to Larche



The Alps from one side to the other to meet people and mountains... The Grande Traversée des Alpes (GTA) between Lake Geneva and the Mediterranean is a long-distance journey. The opportunity to take a long break and put daily life aside. This itinerary runs along the Swiss and Italian borders while crossing five departments and some of the most famous massifs of the Alps.

3rd section: Clarée, Queyras, Ubaye

We take you for one incredible week to pass from Northern to Southern Alps through stunning parts! The Thabor, the valley of Névache, Briançon, the Queyras, the Val Maira, Ubaye... as many prestigious ranges that you need to discover! Away from the loud of big ski stations, enjoy a preserved nature and an authentic hospitality in cosy villages. An incredible flora, high-altitude lakes with stunning reflection, all under the sun of Southern Alps. A trek you will remember long time!

7 Days

Self-guided / without guide

With or without luggage transportation

Accommodation : Classic or comfort

Level : ***

From : 780€

You will like

- A diversified and adapted itinerary, with a part in Italy
- Thabor, Valley of Névache, Queyras, Val Maira, Ubaye
- Luggage transport

The route

Day 1

MODANE - ETROITE VALLEY PASS

Meet at 9am at Modane train station.

Transfer to Valfréjus (20mins) to the famous departure point of the GR5, heading towards the Étroite Valley. Gentle climb towards this mountain pass which acts as a natural border between the Northern and Southern Alps. Entering the Hautes-Alpes and the Étroite Valley, a French enclave in Italy. Descend to the hamlet Les Granges to spend our first night in a refuge.

5 hour walk / Elevation: +850m -720m

Day 2

VALLÉE ÉTROITE - COL DU VALLON - NÉVACHE

Let's go to the heart of the Clarée Valley. In that very wild area, climb to the Vallon pass (2645m) dominating the great Lake Blanc. A nice descent towards the Nevache village in the upper Clarée Valley. Cross the traditional village of Ville Haute and transfer (35mins) at the end of the day to the neighbouring Fonts de Cervières valley. Night in refuge.

6 hour walk / Elevation: +900m -1050

Day 3

FONTS DE CERVIÈRES - COL MALRIF - ABRIÈS

Transfer to Fonts de Cervières (50 min). Joining the Queyras National Park at altitude via the Col Malrif (2830m). Beautiful mountain climb from the magnificent hamlet Fonts de Cervières. Traverse the Col Marif with a breathtaking view of the famous Mount Viso, Lord of the Southern Alps. Long descent to Abriès by the Malrifs lakes, one of the largest in the Queyras to the Guil Valley. Night in a gîte.

6 hour walk / Elevation: +950m -1300m

Day 4

L'ÉCHALP - LA VALLÉE DES LACS - COL VIEUX - REFUGE AGNEL

From the last hamlet of the Guil valley, up along the Italian border, the valley of Bouchouse which constitutes a biotope reserve. Passage to Egorgeou and Foréant lakes and then to "Col Vieux" (2806m) to reach "Col de Chamoussière". Descent into this wide valley of the "Aigue Blanche" to reach the "refuge de la Blanche", by the lake, nestled at the foot of the "Tête des Toilies". **Night without luggage transport.**

6 hour walk / Elevation: +1350m ; -600m

Day 5

LAKE BLANCHE - COL DE LA NOIRE - MALJASSET

From the refuge, in an extraordinary landscape, climb to the mineral area of Col de la Noire. Leaving behind the Queyras region to enter the wild valley of Haute-Ubaye. Gently descending into the flower filled Longet valley to the first hamlet of Maljasset. Night in a gîte.

6 hours walk / Elevation: +500m -1050m

Day 6

MALJASSET - COL MARY - CHIAPPERA

At the foot of the highest range of Haute-Ubaye, the Chambeyron (3412m), easy climb through the Col Mary Valley with its multitude of lakes cheerfully dotting the pastures. From the mountain pass enter Italy, to the Piedmont to reach the Val Maira and the beautiful village Chiappera (**without luggage**).

5.5 hour walk / Elevation: +950m -950m

Day 7

CHIAPPERA - COL DES MONGE - ORONAYES VALLEY - LARCHE

Beautiful traverse in the unusual Maira Valley to reach the Col des Monges (2542m) marking the border between France and Italy. Descend into the Montagnette Valley dominated by the fortresses of Maginot, erected during the Second World War... End of the trek in Larche, a small village of Haute-Ubaye.

6 hour walk / Elevation: +1050 m -940 m

End point in Larche and transfer (optional) around 5pm to Guillestre - Montdauphin train station.

For those who continue their "Grande traversée des Alpes" the next week, between Larche and Menton, night in Larche.

The programme has been drawn up on the basis of the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

The trip

LEVEL ***

Elevation: + 900m ; - 1200m approximately per day.

Maximum altitude: 3000m

Maximum elevation: 1200m.

Accommodation average altitude: 1800m

Walking time: 5 to 7.5 hours per day.

Type of trek: mountain itinerary with no particular technical difficulties. The paths are well marked, and you are often above the vegetation level, so there are few passages in the forest.

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](#)

This trip is organised in collaboration with our local partners, who are as committed as we are to offering you an authentic holiday.

ROAD BOOK

Before departure, we send you a travel folder containing:

- Maps IGN TOP 25
- 1 road-book containing all the information necessary for the trek
- 1 waterproof map holder
- Accommodation list

For bookings made less than 3 weeks before departure, paper travel documents cannot be sent. Only the digital version will be made available.

ACCOMMODATION

CLASSIC: dormitory for 4 to 12 people, sheets and towels are not provided (liner sheet required), bathroom facilities are on the landing.

COMFORT: optional, double or 2-bedded room of your choice, sheets and towels are not provided (liner sheet required), bathroom facilities are on the landing.

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be ordered the day before in each accommodation.

Please specify any allergies or dietary requirements **at the time of the booking.**

Accommodations do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

Practical information

ACCES TO DEPARTURE POINT

Meeting point is at 9am prompt at Modane station, with free unmanned parking nearby. Transfer to Valfréjus.

If you wish to come by car, the easiest way is to leave your vehicle at Guillestre - Montdauphin station, and we will pick you up at the station to transfer you to Modane (**option at extra cost, to be booked when you register**). Departure from the station at 7am, it will take you 2 hours to get to Modane.

BY TRAIN

Your destination is: Modane TGV station - Paris-Milan line.

A train departing from Paris the same morning and arriving in Modane before 11am is possible (please let us know if you wish to change your transfer time). Please consult the [SNCF](https://www.sncf.com) for exact timetables.

BY CAR

Please consult competent websites such as <https://www.viamichelin.fr/> or <https://fr.mappy.com/> to organize your trip. You can also arrive by car at Montdauphin - Guillestre station (free, unguarded parking). Transfer by minibus from Montdauphin - Guillestre station to Modane station. This transfer must be booked in advance and will take place at Montdauphin at 7am.

From Grenoble, there are two possible routes to Guillestre:

- Via Gap
- Via the Col du Lautaret and Briançon. Call 04 92 24 44 44 (answering machine) for information on the road conditions over the pass.

END OF STAY

End of the tour in Larche on Saturday afternoon, then transfer at around 5pm (optional with supplement) to Montdauphin - Guillestre station.

Return: Montdauphin /Guillestre - Paris train

A same-day night train will arrive in Paris the following day.

Daytime trains the following day will also be possible, but you will have to spend an extra night in Montdauphin.

There is little public transport from Montdauphin - Guillestre station to Modane on the last day (around 7 hours by train).

ACCOMODATION BEFORE AND AFTER YOUR HIKE

Modane

[Hôtel les Voyageurs**](#) : 04 79 05 01 39

[Hôtel du Commerce***](#) : 04 79 05 20 98

Montdauphin :

[Hotel Lacour](#) : 04 92 45 03 08

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.

Dates & prices

DEPARTURE AND PRICE

Departures from 16 June to 16 September 2025

Without baggage transport

780€ per person in classic accommodation (mini. 2 persons)
900€ per person in comfort version (bedroom for 2 or 3 people)
Single departure without luggage transport : **+130€**

Supplement luggage transport (except on day 4 and 6)

Group of 2: **€185** per person
Group of 3 or more: **€135** per person
Based on one person: **€350**

Optional extra :

6 picnics: **€84** per person

Optional transfers :

Transfer on day 1 Montdauphin -> Valfréjus : **50€** per person
Return transfer Larche -> Montdauphin : **50€** per person
Return transfer Larche -> Modane : **140€** per person

THE PRICE

Includes:

- Half board from dinner the first evening to breakfast of the last day;
- The roadbook : description and IGN maps (1 road book per group and application with the itinerary);
- Daily baggage transport between accommodation, if you have chosen this option (except day 4 and 6);
- Transfers (Modane to Valfréjus, Névache to refuge des Fonts, Abriès to Echalp);
- Organisation and booking fees, touristic taxes.

Does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- The return way to the departure point;
- 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
- 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 TRANSPORT

Your baggage will be transported daily between accommodation by our logistics vehicle (except D4 and D6). You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the the driver to refuges, which access is not always easy! **Luggage which is too big and too heavy won't be accepted by the drivers!**

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
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