

The Beaufortain Massif : the wild Alps

An exceptional hike with views of Mont Blanc!

6 days, 5 nights, 5 days hiking

Level: 4/5



The Beaufortain massif is a paradise for hikers seeking peace and quiet in the mountains. From mountain pasture to mountain pasture, from refuge to refuge, we hike through unspoilt mountain countryside, with daily views of the surrounding massifs: the Aravis, the Aiguilles Rouges, the Vanoise, Mont Blanc... The glistening tongues of the glaciers glisten in the background, whilst in the foreground, the pretty Tarine cows, the inhabitants of the mountain pastures, provide us with their speciality: Beaufort cheese. The Beaufortain offers small, rounded, bare peaks for us to climb, as well as safe ridge trails. And to top it all off, several promontories overlooking the lakes punctuate this hike, including La Girotte, La Gittaz, Saint Guérin and the most famous of all: Roselend!

Strengths

- The many views of the Mont Blanc Range
- Mountain huts set in stunning surroundings
- A rugged mountain range, where pastoral life is the mainstay

SCHEDULE

undefined : Rendez vous à Arêches :

Meeting in the Beaufortain region in the late afternoon to check into our partner hotel in Arêches. We're already feeling the Alpine atmosphere. All around us, a few peaks come into view, such as the Pointe de la Grande Journée, the Grand Mont and Mont Mirantin.

Hotel

undefined : Arêches - Les Saisies - Refuge de la Croix de Pierre : 12 km - 4h30 - Elevation: + 515 m - 210 m

A short morning transfer to Les Saisies resort (approx. 30 mins). We set off from the resort which hosted all the Nordic skiing events during the 1992 Albertville Winter Olympics. Following a track leading to the mountain pastures, we make our way up the first few metres of elevation at a gentle, leisurely pace. First viewpoint from the summit of the Tête des Trois Coins (2,067m). From this summit (and even a little before), the majestic Mont Blanc imposes its presence, and it feels as though we could almost touch it... Descent to the Col de Very and overnight stay at the Croix de Pierre refuge, perched at an altitude of 1,962m.

Mountain refuge

undefined : Refuge de la Croix de Pierre - Vallon de la Gitte : 17 km - 7h - Elevation: + 700 m - 1000 m

This morning we're walking along a magnificent ridge path above the Girotte mountain lake, beneath the Aiguille Croche (2,487 m). We'll pass through the Col du Joly, one of the mountain range's gateways, which looks out over Les Contamines and the Mont Blanc region—perhaps the perfect spot for a late-morning coffee. We continue southwards, beneath the Col de la Fenêtre, and climb up a small, wild valley. Purple and yellow gentians, Martagon lilies and columbines add colour to the predominantly grassy ground. Having passed the day's highest point (2,300m), we descend into the small Gitte valley, in the hollow of which we spend the night in a truly mountainous atmosphere.

Mountain refuge

undefined : Vallon de la Gitte - Plan de la Lai : 14 km - 7h - Elevation: + 1050 m - 850 m

This morning we set off for the most 'challenging' day of our hike in the Beaufortain. But of course, tackling the climb always leads to a fine reward: a pass or a summit where you can put down your rucksack for a good few minutes and savour the beauty of the mountains. That's what this day promises! So we climb along the Gitte torrent, with our first objective being the Col de la Sauce (2,307m), then the Crêtes de la Gitte at over 2,500m. A splendid 360-degree view unfolds before our eyes. All the shades of green blend together to create this fabulous scenery. Option to make a return trip to the Rocher du Vent, perhaps the finest view of Lake Roselend, followed by a descent to Plan de la Lai.

Option to skip the two return trips: in this case, the stage covers 10km / 725m of ascent / 525m of descent

Mountain refuge

undefined : Plan de la Lai - Refuge de la Coire : 14 km - 6h15 - Elevation: + 815 m - 600 m

Today's plan: an 'extended' tour of Lake Roselend! Built between 1955 and 1960, the dam of the same name holds some 187 million cubic metres of water, powering the hydroelectric industry that is so prevalent in Savoie. To our hikers' eyes, the water shifts between shades of blue and green, depending on the passing clouds and the sun's position. A hike facing the famous Pierra Menta (2,714m), renowned in the ski mountaineering world, followed by a descent to Treicol. A final climb to cross the local pass (2,398m), then we head towards the Cormet d'Arêches where we spend our last night in a mountain hut, beneath the clear mountain sky!

Mountain refuge

undefined : Refuge de la Coire - Arêches : 14.5 km - 5h30 - Elevation: + 435 m - 1460 m

A magnificent route today, to mark the end of our journey. We leave the Cormet d'Arêches and head north to the Col du Couvercle (2,295m), before setting off along a ridge path that winds its way downwards. Pure bliss... Descent to the Roche

Parstire (2,109m), facing Mont Blanc, which is reflected in the lake's waters for the last time. It's now time to come back down to earth after these few days at altitude... Return to Arêches in the middle of the afternoon.

TRAVEL CONDITIONS

Luggage :

Travel light – we'll take care of the rest!

Drop off your luggage before setting off in the morning; it will be waiting for you at your next stop. You'll only need to carry what you need for the day and your picnic. Luggage is transported by vehicle. Please allow one bag per person, weighing no more than 15 kg. One important detail: each bag must be labelled.

Formalities :

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is compulsory

Departure and meeting point :

Departure from Arêches (Auvergne Rhône Alpes). The exact location will be provided in your booking confirmation.

How to get there:

By car: Arêches is situated in the heart of the Beaufortain region (Savoy). The Beaufortain massif is mainly accessible via Albertville from Chambéry and Grenoble.

By train: Albertville SNCF station. Taxi transfers available – please contact us!

By plane: Lyon St Exupéry or Chambéry Airport.

Accommodation :

- 4 nights in mountain huts on a half-board basis: dormitories contain between 2 and 15 beds, all single beds. These huts allow you to sleep at high altitude and enjoy a friendly atmosphere with other hikers. Sheets and towels are not provided (but blankets are). Please bring a sleeping bag liner.

- 1 night in a 2* hotel in Arêches, based on two people per room (double or twin room), with private bathroom and toilet. Bed linen and towels are provided. Breakfast is included, but dinner is at your own expense.

Accompanying :

Self-guided:

You set off on your own, as a couple, with family or with friends. We take care of accommodation, meals and luggage transfers. You have good hiking experience and know how to find your way using a map and a compass. From one stage to the next, you follow the GPS tracks, and where necessary the maps and guidebook that we have carefully prepared.

Travelling independently means hiking light, at your own pace, and fully enjoying the pleasures of nature without worrying about the logistics of your trip. It also means being free to interpret and imagine the stories told by the region you're passing through.

With a guide:

Discovering a region or a country, learning about its natural environment, its history, the lives of its inhabitants, and the relationship between humans and nature... mountain guides specialising in these regions are there to shed light on the world around you and bring the mountains to life.

The guides at LaRébenne are here to share their passion for the mountains with you.

Food :

Dinners and breakfasts are served at your accommodation. We take particular care to recommend stopover gîtes, guesthouse restaurants and local eateries that specialise in simple cuisine made with local produce.

Self guided version : lunch is not included. You can either order it from your accommodation provider or stock up at the few grocery shops along the route (we will indicate these in your travel documents).

Guided version : lunch is included and carefully prepared by your guide (or, in some cases, by the previous night's accommodation). Generally, the packed lunch consists of a cold salad with starchy foods and fresh vegetables, some cold meats, cheese, bread and a piece of fruit.

Attendees :

The self-guided package is available for groups of two or more, with luggage transported by taxi.

The guided package is available for groups of six or more, with luggage transported by taxi.

Difficulty level :

Level 4/5 for experienced hikers. Some sections off the beaten track.

Daily walks of 5 to 7 hours with an elevation gain of 500 to 1,200 metres.

Advised equipment (non-exhaustive list) :

All your belongings will be divided between a rucksack carried whilst walking and a soft-sided travel bag (max. 15 kg) transported by taxi (except on days 2 and 3).

- Breathable underwear
- A fleece jacket
- A waterproof and breathable jacket
- Trekking trousers
- A beanie
- A cap or hat
- Sunglasses
- A pair of gloves
- A water bottle (or hydration pack, straw)

Footwear and technical equipment :

- Trekking boots with a sole offering good grip (Vibram type)
- A head torch
- Telescopic walking poles (highly recommended)

Sleeping gear:

- A sleeping bag liner and a pillowcase

First-aid kit:

- A small personal first-aid kit containing: sun cream, adhesive tape and plasters, anti-diarrhoea medication, painkillers, eye drops, cough lozenges, tweezers, tick remover, personal medication.

Luggage:

- A rucksack with a capacity of approximately 40 litres, for your day's belongings (and your overnight gear for the Col de la Croix de Pierre refuge – Day 2)
- A soft-sided travel bag (maximum 15 kg) to be transported by vehicle

Miscellaneous

- A change of clothes
- Lightweight shoes for the stage
- A swimsuit
- A toiletries bag and a bath towel
- Toilet paper
- A pocket knife
- A small Tupperware container and cutlery for the midday salads

- A few plastic bags to protect your belongings
- A waterproof pouch

RATES

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Individual registration	795€

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Individual registration	575€

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Individual registration	495€

The price includes :

Self-guided version :

- Accommodation with half-board: from breakfast on day 2 to breakfast on day 6,
- Transfer between Arêches and Les Saisies on the morning of day 2,
- Luggage transport from day 3 to day 6,
- Our self-guided app,
- GPX tracks if requested.

Guided version:

- Fully qualified English-speaking hiking guide, from day 2 to day 6,
- Half-board accommodation: from breakfast on day 2 to breakfast on day 6,
- The 5 packed lunches,
- The transfer between Arêches and Les Saisies on the morning of day 2,
- Luggage transport from day 3 to day 6.

The price does not include :

Self-guided option:

- Dinner on day 1,
- Luggage transfer on days 2 and 3,
- Drinks,
- Insurance,
- Personal expenses,
- Packed lunches,
- Entrance fees to monuments.

Guided tour:

- Dinner on day 1,
- Luggage transfer on days 2 and 3,
- Drinks,
- Insurance,
- Personal expenses,
- Entrance fees to monuments.

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

contact@larebenne.com

+33 561 652 093

+33 681 537 775

Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

* Either go directly to your tour's page on our website and click on registration.

* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment

You can pay by credit card (faster) or bank transfer.



Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary

between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

LaRébenne - 10 rue de la Comédie - 09000 Foix - France

Tel : + 33 (0)5 61 65 20 93 - contact@larebenne.com - www.larebenne.com

Immatriculation tourisme : IM 038100057