LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RP98

A hiking shortbreak in the Bauges
4 days of wild, back-to-basics hiking!

4 days, 3 nights, 4 days Hiking

Level: 3/5



Between Annecy, Chambéry and Albertville, or between Lake Bourget and Lake Annecy, lies a real hidden gem: the Bauges massif. It is a little-visited mountain range, mainly explored by local walkers. And yet! Its mountain pastures, refreshing woodland glades and scenic trails are perfectly suited to hiking. Over a short 4-day break, we've put together some of the most beautiful hikes in the Bauges to offer you this wonderful walking tour. From the summits of the three striking passes on this route, you'll be treated to successive views of the crystal-clear waters of Lake Annecy, the Chartreuse and Belledonne mountain ranges, the stunning Aiguilles d'Arves and the majestic Mont Blanc. Don't forget your binoculars – the chamois are right at home here!

Strengths

- The joy of stage to stage hike over a long weekend
- The beauty of the mountain pastures
- Les Bauges: a little-known mountain range that has retained its authentic character
- The many viewpoints on the peaks of the Northern Alps

SCHEDULE

undefined : Le Châtelard - Bellecombe en Bauges : 16 km - 6h15 - Elevation: + 590 m - 300 m

This circular walking route begins at Le Châtelard. Shortly after setting off, we reach Lescheraines, the 'heart' of the Bauges, whose name derives from the main river that flows through the massif: the Chéran. The Chéran is precisely what we're talking about, as we're walking along its banks this morning, and along the shores of the lakes of the same name. In the waters of the lakes, the reflection of Mont Trélod (2,181 m) feels like a first nod from the Bauges! Passing through the Prérouge caves and the Pont du Diable – one of the oldest structures in the massif – we reach our gîte in Bellecombe-en-Bauges, at the foot of the Roc des Bœufs. For the sole night of this circuit, we'll be staying in a stopover gîte (shared rooms – 3 to 7 beds per room).

undefined : Bellecombe en Bauges - Le Châtelard : 16 km - 5h - Elevation: + 555 m - 850 m

The cows on the Bornette mountain pastures will see us passing by early in the morning. Whether they are Tarines, Abondances or Montbéliardes, they are busy grazing on the lush, rich grass. In a few months' time, their milk will be used to make distinctive cheeses such as the famous Tome des Bauges and Margeriaz. Beneath the majestic Trélod (2,181 m), and once we've passed the Doucy gorge, we descend a small valley before reaching our hotel in Le Châtelard, a village we return to after these two days' hiking. We pass through the village of La Compôte and its famous grangettes (haylofts), a striking example of the rural heritage of the 'Bauges devant', the most mountainous part of the massif.

undefined : Le Châtelard - Aillon le Jeune : 17 km - 6h30 - Elevation: + 820 m - 660 m

Today's route takes us back up to higher ground beneath the Colombier, one of the '2000s' in the Bauges, with a passage over the Col de la Cochette, from where the view is splendid, particularly over the Belledonne range and the Combe de Savoie. A truly soothing mountain atmosphere. As an optional extra for the more enthusiastic, a round trip to the summit of Le Colombier is possible – precisely to cross that symbolic 2,000-metre mark! (+325m elevation gain, 1½ hours' walk in total). Descent to the little village of Aillon-le-Jeune for a well-deserved night's rest. If time allows, a short round trip to visit the Chartreuse d'Aillon, which has watched over the Baujus for 800 years! (+115m elevation gain, 2 hours' walk in total).
For this day's walk, a more accessible alternative route is available, which avoids the climb up to the Col de la Cochette and takes you past the Chartreuse d'Aillon (+2 km but -200m elevation gain).

undefined : Aillon le Jeune - Le Châtelard : 12 km - 6h15 - Elevation: + 1000 m - 1200 m

The final day of our Bauges trek! And what a day it is: we quickly gain altitude beneath the west face of Mont Colombier and cross through one of the most beautiful mountain pastures in the Bauges. One last set of breathtaking panoramic views before we gently descend towards the banks of the Chéran, which we reach once more. One final little push brings our four-day 'weightless' hike to a close.

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 :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Departure and meeting point :

Departure from Le Châtelard (73).
How to get there:
By car: if you're coming from Chambéry, head towards Albertville/Grenoble via the N201, take exit 18 'Massif des Bauges', then follow the signs for Col de Plainpalais, Lescheraines and Le Châtelard. If you're coming from Annecy, take the A41 motorway towards Chambéry, exit 15 (Alby-sur-Chéran), then follow the Route du Massif des Bauges via Lescheraines to Le Châtelard.
By train: Chambéry SNCF station (transfer available – see the 'Options' section)
By plane: Geneva, Lyon St Exupéry or Chambéry Airports

Accommodation :

3 nights' half-board accommodation.

- One night in a "gîte d'étape": rooms contain between 3 and 7 beds, including double and single beds. The communal nature of this gîte does not mean it is any less comfortable; it allows you to sleep at altitude and enjoy a friendly atmosphere with other walkers. Sheets and towels are not provided (but blankets are). Please bring a sleeping bag liner.
- Two nights in 2- and 3-star hotels, based on two people per room (double room or twin room), with en-suite bathroom and toilet. Sheets and towels are provided.

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.

Advised equipment (non-exhaustive list) :

RECOMMENDED EQUIPMENT TO BRING
As good preparation is often key to a successful trip, here are a few tips on what to pack to ensure your journey goes as smoothly as possible (non-exhaustive list):

YOUR LUGGAGE
One piece of luggage per person, weighing no more than 13kg: a soft sports bag of around 55 litres. This luggage will be transported by vehicle.
We will provide you with address labels to attach to your luggage.

THE BACKPACK
1 medium-sized backpack for your day's essentials

ESSENTIALS
Compass and altimeter for independent hikes
- Rainwear.
- Two water bottles, each holding at least 1 litre of water.
- A first-aid kit: double-layer plasters, antiseptic wipes, bandages, gauze, water purification tablets, aspirin, personal medication and a survival blanket.
  (To be put together in consultation with your doctor.)
- Your personal items: camera, hats, binoculars, etc.

FOOTWEAR
Good hiking boots that come up above the ankle. Above all, they must be comfortable, waterproof and breathable. Good ankle support is essential. If you need to buy a new pair, we advise you to try your boots on before your trip begins. Do not choose a size that is too small, as your feet will tend to swell.

CLOTHING
- A waterproof windproof jacket (Gore-Tex, poncho, etc.)
- A thick jumper or fleece jacket
- Comfortable trousers for walking
- Shorts, t-shirts, as well as breathable underwear
- A change of clothes and personal toiletries
- A hat and a pair of gloves.
- A swimsuit (for certain trips).

FOR THE PICNIC
- Cutlery (fork, folding knife, spoon).
- Snacks (energy bars, dried fruit, etc.).

SMALL ITEMS

- Lightweight, breathable shoes for the evening (trainers or sandals)
- A pair of telescopic walking poles or ‘shepherd’s crook’
- Sunglasses and sun cream
- Lip balm
- Hat, cap or sun hat
- Camera, binoculars, etc.
- A small toiletries bag, with a towel
- A torch or headlamp + spare batteries.
- Toilet paper.

RATES

The price includes :

Self-guided version :

- Accommodation in Half-board: from dinner on day 1 to breakfast on day 4
- Luggage transport
- Our self-guided app,
- GPX tracks if requested.

Guided version:

- Fully qualified English-speaking hiking guide
- Accommodation in Half-board: from dinner on day 1 to breakfast on day 4
- Luggage transport,
- The 4 packed lunches.

The price does not include :

Self-guided version :

- Drinks,
- Insurance,
- Personal expenses,
- Picnics,
- Entrance fees to monuments.

Guided tour version:

- 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
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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 :

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