



DENTS BLANCHES AIGUILLES ROUGES

Alpine hiking in a quiet wilderness...




Between the Mont Blanc massif and Lake Geneva straddling the French-Swiss border is a mountain range disconnected from the world: the Dents Blanches massif, Dents du Midi, Tenneverge, Mont Ruan and the Aiguilles Rouges. Incredibly shaped alpine landscapes, including lunar-like deserts, alpine lakes, waterfalls and forgotten pastures. No stress here, only wild and preserved nature that only hikers can discover. One week hiking in high alpine valleys often isolated with cabled passages which open the doors to this preserved wilderness.

 7 days

 Guided / with a guide

 With baggage transport

 Accommodation : Classic (dormitory)

 Level : ****

 From : 830€

You will like

- A highly varied landscape due to the strong geological footprint
- A wild territory far from roads and city noise
- An abundance of flora and fauna
- Dozens of waterfalls along the route
- Baggage transport between some accommodation

The route

Day 1

Meeting point 9:30am at the Buet train station in Vallorcine, Chamonix valley (free parking is possible in Le Buet for the week).

VALLORCINE - VIEUX EMOSSON REFUGE

Starting on a trail up to the wild valley of Tré les Eaux. The trail follows the bed of a former glacier and reaches the beautiful Corbeau pass (2603m). Descend into the Vieux Emosson cirque passing through an area of surprising dinosaur footprints. Night in a refuge at the foot of the dam (*without baggage).

5.5 hour walk / Elevation: +1300m -420m

Day 2

COL DE BARBERINE - CABANE DE SALANFE

Descend to the Emosson dam. Pass through a tunnel, then alongside the dam and ascend to the Barberine pass (2481m). Descend through the small valley before climbing to the Emaney pass (2462m) with a high-mountain atmosphere under Ruan and Tour Salière (3220m). Descend towards the Salanfe dam nestled between two geological formations. Night in a refuge on the edge of the dam (*without baggage).

7 hour walk / Elevation: +1050m -1350m

Day 3

SUSANFE PASS - BARME

Climb to the pass (2494m) on a trail, with hand cables in sections, underneath the dominant Haute-Cîme (3200m). Descend into the Susanfe natural cirque under the Ruan glacier. The Pas d'Encel and a few more cabled sections take us out of the valley and back into the pastures. Take in the beauty of the Combe de Bonavau where it is often possible to observe herds of chamois! Night in a refuge, in the very authentic pasture village of Barme.

6 hour walk / Elevation: +800m -1250m

Day 4

PAS AU TAUREAU - VOGELLE

A stunning and wild day awaits! Starting early morning to the Bostan pass via the "Pas de la Bide", a tiny passage in the rock. Traverse the Dents Blanches range through the breach called "Pas au Taureau" (2555m), a hand cabled but easy path. Descend into the La Vogelle valley to reach the lake and the refuge below. Night in the wild spot of La Vogelle refuge in front of the impressive Orgues of Tenneverge surrounded by marmots and ibex.

6 hour walk / Elevation: +1050m -550m

Day 5

LE BOUT DU MONDE - CIRQUE DU FER A CHEVAL

Two classified sites in the plan today! Descend via the end of the valley of Bout du Monde and the Cirque of Fer à Cheval passing alongside multiple waterfalls. Slowly approaching civilisation and encountering visitors to this special site.

Traverse the valley and Sixt-Fer-à-Cheval village to the hamlet of Salvagny. Night in a gîte.

5 hour walk / Elevation: -1150m +200m

Day 6

ANTERNE LAKE AND PASS

Depart from the gîte to the Anterne pass (2038m). Traverse the stunning Anterne valley listening to the marmots whistle.

Possible variation to the Frettes de Villy (2494m) for a panorama over the Aiguilles Rouges and Mont-Blanc massif. A well-deserved break at Lake Anterne overlooked by the Fiz mountain range. Final climb to the Anterne pass (2257m) and a quick descent to the Moède-Anterne refuge for a night.
6 to 7 hours walk / Elevation: +1400m -250m (extra +/-250m via Villy)

Day 7

COL DE SALENTON - VALLORCINE

Depart towards the western valley of the wild Aiguilles Rouges mountains which takes us to the Salenton pass (2526m) under the gaze of Mont Buet (3096m). Descend through granite blocks towards "Pierre à Bérard" and its refuge. Quick rest before descending to Vallorcine through a beautiful larch forest.
6 hours walk / Elevation: +530m -1200m

End point Saturday around 4pm at the Le Buet train station, Vallorcine.

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: +/- 1000m approximately per day

Walking time: 5 to 7 hours per day

Type of trek: this route passes by rocky terrain, a few sections are secured with hand cables.

GUIDING

Group from 6 to 14 people supervised by a qualified professional mountain leader.

ACCOMMODATION

6 nights in a dormitory of 6 to 15 people depending on the refuge.

All accommodation offers hot showers.

RESPONSIBLE TOURISME

Day 1, 2 and 4 are without baggage transport, you will need to carry with you a small toilet bag and a change of clothes for the night (max 1-2kg). We have made this choice to favour an enchanting secluded route but also to lower the cost and limit the environmental impact. Please let us know your opinion on that!

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the nights without your baggage at the accommodation here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

MEALS

Breakfast and dinner are provided in each accommodation.

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

MAPS

IGN Top 25 - 3530 ET - SAMOENS and Top 25 - 3630 OT - CHAMONIX (1/25 000)

MPA (yellow) Trient valley (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 9:30am at the Buet train station (free parking), in the Chamonix valley.

BY TRAIN

Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.

Take the train from Chamonix through the valley to Le Buet. www.chamonix.com/travel-information.13.en.html

Return: Depart Chamonix at 3:45pm arrive in (Paris) Gare de Lyon at 9:52pm.

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

BY CAR

Take the A40 to Chamonix, follow the direction of Argentière, col des Montets and Vallorcine. Le Buet is the first village before arriving in Vallorcine. Large free parking on the right handside of the road and the train station is at the entrance to the village.

If you wish to leave your car in a covered garage, contact: Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

CAR-SHARING

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

www.covoiturage-libre.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA)

1 hour by car to Chamonix.

Bus and minibus services direct to your accommodation (25-35€ pp each way)

Lyon (LYS)

2h15 by car to Chamonix.

Train every 2 hours to Chamonix, 4h15 journey (40-45€ pp return)

Paris (PAR)

7 hours by car to Chamonix.

Train every 2 hours to Chamonix / 5-6 hour journey (80-120€ pp return)

End point Saturday around 4pm at the parking of Le Buet.

ACCOMMODATION BEFORE AND AFTER

By request we can book a bedroom for you before and/or after your trek.

Hotel du Buet à Vallorcine www.hotelbuet.com

Chamonix Tourist Office www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley. www.chamonix.montblancbus.com/en/bus-lines

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

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and simple snacks during the day;
- Accommodation in gites, refuges or small hotels, including the tourist tax;
- Baggage transport (except Days 1, 2 and 4).

The price does not include:

- Personal expenses (drinks, etc. please take cash);
- Touristic visits;
- Airport taxes;
- Cancellation insurance;
- Your return journey from home to departure/end point.

The price is all inclusive from departure to end point.

Equipment and baggage

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 40 to 50 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers), an extra set of clothes and a small toilet bag for the nights without your baggage and also keep a little room to carry a picnic and some snacks.

BAGGAGE TRANSPORT

Your baggage will be transported daily (except Days 1, 2 and 4) 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!**

If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point and it will be deposited at the end point with your other baggage.

Details

HOW TO REGISTER

- By internet: www.altitude-montblanc.com
- By phone: +33 (0)4 50 79 09 16
- By post: please provide your contact details
 - Surname, First Name, Date of birth
 - Address
 - Email
 - Telephone
 - Mobile phone

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 prior 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:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

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