4 days at the foot of Mount Thabor - from Savoy to the Hautes-Alpes

**Departure Modane » Arrival Le Monétier les Bains - Hike from Modane to Le Monétier les Bains**

4 Days  |  3 nights  |  Difficulty  |  Max. difficulty

A tour accessible to all, in splendid landscapes with the possibility to climb to the summit of Mount Thabor for the fittest!

**Period recommended**: mid-June to mid-September

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**Public transport at departure**

Frequent train connections from Chambery, some from Lyons and Turin (Italy).

[www.ter-sncf.com/Region/hone_alpes/qare/Modane.aspx](http://www.ter-sncf.com/Region/hone_alpes/qare/Modane.aspx)

**Public transport at arrival**

Bus connections to Grenoble and Briançon train stations.

[www.05voyageurs.com/](http://www.05voyageurs.com/)

**Lodgings at departure**

- **Gite d'étape l'Aigliere** – +33 6 83 14 12 35 (gite.aigliere.valloise@gmail.com)
- **Refuge CAF de Maljasset** – +33 4 92 31 55 42 (caf.maljasset@gmail.com)
- **c/o Mairie de Modane-Valfréjus**

**Useful topographic maps**

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**Day 1 : Modane - Refuge Mont Thabor**

**Difficulty**  |  **Walking time**  |  **+** 1500 m  |  **\(\downarrow\) 50 m**

**Related stages**: [R125](#)

Following the GR® 5 trail and then the GR® 57, the trail climbs through the forest to open out onto the Mount Thabor massif. Accommodation at the hut by the same name.

**Websites relative to natural and cultural heritage**

- Modane canton: [http://www.canton-de-modane.com](http://www.canton-de-modane.com)

**Lodgings**

- **Refuge du Mont Thabor**  
  +33 4 79 20 32 13 +33 6 34 13 18 30  
  [http://refugethabor.free.fr/](http://refugethabor.free.fr/)

**Day 2 : Refuge Mont Thabor - Granges de la Vallée Étroite**

**Difficulty**  |  **Walking time**  |  **\(\uparrow\) 90 m**  |  **\(\downarrow\) 830 m**

**Related stages**: [R125](#)

Still following the GR® 5-GR® 57, after reaching the Vallée Étroite (Narrow Valley) pass, the route goes down towards the Granges de la Vallée Étroite hamlet, a French enclave on Italian territory.

**Websites relative to natural and cultural heritage**


**Lodgings**

- **Tre Alpini**  
  +39 3 49 61 12 920 +39 368 91 79 52  
  Email: refuge@iremagi.it  
  [http://www.iremagi.it](http://www.iremagi.it)

**Day 3 : Granges de la Vallée Étroite - Refuge de Buffère**

**Difficulty**  |  **Walking time**  |  **+** 1030 m  |  **\(\downarrow\) 740 m**

Were you unable to find what you were looking for? Would you like to ask someone a question or provide feedback? Feel free to use the form below to get in touch with us. We are here to help you!
The trail leaves the Granges de la Vallée Etroite to head up along the GR® 5-57 to the Chavillon lake at the Thures pass. It then heads back down again towards the preserved Clarée valley to reach the traditional village of Névache, before climbing up again to the Buffère chalets, stage point.

### Lodgings

| Refuge de Buffère  | +33 4 92 21 34 03 +33 6 77 32 59 62 | Email: buffere@wanadoo.fr | [http://www.refugebuffere.com](http://www.refugebuffere.com) |

### Day 4: Refuge de Buffère - Le Monétier les Bains

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Walking time</th>
<th>Elevation gain</th>
<th>Elevation loss</th>
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<tbody>
<tr>
<td></td>
<td>4h00 min</td>
<td>460 m</td>
<td>1050 m</td>
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### Related stages:

- [R126](#)
- [R127](#)

The route swings into the Guisane valley via the Buffère pass, which offers a panoramic view over the Ecrins massif. Further below, the trail leaves the GR® 57 to descend directly to Monêtier-les-Bains, a thermal resort dating back to Roman times, where the tour ends.

### Websites relative to natural and cultural heritage


### Lodgings

| Gîte le Flourou | +33 4 92 24 41 13 +33 6 80 95 43 96 | Email: flourou@cegetel.net | [http://www.leflourou.com](http://www.leflourou.com) |

### Warning

This data contains the information published on the website www.via-alpina.org at the time of the download. The data have been collected by a large number of local partners in each of the Alpine regions. They are updated at varying intervals depending on the region. We are aware that there are still some inaccuracies and differences in quality and we would be grateful if you made us aware of any that you find by using the “comments” section included on each stage sheet of the website.

Credits: see [www.via-alpina.org/en/credit](http://www.via-alpina.org/en/credit)

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