



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 *PP* | Max. difficulty *PP*

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

Public transport at departure

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

www.ter-sncf.com/Region/rhone_alpes/gare/Modane.aspx

Public transport at arrival

Bus connections to Grenoble and Briançon train stations.

www.05voyageurs.com/

Lodgings at departure

- [Gîte d'etape l'Aiglierie](#) ~ +33 6 83 14 12 35 (gite.aiglierie.vallouise@gmail.com)
- [Refuge CAF de Maljasset](#) ~ +33 4 92 31 55 42 (caf.maljasset@gmail.com)
- [c/o Mairie de Modane-Valfréjus](#)
- [Nona BB](#) ~ +386 64 169 165 (info@nonabb.si)

Useful topographic maps

Ref. / Name	Publisher	Scale
TOP25 35350T	IGN	1:25.000
TOP25 35360T	IGN	1:25.000

Day 1 : Modane - Refuge Mont Thabor

Difficulty *PP* | Walking time 5h30 min | ↗ 1500 m | ↘ 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 - Valfréjus municipality : <http://www.modane-valfrejus.com>
- Modane canton : <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/
Nona BB	+386 64 169 165	Email : info@nonabb.si https://nonabb.si/

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

Difficulty *PP* | Walking time 2h30 min | ↗ 90 m | ↘ 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

- Clarée-Thabor tourist office : <http://www.accueil-tourisme-nevache.com/fr/>

Lodgings

Tre Alpini	+39 1 22 90 20 71 +39 33 56 17 91 82	Email : terzoalpini@terzoalpini.com	http://www.terzoalpini.com
I re magi	+39 3 49 61 12 920 +39 368 91 79 52	Email : refuge@iremagi.it	http://www.iremagi.it
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 3 : Granges de la Vallée Étroite - Refuge de Buffère
Difficulty  | Walking time 7h00 min |  1030 m |  740 m

Related stages :

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

The trail leaves the Granges de la Vallée Étroite 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 Buffere	+33 4 92 21 34 03 +33 6 77 32 59 62	Email : buffere@wanadoo.fr	http://www.refugebuffere.com
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

Day 4 : Refuge de Buffère - Le Monétier les Bains
Difficulty  | Walking time 4h00 min |  460 m |  1050 m

Related stages :

[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 Monétier-les-Bains, a thermal resort dating back to Roman times, where the tour ends.

Websites relative to natural and cultural heritage

■ Serre-Chevalier tourist office : <http://www.serre-chevalier.com/>

Lodgings

Gite le Flourou	+33 4 92 24 41 13 +33 6 80 95 43 96	Email : flourou@cegetel.net	http://www.leflourou.com
Nona BB	+386 64 169 165	Email : info@nonabb.si	https://nonabb.si/

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

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