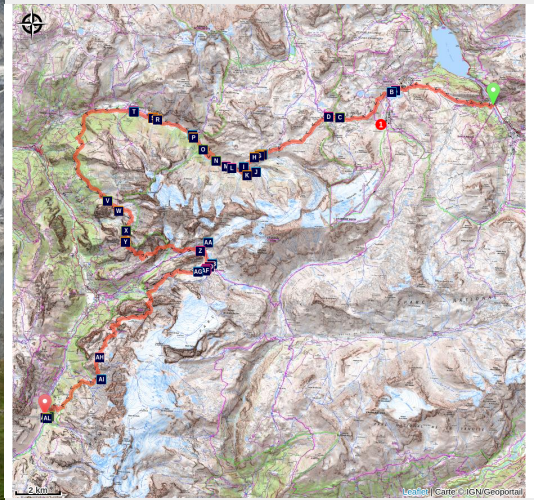


Grand Tour de Tarentaise (GTT4) : traversée de la Vanoise de refuge en refuge

Vanoise - VAL D'ISERE



Une traversée de la Vanoise en 5 jours, entre prairies fleuries et paysages glaciaires. Sur le parcours du GTT, le patchwork de couleurs et d'ambiances est saisissant !

Cet itinéraire au cœur du Massif de la Vanoise présente des vallées ouvertes et de nombreux cols facilement franchissables. Vous êtes dans le royaume de la faune alpine sauvage : **chamois, bouquetins, marmottes, aigles royaux et gypaètes barbus** se laissent apercevoir des randonneurs les plus discrets. A l'horizon, la **Grande-Casse et son cortège de sommets** accompagnent vos journées de marche, avant la pause réconfortante au refuge.

Useful information

Practice : Walking hike

Duration : 5 days

Length : 61.8 km

Trek ascent : 4314 m

Difficulty : Challenging

Type : Crossing

Trek

Departure : Val d'Isère

Arrival : Pralognan-la-Vanoise

Cities : 1. VAL D'ISERE

2. TIGNES

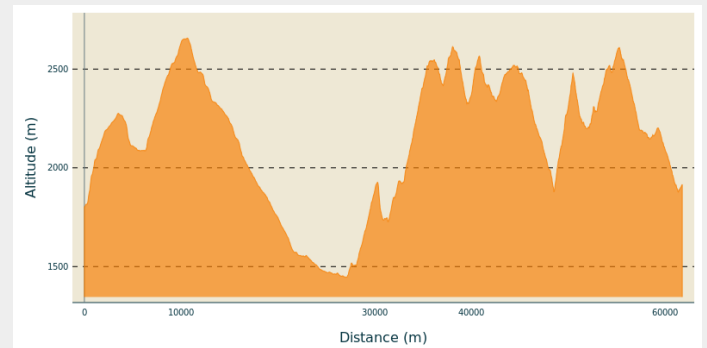
3. PEISEY-NANCROIX

4. CHAMPAGNY-EN-VANOISE

5. PLANAY

6. PRALOGNAN-LA-VANOISE

Altimetric profile



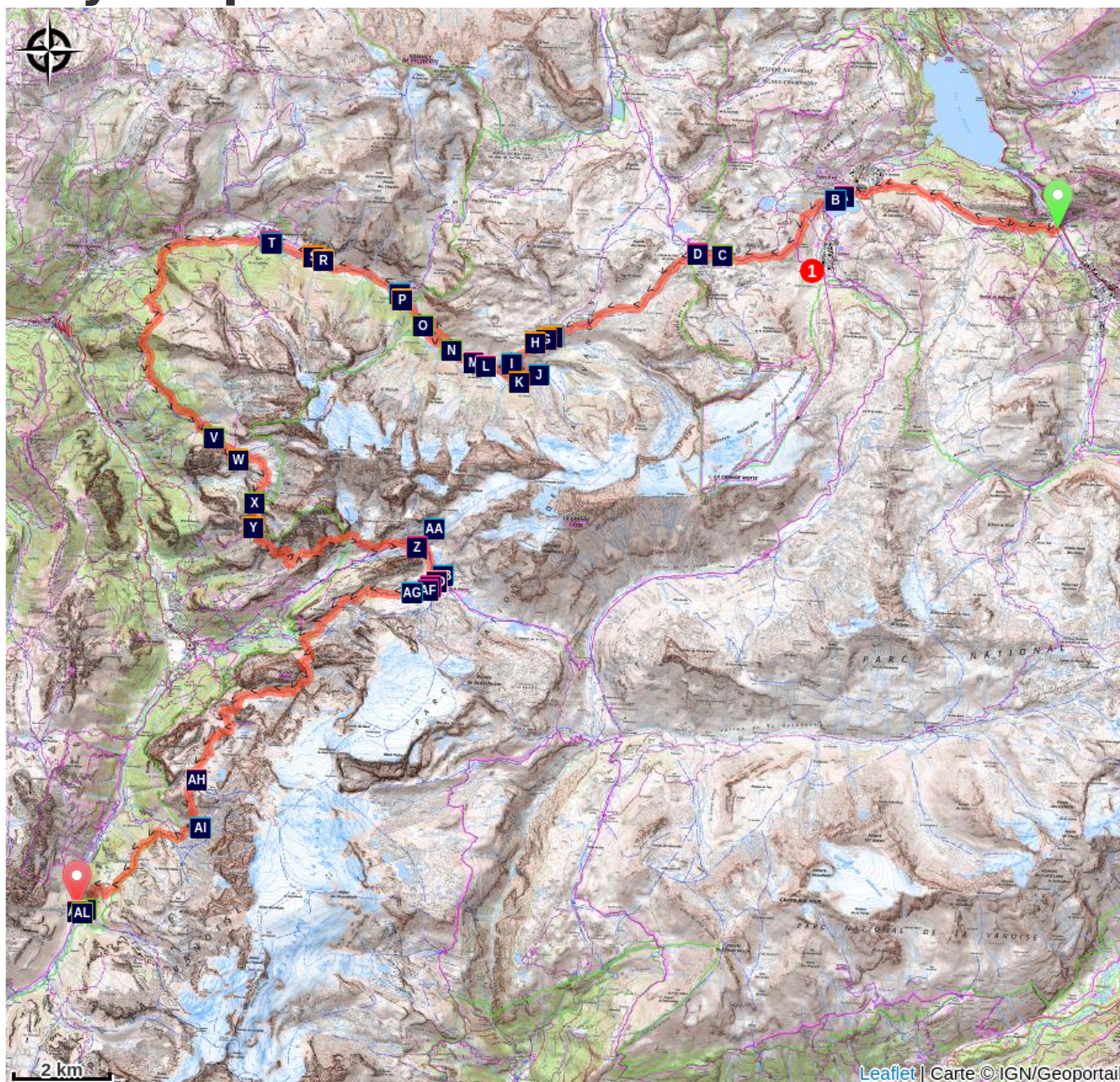
Min elevation 1446 m Max elevation 2657 m

De nombreux refuges confortables et accueillants vous permettent d'organiser votre randonnée comme vous le souhaitez :

- **1ère nuit** au refuge du Col du Palet : 12km / +840 -70m / 4h30
- **2ème nuit** au refuge du Bois à Champagny-le-Haut : 12km / -1190m / 3h30
- **3ème nuit** au refuge du Grand Bec : 8km / +1190m -250m / 6h30
- **4ème nuit** au refuge du Col de la Vanoise : 9km / +650m -540m / 4h30
- **5ème nuit** au refuge de la Valette : 9km / +990m -920 / 5h30

Pour le retour le lendemain, suivre la direction du Roc de la Pêche pour redescendre sur Pralognan-la-Vanoise : 5km / -680m / 1h30

On your path...



- | | |
|--|---|
|  Tignes' Great Ladies (A) |  Tignes Lake (B) |
|  The wheatear (C) |  The north face of the Grande Casse (D) |
|  The glaciers (E) |  Mountaineering (F) |
|  Beaufort cheese (G) |  The mountain pasture of Grande Plagne (H) |
|  The Grande Motte (3,653m) (I) |  The Dry Lake of Glière (J) |
|  The Refuge Communal de la Glière (1,996m). (K) |  Mountain forms and rock (L) |
|  Dos de l'éléphant (1,850 m) (M) |  The green alder (N) |

All useful information

How to come ?

Access

Val d'Isère est accessible en voiture individuelle et en transport en commun depuis Bourg-Saint-Maurice.

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Bearded vulture

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact: Parc national de la Vanoise
Jérôme CAVAILHES - 06.89.17.78.02 jerome.cavailhes@vanoise-parcnational.fr

ATTENTION : nidification du Gypaète barbu !

En concertation avec les acteurs locaux, une zone de sensibilité majeure (ZSM) a été définie pour les Gypaètes barbus de Pralognan.

Toutes les activités dans cette zone sont à proscrire : survol motorisé ou non motorisé, ski, randonnée, chasse, escalade, etc ...

Cette espèce est particulièrement sensible au dérangement. Afin de favoriser les conditions de reproduction jusqu'à l'envol d'un gypaéton, il s'est avéré nécessaire de mettre en place cette zone sensible.

Carte précise: www.vanoise-parcnational.fr/fr/download/file/fid/9782

Bearded vulture

Sensitivity period: January, February, March, April, May, June, July, August, November, Decembre

Contact:

Parc national de la Vanoise
Jérôme CAVAILHES - 06.89.17.78.02 jerome.cavailhes@vanoise-parcnational.fr

ATTENTION : nidification du Gypaète barbu !

En concertation avec les acteurs locaux, une zone de sensibilité majeure (ZSM) a été définie pour les Gypaètes barbus des gorges de la Daille.

Toutes les activités dans cette zone sont à proscrire : survol motorisé ou non motorisé, ski, randonnée, chasse, escalade, etc ...

En particulier, la via ferrata est fermée en période de reproduction.

Cette espèce est particulièrement sensible au dérangement. Afin de favoriser les conditions de reproduction jusqu'à l'envol d'un gypaéton, il s'est avéré nécessaire de mettre en place cette zone sensible.

Carte précise: www.vanoise-parcnational.fr/fr/download/file/fid/10078

On your path...



Tignes' Great Ladies (A)

Linger on the lakeshore awhile and look up at the mountain peaks around you... Magnificent, aren't they? Can you recognise Tignes' three "Great Ladies"?

You can make out the Grande Motte (3,653 metres), famous for its glacier (and incidentally the resort's logo) and its neighbour the Grande Casse (3,855 metres) with its ridgeline and much more precipitous walls. And behind you, the Grande Sassièrre, France's highest peak, is accessible in the summer with no need for climbing equipment: a hike that will take you 3,747 metres above sea level!

Attribution : Andy Parant



Tignes Lake (B)

Frozen over in winter (you can cross it on foot!), Tignes' natural lake turns itself into a playground in the summertime, ideal for sportspeople, families, fishermen and food lovers... On no account to be missed: Acroland, the watersports centre's most mind-blowing facility! Equipped with wetsuit, helmet and lifejacket, thrill-seekers slide down the 7 hot-jumping tramps on their backs, bellies, bodyboards or inflatable buoys... before finally plunging into the lake. A refreshing spectacle indeed!

Attribution : Andy Parant



The wheatear (C)

Among the birds that inhabit the alpine meadows, the wheatear is recognised in flight by the broad inverted T against a white background which colours the end of the tail. This far from shy insectivore only honours us with its presence in summer before flying back to its grounds in Africa in late summer.

Attribution : PNV - POULET Laetitia



🏔️ The north face of the Grande Casse (D)

At the Col du Palet, you enter the restricted zone of the Vanoise National Park. Here, the view over the north face of the Grande Casse is impressive with its hanging glacier. Highest point of the Vanoise massif (3,855 m in altitude), this 900 m dark face is comprised of limestone derived from marine deposits. To its left, the summit of Grande-Motte and to its right, the Aiguille de l'Épéna.

Attribution : PNV - FOLLIET Patrick



❄️ The glaciers (E)

On the left bank (downhill) of the Glière valley, there are about ten glaciers. They resist melting thanks to the shadow of the mountains looming over them. Here you can see the cirque glaciers (Becca Motta, Nord de la Glière), glaciers of the slope (Volnets, Troquairou), the valley (Epéna, Rosolin, Roche du Tougne), restored glaciers (Pramort) and the ice cap (Grande Motte). They cover a surface of 12 km².

Attribution : PNV - GARNIER Alexandre



🕒 Mountaineering (F)

Unlike Pralognan-la-Vanoise, Champagny-en-Vanoise was very late to be visited by mountaineers. The high summits were first climbed by the easiest slope, from Pralognan (Grande Casse, Épéna and Grande Glière). Thus, the northern faces were only scaled later: the small northern face of the Grande Casse by the Puiseux brothers in 1887; the Couloir des Italiens in 1933 and the northern face of the Epéna in 1966. Other famous northern faces had to wait until the twentieth century to be scaled. Grandes Jorasses, Cervin and Eiger.

Attribution : PNV - GOTTI Christophe



Beaufort cheese (G)

La Grande Plagne and its chalet of Plan du Sel is one of the places where the Beaufort d'Alpage is made. Raw whole milk, from tarentaise and abundance cows, is press-cooked, with at least 50% fat, moulded into a concave heel circle, before developing a natural crust which is strengthened by regular brushing. Each cheese weighs between 30 and 60 kg, with a diameter of 40 to 60 cm and a thickness of 12 to 16 cm. The Protected Designation of Origin imposes undeniable constraints, such as the obligation to manufacture cheese with the milk of a single herd twice a day. But it also ensures that quality farming in the high mountains is maintained which is essential to sustaining the Vanoise landscapes...and, in addition, is pleasing to the palate since this cheese is delicious!

Attribution : PNV - NEUMULLER Christian



The mountain pasture of Grande Plagne (H)

The alpine farmers lead the cows every year on to the mountain pastures of the Grande Plagne. At the chalet of Plan du Salt (2,250 m), the milk of the tarentaise and abundance cows (the only breeds authorised under the Beaufort PDO) is transformed into Beaufort d'Alpage over 100 days. The weak spot of this mountain pasture is the water resource. During periods of drought, the alpine farmer must obtain supplies downstream from the Refuge de la Glière, and pay for a number of trips to take up one tonne of water to the chalet.

Attribution : PNV - GARNIER Alexandre



The Grande Motte (3,653m) (I)

A magnificent glacial dome, visible from the valley of Champagny le Haut, the Grande Motte looms over the ski resort of Tignes. The Grande Motte cable car (3,450 m) serves the glacier of the same name, still used for summer skiing. This cable car's pylon, visible along the length of the hike, is located in the municipal territory of Champagny-en-Vanoise. The STGM (Compagnie des Téléphériques de la Grande Motte) pays a fee each year to the town of Champagny-en-Vanoise.

Attribution : PNV - BENOÎT Philippe



The Dry Lake of Glière (J)

Above the Refuge de la Glière is an immense gravel pit. In 1818 a serac fall from the valley glacier created an ice dam on the Doron. The water accumulated upstream to form a lake several metres deep. The dam broke on the 15th June 1818, and the mass of water rushed into the valley, carrying all the bridges as far as Moûtiers. The thermal springs of Brides-les-Bains would have been rediscovered as a result of this debris flow. Following this disaster, a channel was dug to the west of the natural passage of the Doron.

Attribution : PNV - GOTTI Christophe



The Refuge Communal de la Glière (1,996m). (K)

Formerly an alpine chalet, with 2 cellars nearby, the Refuge de la Glière was extended in 2014 to provide greater comfort to more hikers and climbers. It is also accessible to wheel-chair users who sometimes come by the Joëlette. It is kept from mid-June to mid-September. The winter refuge is also open the rest of the year and the visitor is obliged to pay his passage fee in the collection box provided for this purpose. In return the visitor will find blankets, gas and dishes and a stove with firewood. Show respect for this refuge and don't forget to pay your fee which pays for its upkeep.

Attribution : PNV - GOTTI Christophe



Mountain forms and rock (L)

The shape of the mountains depends on its natural surroundings, particularly on the hardness of the rock. The Grand Bec and the Pointe des Volnets are comprised of mica schist. The Aiguille de la Grande Glière, nicknamed the Matterhorn of Vanoise is comprised of very hard quartzite. The Épéna - the highest limestone cliff in France, with a vertical drop of 800 m - has a very sharp but very disintegrated summit ridge. The Grande Casse, comprised of black schistous limestone, has a highly ravined sloping north side.

Attribution : PNV - BALAIS Christian



Dos de l'éléphant (1,850 m) (M)

"A mica schist outcrop polished and striated by the passage of quaternary glaciers, the last great ice age goes back more than 10,000 years. The glaciers descended to Lyon at that time, and ice over 1,000 m in thickness filled the great valleys (Grenoble). The English call these "roches moutonnées" whalebacks. The inhabitants of Champagny-en-Vanoise call this rock ""Dos de l'éléphant"" (the elephant's back)."

Attribution : PNV - GOTTI Christophe



The green alder (N)

The green alder, called locally as the arcsosse, grows on the ubac (north facing slope) of the valley, as it prefers cooler environments. This shrub has the peculiarity of bending under the weight of the snow without breaking. It can therefore grow even in avalanche paths. The green alder between the hamlet of Bois and the Épéna glacier is the largest green alder in Europe at 7 km long. Green alder wood was once used for baking Beaufort.

Attribution : Vincent AUGE