

BREAK TRAIL IN THE "PORTES DU SOLEIL" AREA 3 DAYS

3 intense days to comfortably prepare for your 2026 trail season

Reference · 346

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**DURATION**

3 days

TRAVEL STYLE

Accompanied / guided

LUGGAGE

Without luggage transfer

ACCOMMODATION

Hotel ***

LEVEL

4/4 ★★★★★

FROM

490 €

The promise of this trail improvement course?

- Coaches who are 100% available and ready to listen;
- A 4-star hotel with a SPA and swimming pool: [Le chalet-hôtel la Marmotte, La Tapiaz et Spa**** aux Gets](#) ;
- All in the heart of the Chablais geopark and the Portes du Soleil ski area.
- 3 days, 3 trail-running sessions, one optional yoga sessions and maximum learning and progress to help you make your trail objectives come true.

In short, the ideal break to prepare for your summer trail running season, while sharing some great moments with other trail enthusiasts!

You will love

- 3 intense days devoted to your favourite sport (approx. 65km & 4000m+/-) in the Chablais Geopark ;
- Advice and support from your guides, trail runners and trail enthusiasts ;
- The optimum comfort of a 4-star hotel : [Le chalet-hôtel la Marmotte, La Tapiaz et Spa**** aux Gets](#) ;
- An essential break to help you progress and prepare for your next trails.

Day-by-day itinerary

DAY 1

Meet at 9.5am at the hotel at Les Gets.

BRIEFING AND CHALUNE TOUR TRAIL

After settling in at the hotel and being shown around by your trail instructor, you'll set off on your first trail loop from Mont Caly (1489m).

The first part is gentle and allows you to get your bearings as far as the Foron mountain pasture. This is followed by the first ascent of the weekend, when your coach will be happy to show you how to use your poles properly. At 1904m the Col de Chalune is reached, and it's now downhill that the coach's advice is needed.

On your return to the hotel, you can take advantage of the wellness facilities to optimise your recovery.

Distance: 20km / Elevation: +/-1050 m

Briefing for the week: we'd like to stress that each day can be adapted to suit the level of the group and that the main objective is to complete a series of outings to build up a constructive trail block for the rest of your season. The distances and gradients announced on the following days are indicative and maximum. **Each day is flexible.**

DAY 2

LAKE MONTRIOND AND TAVANEUSE

Short transfer to Montriond Lake (20min). A more challenging day. After a few gentle kilometers along the lake and the river of Montriond, the tricky part begins and continues up to the charming Lake Tavaneuse, nestled in a small cirque at 1806 m altitude. Then, depending on weather conditions, there are several options: tour of 'Roc de Tavaneuse' or its ascent before returning to the starting point.

On your return to the hotel, you can take advantage of the wellness facilities to optimise your recovery.

Distance: 25km / Elevation: +/-2000 m

DAY 3

Before the breakfast, we offers an energizing 1-hour yoga session adapted to trail running (optional activity confirmed according to number of participants, €15/ person) .

LES MINES D'OR - TETE DE BOSTAN

Short transfer to the "Vallée de la Manche" and the pretty "Lac des Mines d'Or" (25min). A first loop with relatively gentle terrain help everyone find their marks and get used to alpine trails. The "Tête de Bostan" (2406m) is the day's target, with its panoramic view over the Dents Blanches massif. From the "Col de Bostan" (on the Swiss border) to the refuge of the same name, the lapiaz (karstic rock formations on the surface) add a little extra technical difficulty. End of the stage via "Col de la Golèse" and Chardonnière.

Distance: 20km / Elevation: +/-1350 m

Debriefing and end of the trail course in the afternoon at the hotel. The programme has been drawn up according to the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter the course.



Dates and prices

PERIOD	AVAILABILITY	PRICE
15/05/2026 - 17/05/2026	Open departure	490 €

THE PRICE

On request for your own group.

Group of 6 to 20 participants : **starting at €490 per person in triple or quadruple rooms**

Options:

+€45 per person in a 2-person room (subject to availability)

+€120 per person in a single room (subject to availability)

+€15 per person for the one hour yoga training on day 2

Extra night before or after:

+€130 for a single room in B&B

+€90 per person in a shared room for 2 to 4 people (mini 2 people) in B&B

LE PRIX

The price includes:

- Organisation and booking fees, guiding by qualified and insured mountain leaders;
- Full-board meals and snacks during the day;
- Accommodation in a 4-star hotel and tourist tax.

The price does not include:

- Personal expenses (drinks, etc.);
- Yoga session on D2 worth €15/person;
- Touristic visits;
- Cancellation insurance;

The price is all inclusive from departure to end point.



The journey

LEVEL ****

Altitude gain: +/- 1050 to 2000m, depending on the route.

Running time: 4 to 7 hours per day.

Physical requirements: excellent physical condition required. Running sessions of 40min to 2h, 3 times a week, regular runs over varied terrain. Experience of trail running required.

PLEASE NOTE: our instructors reserve the right to decide whether or not you can continue the course, depending on your level, your state of tiredness or your ability to keep going. Arrangements will be made for your return to the hotel. This decision may be taken to avoid any major problems, and to ensure everyone's safety during the activity.

GUIDING

Number in a group between 6 and 20 people supervised by a qualified professional mountain leaders. It is common practise to tip your guide at the end of the trek, depending on your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

2 nights in 4-star hotel : **Le chalet-hôtel la Marmotte, La Tapiaz et Spa**** aux Gets** (in triple or quadruple rooms)

Located in the centre of the village of Les Gets, this hotel offers all the comforts for a real week of sport and relaxation: large lounge with fireplace, cosy bar, SPA and heated indoor swimming pool... but also gourmet pleasures with a tasty table, varied and well-cooked menus and unmissable Savoyard specialities.

MEALS

Breakfast and dinner are provided in the hotel. Picnics are included and are carefully prepared daily by your mountain leaders. Please inform us about your food allergies and special diets **at the time of booking**. We do our best to accommodate special diets (gluten-free, vegetarian etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

IGN Top 25 - 3528ET Morzine (1/25 000)



Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 9.5am at the hotel at Les Gets.

BY TRAIN

Inbound: depart from Paris Gare de Lyon, to Thonon. Then bus from Thonon to Les Gets with [BUS Y91](#). 5 minutes walk to the hotel.

Return: depart from Morzine by bus to Thonon. Then train from Thonon to Paris Gare de Lyon.

Book your train online on the SNCF website <https://www.oui.sncf/>.

BY CAR

Take the A40 motorway to Cluses, then direction Morzine/Avoriaz (Les Portes du Soleil), follow Taninges and Les Gets.

CAR-SHARING

Get in touch with people to share a lift! [blablacar](#), [laroueverte](#), [roulezmalin](#)

End point around 5pm at Les Gets.

TO CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- trail shorts
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper and Gore-Tex jacket
- Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Running trail socks
- Running trail 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
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable trail backpack of 10 to 15 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.



Details

HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

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 before departure without a reminder from us.

For self-guided tours, we will then send your tour pack (inc. 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.



Postal booking form

Complete this form and return it with your deposit.

Last name _____

First name _____

Birth date _____

Address _____

Phone _____

Mobile phone _____

Email _____

Requested trip **BREAK TRAIL IN THE "PORTES DU SOLEIL" AREA 3 DAYS**

Number of days **3**

Insurance _____

Trip price **490 €**

Estimated deposit (30%) **147 €**

Signed in _____

Date _____

Signature

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com