

Cicerone The GR5 Trail : Through the French Alps: Lake Geneva to Nice

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Stage 1 Lac Léman to Les Houches

- Day 1 St Gingolph to La Chapelle d'Abondance (direct route)
- Day 1a Thonon-les-Bains to Chevenoz (alternative Day 1)
- Day 2a Chevenoz to La Chapelle d'Abondance (alternative Day 2)
- Day 3 La Chapelle d'Abondance to Chésery
- Day 4 Chésery to Samoëns
- Day 5 Samoëns to Refuge de Moëde Anterne
- Day 6 Refuge de Moëde Anterne to Les Houches

Stage 2 Les Houches to Landry

- Day 7 Les Houches to Les Contamines
- Day 7a Les Houches to Les Contamines (high-level route)
- Day 8 Les Contamines to Plan de la Lai
- Day 9 Plan de la Lai to Landry

Stage 3 Landry to Modane

GR5 Route

- Day 10 Landry to Refuge d'Entre-le-Lac
- Day 11 Refuge d'Entre-le-Lac to Val d'Isère
- Day 12 Val d'Isère to Bessans
- Day 13 Bessans to Refuge du Plan du Lac
- Day 14 Refuge du Plan du Lac to Le Montana
- Day 15 Le Montana to Modane/Fourneaux

GR55 High-level route (Refuge d'Entre-le-Lac to Modane)

- Day 11 Refuge d'Entre-le-Lac to Refuge d'Entre Deux Eaux
- Day 12 Refuge d'Entre Deux Eaux to Roc de la Pêche
- Day 13 Roc de la Pêche to Modane/Fourneaux

GR5E Low-level route (Bonneval-sur-Arc to Modane)

- Day 13 Bonneval-sur-Arc to Lanslevillard
- Day 14 Lanslevillard to Bramans
- Day 15 Bramans to Modane/Fourneaux



Stage 4 Modane to Ceillac

- Day 16 Modane/Fourneaux to Refuge du Thabor
- Day 17 Refuge du Thabor to Plampinet
- Day 17a La Vallée Étroite to Plampinet (GR5B alternative)
- Day 18 Plampinet to Briançon
- Day 18a Névache to Briançon (GR5C alternative)
- Day 19 Briançon to Brunissard
- Day 20 Brunissard to Ceillac

Stage 5 Ceillac to Auron

- Day 21 Ceillac to La Barge/Maljasset
- Day 22 La Barge/Maljasset to Larche
- Day 23 Larche to Bousieyas
- Day 24 Bousieyas to Auron

Stage 6 Auron to Nice – GR5

- Day 25 Auron to Refuge de Longon
- Day 26 Refuge de Longon to St Dalmas
- Day 27 St Dalmas to Utelle
- Day 28 Utelle to Aspremont
- Day 29 Aspremont to Nice

Stage 7 St Dalmas to Garavan/Menton – GR52

- Day 27 St Dalmas to Le Boréon
- Day 28 Le Boréon to Refuge de Nice
- Day 29 Refuge de Nice to Refuge des Merveilles

Day 30 Refuge des Merveilles to Sospel

Day 31 Sospel to Garavan/Menton

Appendix 1 Route Summary – North to South

Appendix 2 Route Summary – South to North

Appendix 3 Accommodation List

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