

» Stages R101 to R112

Tour overview : R101 Adelboden » Lenk to R112 Refuge de Moëde-Anterne » La Flégère

Walking time : 68h15 Distance : 177.3 km ↗13701 m ↘13211 m

Day 1 Adelboden » Lenk - R101

Difficulty ##	Walking time 4h30	Distance 12.9 km	↗640 m	↘912 m	
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Description

Leave Adelboden and walk towards the south west, first along the Allebach stream and then along the Gilsbach stream. During the ascent from Geilsbüel to the Hahnenmoos pass, you must follow the road for a short distance. From the pass, continue then on a gentle descent to the Büelberg and on to Lenk, the stage destination.

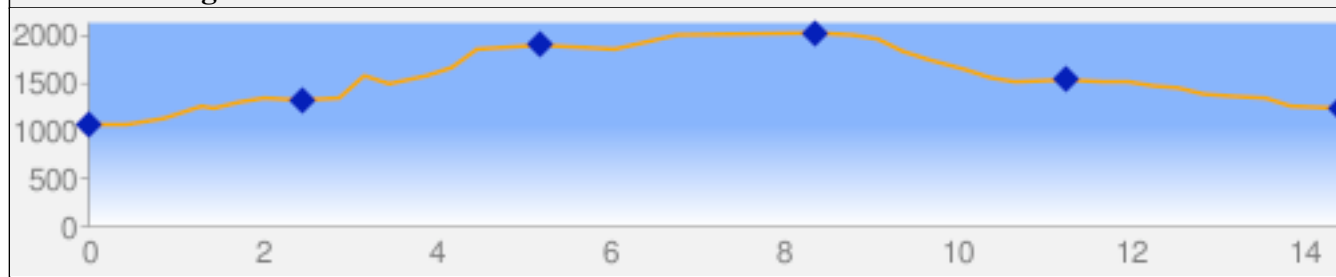
Altimetric diagram

Day 2 Lenk » Lauenen - R102

Difficulty #	Walking time 5h10	Distance 14.4 km	↗1050 m	↘855 m	
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Description

Leave Lenk heading westward and continue over the Wallegg ridge into the Wallbachgraben rift. On the other side of the valley, pass via Lochberg to reach the Trütlißberg pass, from where a descent through woods and along the stream bed to Lauenen, the stage destination, begins.

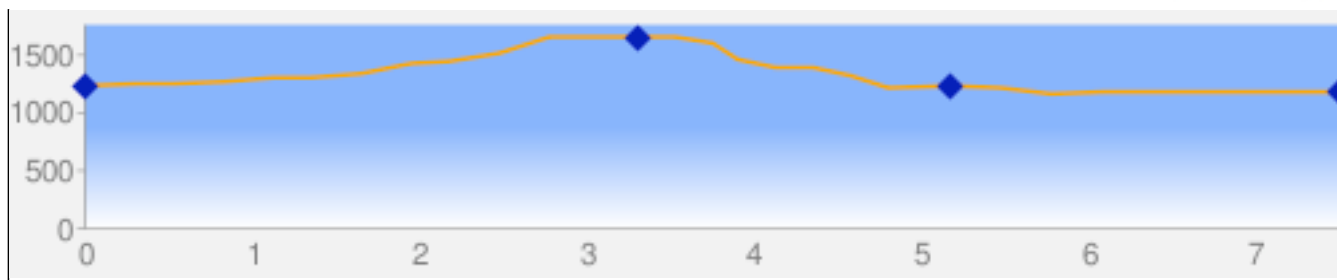
Altimetric diagram

Day 3 Lauenen » Gsteig - R103


Difficulty ##	Walking time 2h40	Distance 7.5 km	↗430 m	↘503 m	
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Description

Leave Lauenen via the main road to the south, soon branching off in a southwesterly direction to the Chrine pass. After the pass, the trail leads through the Saaligraben rift down to Gsteig, the stage destination.

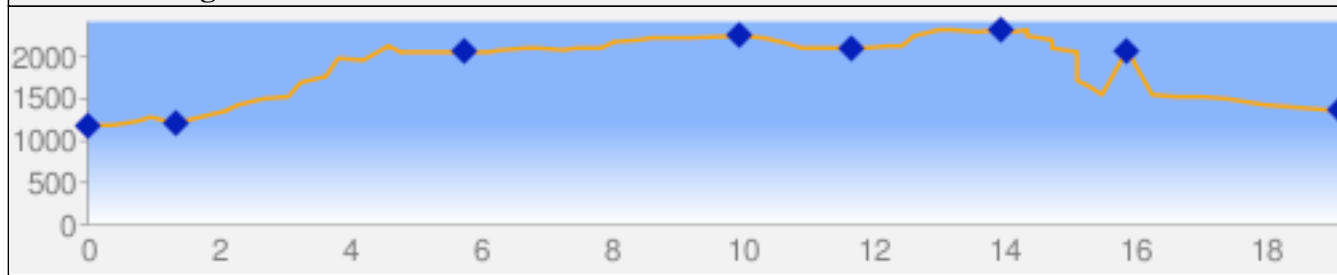
Altimetric diagram




Day 4 Gsteig » Godey - R104

Difficulty 	Walking time 7h30	Distance 19.1 km	▲1406 m	▼1191 m	
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Description

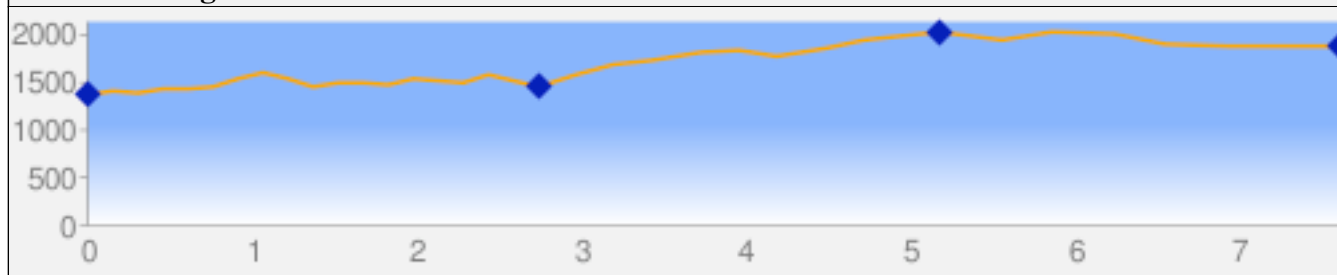
Leave Gsteig heading south along the Flurstrasse road. At the end of the road, the steep track through the Roter Graben rift to the Auberge du Sanetsch inn begins. Alternatively, take the aerial cable car. Follow the left bank of the Sanetsch lake until reaching the Sanetsch pass. Continue past the Sex Rouge to Mié. From here, the trail descends steeply to Godey, the stage destination.


Altimetric diagram

Day 5 Godey » Anzeindaz - R105

Difficulty 	Walking time 3h00	Distance 7.6 km	▲916 m	▼429 m	
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Description

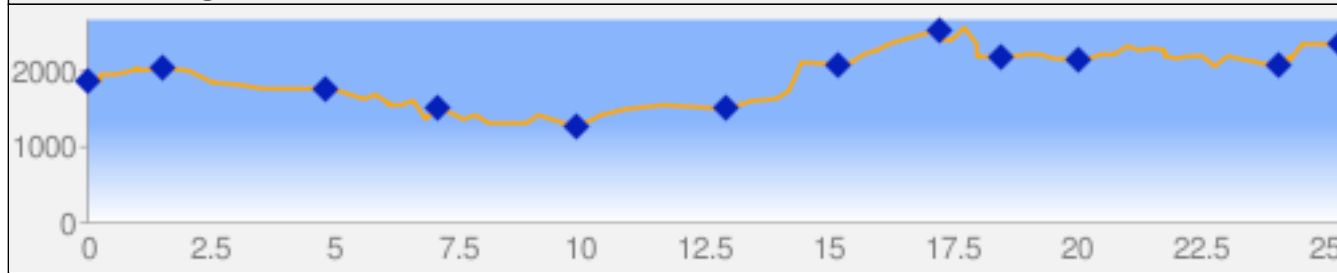
Leave Godey and head to the west through the Derborence primeval forest. In the village of Derborence, a steep climb to the Pas de Cheville pass begins. Continue at the foot of the Diablerets mountain to reach Anzeindaz, the stage destination.




Altimetric diagram

Day 6 Anzeindaz » Col du Demècre - R106

Difficulty 	Walking time 10h15	Distance 25.3 km	▲2155 m	▼1683 m	
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Description

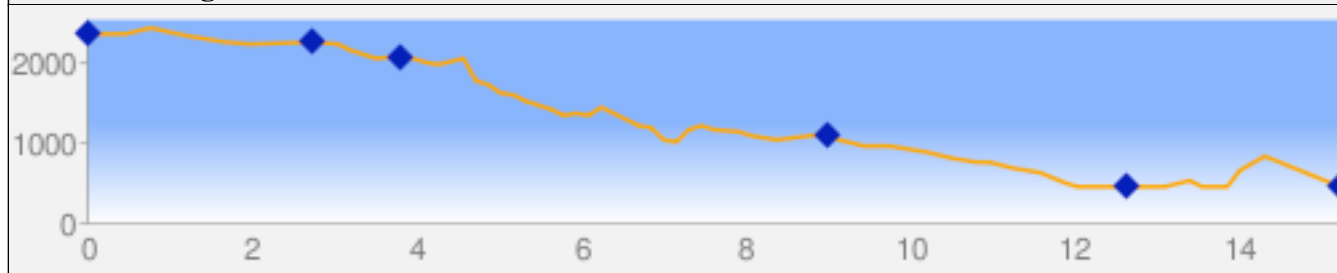
Leave Anzeindaz via the Col des Essets heading southward. The pass trail leads down to Pont de Nant. From here, dip into the Vallon de Nant valley and climb over the Col des Perris Blancs up to the Alpe la Tourche. Continue on the high-altitude trail to the Alp Rionda and further along following the southern flank of the Dent de Morcles to the Col du Demècre pass, the stage destination.




Altimetric diagram

Day 7 Col du Demècre » Vernayaz / Pissevache - R107

Difficulty 	Walking time 5h30	Distance 15.2 km	 981 m	 2497 m	
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Description

Leave the Col du Demècre heading south to reach the Portail de Fully. From here, the trail passes over the ridge, which offers a view over both the lower and upper Valais. From the Sex Carro, there is a steep descent to Champex and Dorénaz. For this stretch, it is also possible to take the aerial cable car. Cross the Rhone plateau to soon reach Pissevache/Vernayaz.

Altimetric diagram

Day 8 Vernayaz / Pissevache » Cabane de Susanfe - R108




Difficulty 	Walking time 7h10	Distance 15.2 km	 1516 m	 264 m	
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Description

Pass the Pissevache waterfall and leave Pissevache/Vernayaz behind, taking the first steep ascent to Van d'en Haut, before continuing further uphill to the Salanfe lake. Head along the left-hand shore of the lake, soon turning off to the right and starting the last climb to the Col de Susanfe. From the pass, it is just a short distance to the Susanfe hut, the stage destination.

Altimetric diagram

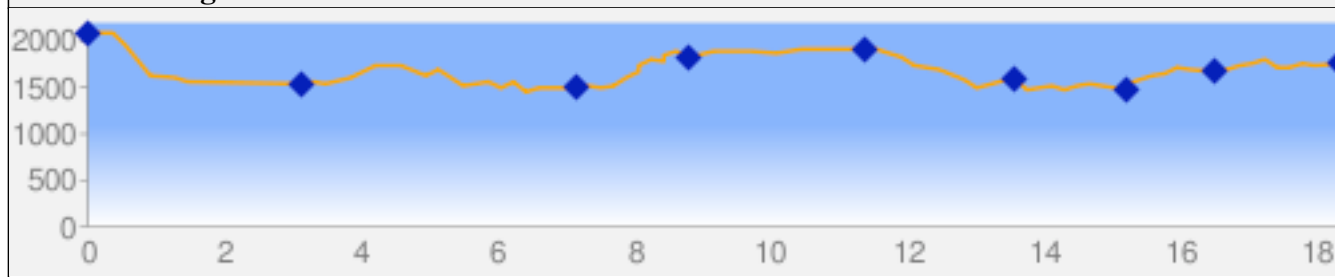
Day 9 Cabane de Susanfe » Refuge Tornay-Bostan - R109

Difficulty 	Walking time 7h40	Distance 18.3 km	 1350 m	 1709 m	
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Description

Leave the Susanfe hut via the Encel pass, shortly afterwards turning onto the northern side of the Dent de Bonavau peak. Pass Bonavau to reach Barme, from where the trail heads via Croix d'Incrène to the Cou pass. The trail crosses the French border and

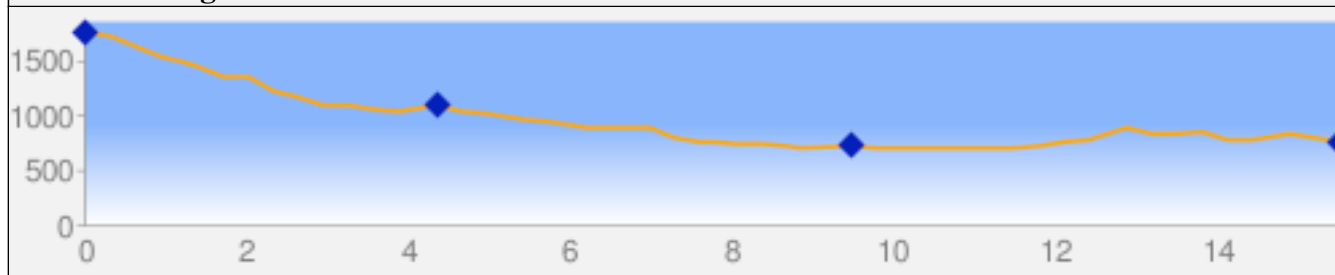
descends through the pastureland towards the Golèse pass along the GR 5 before climbing back uphill to the Tornay-Bostan hut.

Altimetric diagram

Day 10 *Refuge Tornay-Bostan » Salvagny - R110*

Difficulty	Walking time 4h20	Distance 15.5 km	↗282 m	↘1180 m	
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Description

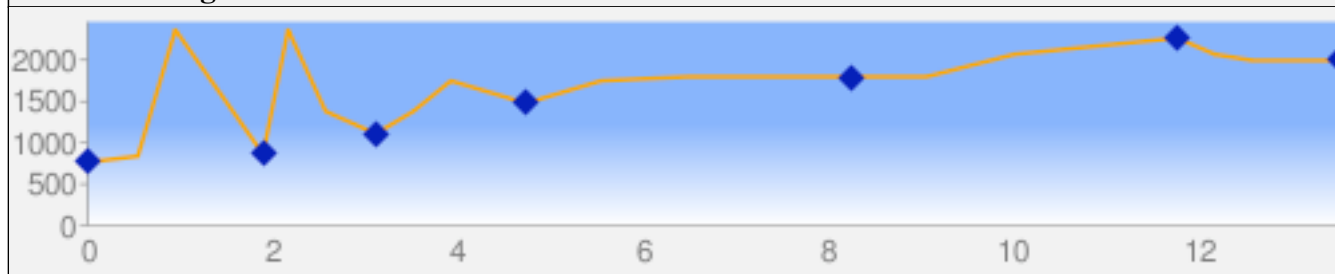
On leaving the Tornay-Bostan hut, this stage – which is entirely downhill – joins the GR® 5 at the Allamands hamlet, taking several hairpin bends on the road and then heading through forestland to Samoëns. Next, it runs alongside the Giffre stream and crosses the Tines gorges before opening onto the Sixt-Fer-à-Cheval plain, which it crosses to reach Salvagny, the stage destination.

Altimetric diagram

Day 11 *Salvagny » Refuge de Moëde-Anterne - R111*

Difficulty	Walking time 6h10	Distance 13.5 km	↗2216 m	↘1053 m	
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Description

A varied stage that starts on the plain, then passing the collet d'Anterne pass to reach the mineral environment of the Anterne mountain, a listed nature reserve. The stage destination is the Moëde-Anterne hut, situated just below the Anterne pass which offers a beautiful panorama over the Mont Blanc massif.

Altimetric diagram

Day 12 *Refuge de Moëde-Anterne » La Flégère - R112*

Difficulty	Walking time 4h20	Distance 12.8 km	↗759 m	↘935 m	
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Description

On this stage, Via Alpina mainly uses the GR® du Tour de pays du Mont-Blanc. It crosses the Aiguilles Rouges nature reserve to reach the Brévent pass before descending again on the Chamonix side to the Planpraz chalets and continuing as a balcony trail facing the Mont Blanc massif until arriving at the Flégère chalet, the stage destination.

Altimetric diagram



Bibliography

Links	Maps	Guidebooks
	<ul style="list-style-type: none"> - 263T Wildstrubel ~ swisstopo (1: 50 000) - Saanenland-Simmental Frutigland ~ Hallwag Kümmerly und Frey AG, Urtenen 3-259-00805-5 (1: 60 000) - 5025T Saanenland Simmental (Zusammens.) ~ swisstopo (1: 50'000) - 272T St-Maurice ~ Swisstopo (1: 50'000) - 273T Montana ~ swisstopo (1: 50 000) - Grand-St-Bernard / Dents du Midi-Les Diablerets ~ Kümmerly und Frey AG, 3052 Zollikofen (1: 60'000) - 272T St-Maurice / 282T Martigny ~ Swisstopo (1: 50'000) - Du Léman aux Dents-Du-Midi ~ Valrando, Sion / Chablais Tourisme SA, 1870 Monthey (1: 25'000) - 3530 ET ~ IGN TOP 25 (1:25.000) - 19 ~ AsF (1:25.000) 	<ul style="list-style-type: none"> - Saanenland-Simmental-Diemtingtal ~ Berner Wanderwege BWW (ISBN 3-952222-3-X) - Berner Oberland West ~ Bergverlag Rudolf Rother (ISBN 3-7633-4282-6) - 20 Bergwanderungen Region Berner Oberland ~ WERD Verlag (ISBN 3-85932-276-1) - Wanderwelt Schweiz / SAW und Geotechnisches Institut ~ Hallwag Kümmerly und Frey AG, Urtenen BE (ISBN 3-259-03697-0) - Unterwallis / Waeber/Steinbichler ~ Bergverlag Rudolf Rother GmbH (ISBN 3-7633-4128-5) - Kompass Wanderbuch Wallis 998 ~ KOMPASS-Karten GmbH, Rum/Innsbruck (ISBN 3-85491-773-2) - Du Léman à Sion / André Beerli ~ Editions Ketty & Alexandre (ISBN 2-88114-026-2) - Du Léman au Mont Blanc ~ Fédération Française de Randonnée (ISBN 2-85699-807-0) - Du Léman au Mont Blanc - Tour des Dents du Midi - Réf. 504 ~ Fédération Française de Randonnée (ISBN 2-85699-807-0)

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