

# Mount Tabor and its Refuge



24 km + 1,500 m 8 h 30



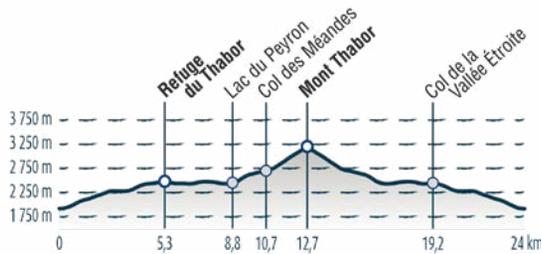
## Access to start point

Valfréjus, Lavoir car park.

At the exit of Valfréjus, keep following the track towards Le Lavoir hamlet.



Scan and follow the route with your favourite app



## Conquer the rock giant



Dreaming of reaching 3,000 m and never dared to? The Tabor awaits you! You need a good level of fitness for this route that, with no technical complications, leads you into the magical high-altitude world of majestic mountain landscapes.



## Along the way

Starting from the Lavoir, the first climb on a track is a little steep, but you'll soon forget the effort as you reach La Loza water basin. From chalet to chalet, the path winds through the alpine pastures as Tarine cows placidly look on, chewing tender grass and wildflowers.

Nestled at the foot of Mount Tabor, a stunning backdrop, the refuge sits on the banks of the enchanting Sainte-Marguerite and Lac Long lakes, patiently awaiting hikers who need a rest.

Then the trail slips through Col de la Vallée Narrow before climbing to Lac Peyron and Col des Méandres. The landscape becomes more lunar, and you feel infused with the serenity of the place as you advance towards the chapel, like the French and Italian pilgrims who gather there every year.

Once at the top, embrace the vastness of the Tabor opening out before you, with a stunning view of the Alps' high peaks, from Viso to Meije.

Granted, this is a long hike, but by the time you get back, your mind is filled with magnificent images. This rock giant has truly bathed you in tranquillity!

## Did you know?



The chapel of Mount Tabor is a popular pilgrimage destination. Some start from Modane or the Briançon area, while others come from Italy via Mélezet and the Upper Susa Valley.

This building has a peculiar identity, as it is situated on the border of Névache in the Hautes-Alpes, but actually belongs to the Italian town of Bardonecchia.

sunrise at Mount Tabor - B.Thomas, OT HMV