



# TOUR DES GLACIERS DE LA VANOISE self-guided


At the heart of France's first National Park





First of its kind in France, the Vanoise National Park was established in 1963. A vast territory where flora, fauna and rocky mineral world are all preserved. Between the Maurienne and Tarentaise valleys, its borders meet the Gran Paradiso massif and National Park in Italy, forming the largest nature reserve in Europe.


The tour will bring you around the famous "Dômes de la Vanoise", a range of glaciers extending over twenty kilometres at the centre of the Park and passes at the foot of the Grande Casse, the highest summit in Savoie at 3855m. In 1860, a rich Englishman employed a courageous woodsman to cut more than 800 steps in the ice so the summit could be reached for the first time.

Crossing typical landscapes of the Alps, this hike offers some more technical variations depending on your preference and on the actual conditions...

 6 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 495€

## You will like

- Wild and preserved territory of France's first National Park
- An original journey around "Dômes de la Vanoise" glaciers
- Passing through the typical village of Pralognan-la-Vanoise
- Discovering "Petit Mont Blanc"
- The great variety of landscapes between the Maurienne and Tarentaise valleys
- Accommodation in gîtes, refuges and a small friendly hotel

# The route

## Day 1

### PLAN DU LAC REFUGE - AIGUILLES DE LANSERLIA

Departure from Termignon and bus transfer to Parking de Bellecombe (without luggage transport) or Plan du Lac refuge (with luggage transport).

Hike to Lanserlia lake, a short walk plunging you into the most secret atmosphere of the Vanoise. It is possible to do a longer hike through the wild plateau du Turc and descent to the Vallon de la Rocheure. Night in refuge.

5.30 hour walk / Elevation: +750m -750m / 14km

7 hour walk / Elevation : +850m / -850m / 18km (by the plateau du Turc)

## Day 2

### VANOISE PASS - PRALOGNAN LA VANOISE

Traverse Leisse Valley and climb to Vanoise pass at the foot of Grande Casse, the Vanoise glacier. Descend to Pralognan-la-Vanoise passing by "Lac Long" and "Lac des Vaches". Night in a hotel.

6.5 hour walk / Elevation: +550 m -1500 m / 17km

## Day 3

### PETIT MONT BLANC - LES PRIOUX

Climb to Petit Mont Blanc with its stunning panoramic viewpoint over Pralognan valley, Grande Casse mountain range and the Dômes de la Vanoise. Night in a refuge.

6 hour walk / Elevation: +1250 m -950m / 13km

## Day 4

### CHAVIÈRE PASS - ORGÈRE REFUGE

Gentle climb to Péclet Polset refuge, then to the "lunar" Chavière pass at 2896m. Descend to Partie lake and Povaret valley to reach Orgère refuge. Night in a refuge.

7 hour walk / Elevation: +1150m -900m / 18km

## Day 5

### BARBIER TRAIL - PLAN SEC REFUGE

Long crossing on the nature discovery trail of Vanoise Park to reach the Barbier pass, then Aussois valley and its two wide lakes. Small detour is possible to the Masse pass at 2923m. Night in Plan Sec refuge or La Dent Parrachée refuge (\*without your baggage).

5 hour walk / Elevation: +950m - 550m / 13km

## Day 6

### BALCONY TRAIL OF GENEPEY - TERMIGNON

Long balcony trail overlooking the Maurienne valley and Arc river. The trail then runs under Dent Parrachée foothills and Arpont glacier. Going down to Termignon.

7 hour walk / Elevation: +780m -1800m / 17km

End point at Termignon.

OPTIONAL 7th DAY ON DAY 1 :

### **TERMIGNON - PLAN DU LAC**

The hike starts in Termignon, along the Doron de Chavière, with a slightly steep climb between meadows and forest. The effort is rewarded by the spectacle that unfolds on arrival on the mountain pasture: vast panorama, lakes with turquoise waters in which the snow-covered summits are reflected, stone chalets and a few Tarines for background music!

Night in a refuge on the Plan du Lac plateau.

5.5 hour walk / Elevation: +1250m -200m / 13km

# The trip

## LEVEL \*\*\*

Elevation: +/-250m to 1350m average per day.

Walking time: 5 - 6 hours average per day.

Type of trek: mountain hike on marked trails including gravel paths.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

## ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 25 maps with route layout.
- 1 road book with all the necessary information for the hike.
- 1 card holder.
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is well indicated with yellow paint markings and regular signs on the ground.

The trails also are numbered.

It is preferable to know how to read a 1/25000 topographical map.

## BAGGAGE TRANSPORT

Two options:

**without baggage transport:** you carry your baggage.

**with baggage transport:** your baggage is transported daily by our logistics vehicle (except Day 5)

## ACCOMMODATION

CLASSIC: 1 night in a 2-person bedroom, in hotel and 4 nights in refuge, in dormitory.

All accommodation offers hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered in each accommodation the day before.

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.*

## **PERSONALISED TOURS**

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## **MAPS**

IGN MAPS 1:25000: Les Arcs 3532ET, Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

# Practical information

## DEPARTURE

Departure from mid-June to mid-September.

## ACCESS TO DEPARTURE POINT

### BY TRAIN

Departure: Gare de Lyon (Paris), arrive in Modane. Then bus from Modane to arrive Termignon.

Return: bus from Termignon to Modane. Then train to Paris.

Timetables must be verified on the SNCF website.

### BY CAR

Take the A41 motorway to Chambéry, then A43 to Modane. Follow direction Termignon.

Big and free parking in Termignon at the foot of the ski pistes.

### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr) [www.laroueverte.com](http://www.laroueverte.com)

**End point in Termignon to collect your baggage.**

## ACCOMMODATION BEFORE AND AFTER

Termignon & [Haute-Maurienne Vanoise tourist office](#): +33 (0)4 79 20 51 67

[Hôtel\\*\\* La Turra](#) (Termignon): +33 (0)4 79 20 51 36

## 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**

# Dates & prices

## DEPARTURES AND PRICES

Choice of departure from 24th June to 4th September 2024  
Tour in 6 days/ 5 nights

### **Without baggage transport**

**495€** per person, classic accommodation

Single departure (without luggage transfer): +75€

### **With baggage transport (except day 5)**

For 2 persons: **780€** per person

For 3 persons: **715€** per person

For 4 persons: **655€** per person

For 5 persons: **620€** per person

For 6+ persons: **595€** per person

### **With baggage transport only on Day 1 and Day 4**

For 2 persons: **620€** per person

For 3 persons: **570€** per person

For 4 persons: **545€** per person

For 5 persons: **530€** per person

For 6+ persons: **520€** per person

**We propose the same circuit in a 7-day version, with a departure on foot from Termignon on the first day: Contact us.**

**Information and booking by telephone or e-mail.**

## THE PRICE

### The price includes:

- 5 nights half-board from dinner of the first day to breakfast of the last day;
- 1 hard copy of your travel documents for the group and the digital version for each participant;
- Organisation and booking fees;
- Daily baggage transport, if you have chosen one of the option ;
- Organisation and booking fees, touristic taxes.

### The price does not include:

- Picnic lunches (75€ per person for the tour, except day 1);
- Hot shower tokens if required;
- Personal expenses, drinks, touristic visits, etc.;
- The bus transfer on Day 1 (6€) or taxi in low season (June & September);
- The return journey from your home;
- Cancellation insurance (4.2% of total tour cost).

**The price is all inclusive from departure to end point.**

# Equipment and baggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking 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
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 30 to 40 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.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily, except day 5, between accommodation by our logistics vehicle where access is not always easy.

**Baggage which is too heavy won't be accepted by the drivers, please think of their backs!**

## YOUR BACKPACK FOR YOUR NIGHT WITHOUT LUGGAGE

**On night 5**, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening



## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your contact details
  - Surname, First Name, Date of birth
  - Address
  - Email
  - Telephone
  - Mobile phone

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 (includes 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.



## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE