


## VANOISE - GRAN PARADISO


### Wild trek between two main National Parks





Founded in 1922, the Gran Paradiso National Park, first natural park in Italy and Europe, was created to protect wildlife and remains a safe haven and protective area plants and animals including: chamois, ibex, marmot, fox and vultures. This park sits alongside its little brother in France, the Vanoise National Park. Both of them together offer a protective area of over 1200 km<sup>2</sup>.

Between the parks is a large natural mountainous barrier, traversed by high mountain passes. This tour makes the most of the rarely frequented wilderness and unmarked trails. A physical tour with basic mountain comfort offering a real immersion into this virgin mountain space.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 990€

### You will like

- A route rarely taken often on wild, unmarked trails
- Numerous mountain passes at over 3000m
- A selection of the best routes in the Grand Paradis and the Vanoise
- The atmosphere in the mountain refuges
- Visiting the traditional villages of Ecot and Bonneval

# The route

## Day 1

Meeting point at the train station in Bourg Saint Maurice at 8h30, transfer to the departure point in St Foy in the Tarentaise.

### COL DU ROCHER BLANC OR DU MONT - REFUGE BEZZI

Climb to Col de l'Argentière, then traverse the wild plateau from Lake Blanc to Col du Rocher Blanc (2833m), creating the border with Italy. Descend into the Valgrisenche by Lake Grapillon. Another route is possible passing by the Col du Mont (2636m). Descend to Refuge Bezzi. Night in refuge, with luggage.

5.5 hour walk / Elevation: +950m -550m

## Day 2

### COL BASSAC DERE - REFUGE BENEVOLO

Hike close alongside the Gliairetta Glacier. Climb to Col de Bassac Déré at 3083m, descend to the glacial Lake Goletta, then to Refuge Benevolo. Night in refuge.

6.5 hour walk / Elevation: +800m -800m

## Day 3

### COL ROSSET - LACS LIETA - REFUGE SAVOIA

Traverse the pastures and ascend to Col Rosset at 3023m. Descend to the Plateau de Rosset via Lakes Chavaney and Lieta. A dream landscape facing the summit of the Grand Paradis!

Night in Refuge Chivasso. **(\*no baggage transport).**

5.5 hour walk / Elevation: +800m -550m

## Day 4

### COL DU CARRO - BONNEVAL SUR ARC

Climb the Carro Valley with a cabled passage from Col du Carro (3122m). Descend via Lakes Noir and Blanc to Refuge du Carro, for a night **(without your bagages).**

6 hour walk / Elevation: +900m -750m

## Day 5

### REFUGE DU CARRO - ARC SPRINGS - BONNEVAL SUR ARC

Start from Refuge du Carro to climb to Col des Pariotes (3034m). descend to then to the village of Ecot, classed the most beautiful in France. Night in a gîte in the local traditional style village of Bonneval sur Arc.

5 hour walk / Elevation: +300m -1250

## Day 6

### COL DE BEZIN ET LA ROCHEURE - LA FEMMA

Transfer to l'Oulietta in bus . Climb to the Col de Bezin (2929m) via unmarked tracks. Traverse the wild, deserted, high glacial flats of Méan Martin to reach the Col de la Rocheure (2911m). Impressive view over the Dômes de la Vanoise. Descend to Refuge de la Femma. **(\*no baggage transport).**

6 hour walk / Elevation: +950m -1050m

## Day 7

### **COL DES PIERRES BLANCHES - COL DE LA LEISSE - TIGNES**

Clim to col des pierres Blanches (2842m) to access at Vallon de la Leisse, under pics of Grande casse and Grande Motte. Descent in Tignes Valley for the end of this magical tour.

6 hour walk / Elevation: +800m -1050m

**End of tour at 15:00 at Tignes and transfer for 16:00 at Bourg Saint Maurice.**

# The trip

## LEVEL \*\*\*\*

Elevation: +/-900m average per day.

Walking time: 5 - 7 hours average per day.

Type of trek: Mountain route with several steep passages. An aerial passage on day 4 but, well equipped with cables. Some parts of the route are off trail and on gravel paths. Good hiking shoes required!

You have to be in a general good fitness level and to have a mental capacity for long efforts. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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](#)

## GUIDING

Number in a group between 6 -14 people supervised by a qualified professional mountain leader.

## ACCOMMODATION

5 nights in dormitories in refuges.

1 night in hôtel or gîte, in share room.

All accommodation has hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader, comprising a variety of healthy salads and local products.

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 - 3532 ET - les Arcs, la Plagne and Top 25

3633 ET - Tignes, Val d'Isère (1/25 000)

Istituto Geografico Centrale: map 102 Valsavarenche, Val di Rhêmes, Valgrisenche

## Practical information

### ACCESS TO DEPARTURE POINT

**Meet Sunday at 8:30 at Bourg Saint Maurice train station. Transfer to departure point.**  
**If you drive, meet at 9:30am at Fenil parking, near Ste Foy Tarentaise.**

#### BY TRAIN

Inbound: Depart Gare de Lyon (Paris) at 12:46am arrive in Bourg Saint Maurice at 6:45pm.

Return: Depart Bourg Saint Maurice at 4:13pm arrive in (Paris) Gare de Lyon at 10:16pm.

*Times given are indicative and should be verified at a train station or at*

[www.voyages-sncf.com](http://www.voyages-sncf.com)

#### BY CAR

Take the A430 motorway to Albertville, then the N90 to Bourg Saint Maurice. The train station is on the main road in the town centre.

**End point in Tignes at 15:00, transfer to Bourg St. Maurice arrive at 16:00.**

### ACCOMMODATION BEFORE AND AFTER

Bourg Saint Maurice Tourist Office: +33 (0)4 79 07 12 57

[www.lesarcs.com/destination/bourg-saint-maurice.html](http://www.lesarcs.com/destination/bourg-saint-maurice.html)

Sainte-Foy Tourist Office: +33 (0)4 79 06 95 19

[www.saintefoy-tarentaise.com](http://www.saintefoy-tarentaise.com)

### INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

### CONTACT US

**If you are late please contact the agency as soon as possible.**

**+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

# Dates & prices

On request for your own group.

## THE PRICE

### The price includes:

- Organisation and booking fees ;
- Guiding by a qualified and insured mountain leader ;
- Accommodation with full board formula and the snacks thorough the day ;
- Shower tokens in accomodation if needed ;
- Baggage transport between accommodation on Days 1,2 and 5 ;
- Bus transfers as described on the technical facts.

### The price does not include:

- Personal expenses (drinks, etc...) ;
- Touristic visits ;
- Travel insurance ;
- Your return journey from home to the point of departure/end point.

**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 days 3, 4 and 6, 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 NIGHTS WITHOUT LUGGAGE

**On nights 3, 4 and 6**, 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: <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  
62 Passage du Nant Devant  
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.





## 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:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE