

GRAN PARADISO AND SUMMIT (4061m)


Edelweiss, ibex, glaciers... and mountaineering!



Founded in 1922, the first natural park in Italy and Europe, the National Park Gran Paradiso defines an impressive high mountain range furrowed by deep valleys. Created on the initiative of King Victor Emmanuel II to protect ibex, the park remains a safe haven and protective area for animals including: chamois, ibex, marmot, fox and vultures.


We propose an unusual circuit crossing some of the finest high mountain passes between the Valgrisenche and Valsavaranche, with the imposing summit of the Gran Paradiso at 4061m in view. Seven days of trekking, escaping civilization to discover a universe shared with wildlife of valleys, traditional pastures and high mountain wilderness.

The highlight and 'cherry on the cake' of this trek is climbing the Gran Paradiso summit, allowing you to appreciate the entire mountain range, climbing above the mythical altitude of 4000m. From mountain pastures to high mountain, discover one of the jewels of the Italian Alps...


 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : ****

 From : 1195€

You will like

- Crossing high mountain passes and colourful flowery meadows
- Wildlife easily visible and well protected in the heart of the park
- Climbing the one of the most accessible 4000m summit in the Alps
- The warm hospitality of Italian mountain refuges
- A departure from Chamonix (France) or from Pont (Italy)

The route

Day 1

Meeting point Sunday at 11:45am in Pont, picnic and departure of trek.

PONT - VALSAVARENCHÉ - VALLON DE NIVOLÉ

Enter into the Gran Paradiso National Park by the pastures of Nivolé to the mountain pass Col de Nivolé. An immediate immersion into the world of this mountain range, between the peak of Galisia and the Gran Paradiso summit (4061m). Night in a refuge on the shores of Lake Nivolé, **without baggage**.

3 hour walk / Elevation: +700m -100m

Day 2

COL ROSSET - REFUGE BENEVOLO

Starting out on a wide plateau punctuated by a dozen lakes including Lake Rosset and Lieta, creating memorable images. Crossing the Col Rosset mountain pass at 3023m, descend through meadows to the Gran Vaudala valley, then traverse to the Benevolo bowl-shaped glacial amphitheatre. Night in Refuge Benevolo.

5.5 hour walk / Elevation: +500m -750m

Day 3

COL BASSAC DÉRÉ - REFUGE BEZZI

Climb to the Bassac Déré mountain pass at 3082m, under the summit of Grande Sassièrè. Following along the Goletta Glacier to its glacial lake with an inviting small sandy beach! Descend alongside the terminus of the Gliaretta Glacier. At a bend in the path, lying peacefully on rocks, ibex may await our passage. Night in Refuge Bezzi, **without luggage transport**.

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

Day 4

COL DE FENÊTRE - VILLAGE DE BRUIL

Long traverse overlooking Lake Beauregard, facing the Ruitor mountain range. Climb to Col de Fenêtre via Lake Tei in a wild unfrequented valley allowing us the perfect opportunity to observe the wildlife. Descend to the typical village of Bruil in the Val de Rhême where shepherds live in rhythm with their flocks.

8 hour walk / Elevation: +1350m -1800m

Day 5

COL DE L'ENTRELOR - EAUX ROUSSES

Easy gradual climb through the Entrelor valley. Cross the mountain pass, facing the Gran Paradiso summit, descend from the mountain pastures passing by Lakes Djouan and Nero then up to the Col di Manteau to finally go down to the village of Pont. Possible encounters with chamois, ibex, marmots and soaring vultures. Night in a gîte.

8.5 hour walk / Elevation: +1560m -1320m

Day 6

CLIMB TO THE BASE CAMP AT REFUGE VICTOR EMMANUEL II FOR THE SUMMIT

Rest morning to prepare for climbing the Gran Paradiso summit. Climb to Victor Emmanuel II refuge in the afternoon. Meet your high mountain guide and prepare technical equipment including crampons and harness. Night in the refuge, without baggage.

3 hour walk / Elevation: +800m

Day 7

GRAN PARADISO 4061M

Roped climb of the Gran Paradiso summit at 4061m. Return to the refuge and descend to Pont.
8 hour walk / Elevation: +1300m -2000m

End point Saturday around 4:30pm in Pont.

Return transfer if you have chosen the option - arrive in Chamonix around 6:30pm.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc.

Personalised tour available, contact us...

The trip

LEVEL ****

Elevation: +/-1100 to 1300m approximately per day.

Walking time: 6 to 8 hours per day.

Type of trek: Stony trails that take daily passes located between 2800m and 3000m altitude. Some passes are steep as well as several aerial or technical paths, mainly at the start of the season with the crossing of residual snowfields. The trails are relatively well marked except when approaching certain passes.

Climbing to the Gran Paradiso summit involves walking with crampons without any major technical difficulty, however it is a long glacial walk. The last 100m to the summit are steep and more technical and may induce vertigo in those sensitive to heights. It is always possible to not carry out this stage.

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](#)

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader and high mountain guide.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

5 nights in dormitory in mountain refuges and gites.

1 night in a hotel bedroom for 2-4 people.

All accommodation offers 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

1/25000 Val Savarenche-Val de Rhême-Val Grisenche N102, Edition Instituto Geografico Centrale

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 11:45am in the carpark in Pont, in Valsavarenche, Italy.

A return transfer option may be reserved with Altitude Montblanc in our logistics vehicle (1.5 hour bus ride), **supplementary cost on registration**, 50€ per person. Meet at 9:45am in front of the train station in Chamonix. If you come by car, several free car parks in the village of Les Houches, at Prarion. Meet at 9:15 a.m. in front of the Jacquier bakery at Le Prarion, Les Houches. You will meet your driver there.

From the 2nd September, the Mont Blanc tunnel will be closed so, the meeting for your transfer to Pont, departure point of your trek, will be at 9:45 in Bourg -Saint-Maurice. (instead of Chamonix). You will find a free carpark next to the funicular of Bourg-Saint-Maurice.

BY TRAIN

TO AOSTA VIA TURIN OR
TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:18pm arrive in Chamonix at 7:10pm.

Times given are indicative and should be verified in a train station or on www.oui.sncf

BY BUS

VIA CHAMONIX

From Chamonix to Aosta by SAT bus.

www.sat-montblanc.com

VIA AOSTA

The Savda buses drive you 3 times a day to Pont. Departure from Aosta at 7:15am, 12:30pm and 4:50pm (1.5 hour lift).

Times given are indicative and should be verified at <https://aosta.arriva.it/area/alta-valle/>

BY CAR

VIA THE MONT BLANC TUNNEL

Take the A40 motorway towards Chamonix, follow signs for Milan and take the Mont-Blanc Tunnel to Italy (58€ return)

www.atmb.net

Follow signs for Courmayeur/Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

VIA THE COL DU PETIT ST BERNARD

From the southern regions of France take the A43 motorway to Chambéry, the A30 to Albertville and follow direction Bourg St Maurice. Follow signs for Col du Petit St Bernard and Italy (a very good mountain road) passing through La Thuile to Pré St Didier. Follow signs for Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

If you chose the return transfer option Chamonix/Pont

Free parking: several free car parks in the village of Les Houches, Prarion sector. Meet at 9:15 a.m. in front of the Jacquet bakery in Le Prarion, Les Houches. You will meet your driver there.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

End point around 4:30pm in Pont.

Transfer to Chamonix if option chosen (1.5 hour drive).

Warning: the tunnel may be very busy on Saturday. Think of a little bit more time if you need to book a bus or train from Chamonix.

ACCOMMODATION BEFORE AND AFTER

Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31

Hôtel Vallée Blanche: +33 (0)4 50 53 04 50

Chamonix Tourist Office: +33 (0)4 50 53 00 24

www.chamonix.com

Pont, Valsavarenche - Hôtel Gran Paradiso: +39 01 65 95 454

Hôtel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +39 01 65 23 66 27

www.aoste.ialpes.com

www.lovevda.it

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

Dates & prices

From September 2, Mont Blanc tunnel is closed, meet at 9:45 am at the Bourg-Saint-Maurice train station (free car park next to the funicular) for the transfer to Pont Valsavarenche.

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader and high mountain guide;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Shower tokens in accommodation if required;
- Equipment rental for the ascension of the summit includes helmet, harness and crampons;
- Baggage transport between accommodation (except day 1,3 and 6);
- Bus transfers.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Airport taxes;
- The transfer Chamonix-Pont-Chamonix (50€);
- Cancellation 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 luggage

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, already broken in with a good sole stiff enough to support crampons (no trail running shoes or flexible hiking shoes). Crampons to suit all types of hiking boots will be available, it is not necessary to have glacier mountaineering boots.
- 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 for the climb to the summit)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of about 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.

EQUIPMENT FOR THE SUMMIT

Crampons, harness, helmet and ice axe for climbing the Gran Paradiso summit are provided. An ascension at 4000m requires warm clothing in case of deterioration in the weather (**thermal leggings, warm hat, waterproof gloves, waterproof jacket and supplementary warm layers to add if necessary**). **High rising walking boots with a good rigid sole are mandatory**. Poles are essential.

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 1, 3 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 THE NIGHTS WITHOUT LUGGAGE

On nights 1, 3 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.

Details

HOW TO REGISTER

- By internet: 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 (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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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