



GRAN PARADISO PANORAMIC


Paradise at your own pace and comfortable




The Gran Paradiso National Park is still a reference in terms of nature conservation: chamois, ibex, marmots, foxes, bearded vultures, but also a magnificent flora such as the beautiful pulsatilla alpina...

We offer you a discovery at your own pace, with each day an accessible hike, or an other itinerary harder towards a big pass, a glacier or a remarkable mountain pasture for the volunteers. And even, as an option, the final ascent of the Grand Paradis summit (4061m) for the most athletic.

And in the evening, return to the comfortable fold, nestled in the hollow of an alpine valley... The best of Grand Paradis!

 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Hotel ***

 Level : **

 From : 1265€

You will like

- The alpine landscapes with large glaciers
- The crossing of pastures full of flowers
- The hike depends of your desires
- The proximity of the animals protected in the heart of park
- The charm and comfort of the italian hotels***.

The route

Day 1

Meet your guide in Courmayeur at 2.30pm. Group transfer to Valgrisenche (40 mins). Luggage drop-off and 1h30 walk along the lake. Settle in for 2 nights in a 3***lodge, in a small hamlet above the lake.

Day 2

LAGO DI SAN GRATO

Start of the hike from the Beauregard dam, above Valgrisenche. Quickly, the view opens up on the surrounding peaks the path climbs through the alpine pastures to reach this beautiful lake, set at the foot of the Rutor head, a glacial summit at 3486m. The return is done through the valley, close to the Rio del lago and its beautiful waterfalls. A more sportive variant by the wild crest of the Arp Vielle. Second night in the lodge.

4h30 walk / Elevation: +/- 480m 8km

6h walk / Elevation: +/- 900m 15km through l'Arp Vielle

Day 3

ÉPÉE REFUGE - COL FENÊTRE

Cross the dam, then climb through a beautiful larch forest until you reach the alpine pastures and the Epée refuge (a family refuge, recommended stopover) and, just above, the beautiful vallon del Bouc. The volunteers can continue to the spectacular Col Fenêtre, while the others take a nap near to the river. Descend to the lake of Beauregard . Transfer (1hour drive) to the Val di Rhêmes. Installation for 2 nights in a 3*** hotel.

5h walk / Elevation: +/-560m 12km

6h30 walk / Elevation: +/-1000m 16km

Day 4

RIFUGIO BENEVOLO - LAGO DI SANT ELENA

Transfer (1 hour drive) to the Rhême Valley. Departure from the bottom of the valley and ascent through the Gran Vaudala. We reach the Basey mountain pasture through a beautiful high meadow. Crossing to the rifugio Benevolo and descent along the Dora di Rhême stream. while going up directly to the Benevolo refuge, it is possible to make a superb hike around the Truc de San eléna, up to the turquoise lake that escapes from the glacier. A very alpine atmosphere at the foot of the first summits of Tsanteleina.

Descent and installation for 2 nights in the ***hotel, at Bruil.

5h walk / Elevation: +/-520m 10km

6h30 walk / Elevation: +/-820m 14km

Day 5

VALSAVARENCHÉ - PASTURES OF MEYES

Morning transfer to Valsavarenche (45mn). Departure from Pont, to go up in the suspended valley of Nivollet, with its river in cascades and the sight on the Grans Paradis. Panoramic crossing towards the alpine pastures of Meyes. Descent to Pont. Night in a hotel***, in a small hamlet of the valley. A more sportive hike extends the day from Meyes to the Djouan lake by the Col du Manteau (2795m). Direct descent to the hamlet of Eaux Rousses, where the hotel is located.

6h walk / Elevation: +/- 720m 11km

6h30 walk / Elevation: + 920m - 1150m 14km

Day 6

GRAND COLLET - NIVOLET PLAIN

The ascent by the pass Grand Collet takes a lot of elevation but it is a rather wild pass which is worth a small detour...

Chamois or ibexes are sometimes still visible in the morning. We follow the beaconing for the itinerary, to arrive at the vast pass to 2832m. Descent on the beautiful plain of Nivolet, then along the meanders of the river. We join the Cross of Nivolet passed the day before, then finally Pont, end of the hike.

5h30 walk / Elevation: +/- 850m 8km

End of the hike at Pont and return transfer to Courmayeur.

The trip

LEVEL ** TO ***

Level **: Height difference : +/- 450m to 700m, walking time : 3h to 5h per day, type of walk : mountain route with no particular technical difficulty between forest and pastures.

Level *:** variants are proposed reach passes between 2800m and 3000m. Elevation: 800m to 1300m. A few steep passages are possible, secured, as well as some aerial or technical passages mainly at the beginning of the season with the crossing of residual snow. The paths are well marked or marked by cairns at the approach of some passes.

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.

GUIDING

Number in a group between 6 and 10 people supervised by a qualified professional mountain leader. At the beginning of the season group numbers may be reduced depending on snow conditions.

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.

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 a 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.

ACCOMMODATION

2 nights in a ***hotel, recently removed lost in the mountain,

3 nights in a ***hotel

MAPS

Instituto Geografico Centrale:

n°102 VALSAVARENCHÉ, VAL DI RHEMES, VALGRISENCHÉ

Practical information

ACCESS TO DEPARTURE POINT

Departure in Courayeur, Italy. RDV at the parking of Val Veny Cable car at 2:30 pm.

BY TRAIN

TO AOSTA VIA TURIN OR

TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.

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

In option transfert from Chamonix train station : on request

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 www.savda.it

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: Chemin du Biolay, opposite the Montenvers train station in Chamonix.

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 in Pont, Valsavarenche and transfert to Courmayeur (or Chamonix, if you choose the option).

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. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

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

DEPARTURES AND PRICES

On request for your own group.

Information and booking by phone or by e-mail.

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Bus transfers.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Travel insurance;
- Your return transfert 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.

Details



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