




# AOSTA VALLEY GRAN PARADISO


The pearl of the Italian Alps...





Founded in 1922, the first national park in Italy and Europe, the Gran Paradiso National Park 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, Val de Rhêmes and Valsavaranche. Seven days of trekking, escaping civilisation to discover a universe shared with wildlife in valleys, traditional pastures and high mountain wilderness.

 7 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 895€

## You will like

- Alpine scenery alongside vast glaciers
- Crossing high mountain passes and colourful flowery meadows
- The presence of an active pastoral farming culture
- Wildlife easily visible and well protected in the heart of the park
- The warm hospitality of Italian mountain refuges
- A departure from Chamonix or from Pont in Italy

# The route

## Day 1

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

### PONT - VALSAVARENCHÉ - VALLON DE NIVOLE

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

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

## Day 2

### LAKES LEITA AND 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. Possible variant by the Basei pass to walk closer to the glaciers. Night in refuge Benevolo.

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

## Day 3

### COL BASSAC DÉRÉ AND LAKE GOLETTA - REFUGE BEZZI

Climb to the Col de Bassac Déré at 3082m, under the summit of Grande Sassièrè. Following along the Goletta Glacier, its glacial lake with a small sandy beach! Descend alongside the terminus of the Gliaietta 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

### INVERGNAN AND SAN MARTINO GLACIERS - REFUGE DE L'ÉPÉE

Long traverse overlooking Lake Beauregard, facing the Rutor mountain range. This panoramic trail passes at the foot of a multitude of small glaciers including the San Martino Glacier. Small detour to Lake San Martino at 2770m.

Night in refuge Epée.

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

## Day 5

### COL DE FENÊTRE AND BRUIL VILLAGE

Climb to the Col de Fenêtre (2840m) passing by Lake Tei. These quiet unfrequented spots allow us the perfect opportunity to observe the wildlife. A beautiful descent, steep at the start, meanders into a large pasture amongst chamois and ibex. Night in a hotel in the typical village of Bruil in the Val de Rhône.

5.5 hour walk / Elevation: +500m -1100m

## Day 6

### COL DE L'ENTRELOR AND LAKES DJOUAN AND NERO - 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 to the village of Eaux Rousses. Possible encounters with chamois, ibex, marmots and soaring vultures. Night in a gîte.

6.5 hour walk / Elevation: +1280m -1300m

## Day 7

### LA COMBE DE MEYES - PARADIS AND PONT VILLAGES

A small forgotten path leads us to the Meyes valley dotted with dry stone built hamlets, then onwards to the small Lake Aouillier reflecting the snow topped Gran Paradiso. Descend to Paradise and Pont. A quieter variant is possible to reach the valley directly from the hamlet of Meyes Desot.

4.5 hour walk / Elevation: +900m -600m

**End point Saturday at 2:00pm in Pont.**

Transfer with our logistics vehicle if you have chosen this option - arrival in Chamonix around 4:30pm.

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: +/- 750m approximately per day. Day 6 +1300m.

Walking time: 5 to 6 hours per day.

Type of trek: rocky trails that cross passes at altitudes of between 2800m and 3000m daily. Some passes are steep and there are several aerial or technical paths, mainly at the start of the season with the crossing of residual névés. The trails are relatively well marked except when approaching certain passes.

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: [Level of difficulty](#)

## GUIDING

Number in a group between 6 and 14 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.

## ACCOMMODATION

5 nights in dormitories in mountain refuges and gîtes.

1 night in a cosy 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 on Sunday at 11.45am in the car park at Pont Valsavarenche, Italy.**

Optional round-trip transfer organized by Altitude Mont-Blanc by minibus, supplement to be booked at registration, €50 per person.

Meet at 9.45am in front of Chamonix SNCF station and transfer (1h30 journey).

If you come by car, several free car parks in the village of Les Houches, Prarion sector. Meet at 9.15am in front of the Jacquier bakery in Le Prarion, Les Houches. Your driver will meet you there.

If you wish to leave your car in a covered garage, contact: [Chamonix Auto Park](#) at 04 50 53 65 71 (40 to 50€ per week).

### 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.

Return train: depart Chamonix at 2.57pm arrive in Gare de Lyon (Paris) at 9.42pm.

*Times given are indicative and should be verified in a train station or on [www.oui.sncf](http://www.oui.sncf)*

### BY BUS

Via Turin then Aosta.

From Aosta, Savda buses run 3 times a day to Pont (1h30 journey).

Two successive bus routes run to Pont from Aosta (summer 2024 timetable pending):

1 - Route 514: [Villeneuve / St-Pierre / St Nicolas](#)

2 - Route 611: [Villeneuve / Valsavarenche](#)

*Times can be verified on [www.savda.it](http://www.savda.it)*

### VIA CHAMONIX

From Chamonix to Aosta with [SAT](#) bus.

### BY CAR

#### VIA THE MONT BLANC TUNNEL

From Macon or Lyon, take the A40 motorway towards Geneva. As you approach Chamonix, follow the signs for the Mont Blanc tunnel and Aosta (€68 return / guide price). In Italy, don't take the motorway (green signs) but follow the main road towards Aosta. Follow the signs for Introd and Valsavarenche, 3km after passing through the village of Aviez. Follow the Valsavarenche road to its final destination, 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 to 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.

**End of the hike Saturday at approximately 2pm in Pont.**

**Transfer to Chamonix if you have chosen this option (90 mins transfer).**

*Warning: the tunnel may be very busy on Saturday. Allow 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](http://www.chamonix.com)

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

Hotel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +39 01 65 23 66 27

[www.aoste.ialpes.com](http://www.aoste.ialpes.com)

[www.lovevda.it](http://www.lovevda.it)

## 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 16/06/24 to 22/06/24	Guaranteed departure	955 €
From 23/06/24 to 29/06/24	Full	955 €
From 30/06/24 to 06/07/24	Guaranteed departure	955 €
From 07/07/24 to 13/07/24	Guaranteed departure	955 €
From 14/07/24 to 20/07/24	Full	955 €
From 21/07/24 to 27/07/24	Guaranteed departure	955 €
From 28/07/24 to 03/08/24	Guaranteed departure	955 €
From 04/08/24 to 10/08/24	Guaranteed departure	955 €
From 11/08/24 to 17/08/24	Guaranteed departure	955 €
From 18/08/24 to 24/08/24	Guaranteed departure	955 €
From 25/08/24 to 31/08/24	Guaranteed departure	955 €
From 01/09/24 to 07/09/24	Guaranteed departure	955 €
From 08/09/24 to 14/09/24	Guaranteed departure	955 €
From 15/09/24 to 21/09/24	Open departure	895 €

## 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;
- Shower tokens in accommodation if required;
- Baggage transport between accommodation (except on Day 1 and Day 3);
- Bus transfers.

### The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- 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 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 1 and 3, between accommodation by our logistics vehicle where access is not always easy.

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



## 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 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