

GRAND TOUR DES GLACIERS DE LA VANOISE 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 some of the major landscapes in the Alps, this tour offers you the chance to enjoy the massif a little longer by tackling the Col du Souffre and the Gébroulaz glacier to the west (depending on conditions). Just over a week's trek, with no transfers and some nights in small mountain refuges, total immersion guaranteed!

🕒 9 days

👤 Guided / with a guide

🚚 With or without baggage transport

🛏 Accommodation : Classic (dormitory)

🏔 Level : ***

🏠 From : 1190€

You will like

- Wild and preserved territory of France's first National Park
- An original journey around the "Dômes de la Vanoise" glaciers
- Passing through the typical village of Pralognan-la-Vanoise
- Crossing the Col du Souffre along the Gébroulaz glacier
- The great variety of landscapes between the Maurienne and Tarentaise valleys
- No transfers during your trek for a full immersion
- Accommodation in gîtes and refuges

The route

Day 1

Meet at 10:30am at Termignon Tourist Office, departure of the hike.

TERMIGNON - BELLECOMBE

The hike starts in Termignon, along the Doron de Chavière, with a slightly steep climb through meadows and forest. The effort is rewarded with a spectacular view of the mountain pastures: a vast panorama, turquoise lakes reflecting the snow-capped peaks, stone chalets and a few Tarines grazing in the background! Overnight in a refuge, in rooms for 4 people.

5 hour walk / Elevation: +1300 m -200 m / 11km

Day 2

AIGUILLES DE LANSERLIA - REFUGE DE LA FEMMA

A wild day to get into the spirit of the heart of the park. The first climb takes you to the Lanserlia lakes, surrounded by sparse vegetation. The route continues across high plateaux to the Rocheure valley and the Femma refuge. The hike can be extended to the superb wild Turc plateau. Overnight at the refuge in a dormitory, **without luggage**.

5 hour walk / Elevation: +650m -600m / 14km (+/- 150 / 2km with the Pointe de Lanserlia)

6.30 hour walk / Elevation: +900m -900m /15km (through Pointe de Lanserlia and plateau du Turc)

Day 3

COL DE PIERRE BLANCHE - REFUGE ENTRE DEUX EAUX

The morning begins with an ascent to the Col de Pierre Blanche, amidst alpine meadows and marmots. The pass leads to the wild Leisse valley at the foot of the huge south face of the Grande Casse (3855m). This valley leads quietly to the refuge d'Entre Deux Eaux and depending on the season, a visit to the farm below is a must! Night in the refuge in dormitory, **without luggage**.

5.5 hour walk / Elevation: +550m -750m / 15km

Day 4

COL DE LA VANOISE - PRALOGNAN LA VANOISE

Cross the Leisse valley and climb to the Col de la Vanoise at the foot of the Grande Casse; the Vanoise glaciers. Descent to the village of Pralognan la Vanoise via Lac Long and the famous ford of Lac des Vaches. Overnight in a hotel room.

5h30 walk / Elevation : + 500m / -1250m / 14km

Day 5

MONT CHARVET RIDGE

A looped itinerary from Pralognan to discover one of the valley's most famous hikes and the surprising atmosphere of a gypsum mountain. A variety of landscapes, 360° panoramic views, a colorful palette... the program for this magnificent day. The Petit Mont Blanc (2680m) (+/- 1000m) or the Petit Marchet cirque and the Col de la Valette (2554m) (+ 1150m / - 840m) are possible alternatives for this day.

Return to Pralognan for a second night in a hotel room.

6h30 walk / Elevation : 1050 m -1050 m /14km

Day 6

COL DES SAULCES – COL DE CHANROUGE – REFUGE DU SAUT

Ascent to the Col des Saulces, below the Petit Mont Blanc, the perfect vantage point over the Pralognan valley, the

Massif de le Grande Casse and the whole of the Dômes de la Vanoise. Cross under the Aiguille du Râteau through the alpine meadows to reach the Chanrouge valley and the refuge du Saut, above the resort of Méribel, **without luggage**.
7h walk / Elevation : +1400 m ; -650 m / 15km

Day 7

COL DU SOUFFRE - COL DE CHAVIERE - L'ORGERE

From the hut, the route takes in a colorful atmosphere along the Gébroulaz glacier to the Col du Soufre (2817m). The mineral landscape continues between Lac Blanc and Col de Chavière (2896m) in an exceptional geological universe. Back to the mountain pastures with the descent to Lac de la Partie and the Vallon de l'Orgère. Night at the refuge in dormitory.

7 hour walk / Elevation: +1150 m -1350 m / 17km

Day 8

THE PATH OF BARBIER - REFUGE DE PLAN SEC or LA DENT PARRACHÉE

A long traverse along the Parc de la Vanoise nature trail to the Col du Barbier, through one of the region's most beautiful forests. Enter the Aussois valley, above the Plan d'Amont and Plan d'Aval dam lakes. Short detour to Col de la Masse at 2923 m. Night at the refuge de Plan Sec (or La Dent Parrachée), **without the luggage**.

5 hour walk / Elevation: +900 m - 500 m / 12km

5.5 hour walk / Elevation: +1200 m - 800 m (through le col de la Masse / 12km

Day 9

SENTIER BALCON DU GENEPY - TERMIGNON

The route ends with a long balcony overlooking the Maurienne valley and the Arc torrent. The path winds under the foothills of the Dent Parrachée and the L'Arpont glacier before descending to the village of Termignon.

7h walk / Elevation: + 500 m -1500 m / 19km

End of the hike at Termignon around 3.30pm.

The trip

LEVEL ***

Elevation: +/- 550m to 1250m on average per day.
Walking time: 5-7 hours on average per day.
Type of trek: mountain route with no particular technical difficulties.

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](#)

GROUP

Number of participants: between 6 and 14 people supervised by a qualified professional (mountain leader).

LUGGAGE TRANSPORT

Your luggage is transported to your accommodation by a logistics vehicle on days 1, 4, 5 and 7.

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

CLASSIC:

8 nights in refuges, in dormitories.
All accommodation is equipped with hot showers (except where water is in short supply).

MEALS

Breakfast and dinner are provided in each accommodation.
For lunch, your guide will prepare a picnic based on salads of regional 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.

Practical information

ACCESS TO DEPARTURE POINT

Departure from Termignon. Meet at 10.30am at the Tourist Office.

BY TRAIN

Departure (the day before): from Paris Gare de Lyon, arrival at Modane. Then bus line S52, from Modane to Termignon. Return: bus line S52, from Termignon to Modane. Then train, departing from Modane, arriving at Paris Gare de Lyon. Timetables must be checked with the SNCF. For the S52 bus, consult the [mobility guide](#) or [Cars Région Savoie](#).

BY CAR

Take the motorway to Modane, then follow signs for Termignon. Free car park in Termignon in the village centre.

End of the tour in Termignon.

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

[Hôtel l'Outa](#) : +33 (0)4 57 40 00 34

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 29/06/24 to 07/07/24	Open departure	1190 €
From 06/07/24 to 14/07/24	Open departure	1190 €
From 13/07/24 to 21/07/24	Guaranteed departure	1190 €
From 20/07/24 to 28/07/24	Open departure	1190 €
From 27/07/24 to 04/08/24	Open departure	1190 €
From 03/08/24 to 11/08/24	Last places available	1190 €
From 10/08/24 to 18/08/24	Guaranteed departure	1190 €
From 17/08/24 to 25/08/24	Open departure	1190 €
From 24/08/24 to 01/09/24	Open departure	1190 €
From 31/08/24 to 08/09/24	Open departure	1190 €
From 07/09/24 to 15/09/24	Open departure	1165 €

THE PRICE

Includes :

- Supervision by a qualified mountain leader;
- Full board meals and snacks;
- Nights in huts, in dormitories;
- Luggage transport on days 1, 4, 5 and 7;
- Tourist tax and booking fees.

Does not include :

- Personal expenses (drinks, visits...);
- Luggage transport on days 2, 3, 6 and 8;
- The journey from your home to the start point and back;
- Cancellation insurance (4.2% of the total price of the tour).

The price is all inclusive from the meeting point to the departure 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 40 to 50 litres for your personal belongings for the day (warm clothes, waterproofs, water, picnic box and cutlery, sunscreen and your identity document). Please keep a little room to carry your picnic and snacks.

Your luggage has to be big enough to contain your belongings for the nights without luggage.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your luggage will be transported between accommodations, except on days 2, 3, 6 and 8 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!

YOUR BACKPACK FOR YOUR NIGHTS WITHOUT LUGGAGE

On nights 2, 3, 6 and 8, 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

- Online: www.altitude-montblanc.com
- By telephone: +33 (0)4 50 79 09 16
- 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).

Once we have received your registration, we will then send you, by e-mail, a proforma invoice per couple with a request for a 30% deposit, together with the login for your account with Altitude Mont-Blanc ("my account" section). You can pay by credit card, bank transfer, cheque or holiday vouchers. You will then receive confirmation of your booking. The balance of the stay must be paid 1 month before departure, without any reminder from us. Once you have paid, we will send you your roadbook.

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