

# GRAND TOUR DES GLACIERS DE LA VANOISE self-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

👤 Self-guided / without a guide

🚚 With or without baggage transport

🏠 Accommodation : Classic (dormitory)

👉 Level : \*\*\*

🏠 From : 710€

## You will like

- Wild and preserved territory of France's first National Park
- An original journey around "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 high mountain refuges

# The route

## Day 1

### **TERMIGNON - REFUGE DE 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! Settling for two nights in refuge.

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

## Day 2

### **REFUGE DE BELLECOMBE - LES AIGUILLES DE LANSERLIA**

Hike to the Lanserlia lake, a short walk that will plunge you into the most secret atmosphere of the Vanoise. You can extend the hike to the superb wild plateau of Le Turc, then descend via the Rocheure valley. Overnight at the refuge.

5 hour walk / Elevation: +600m -600m+/-850m / 15km (with the ascent of la Pointe de Lanserlia)

7 hour walk / Elevation: +960m -960m (through le plateau du Turc)

## Day 3

### **COL DE LA VANOISE - PRALOGNAN**

Cross the Leisse valley and climb to the Col de la Vanoise (2517m) between the Grande Casse, the massif's highest point (3855m) and the Vanoise glaciers. Descent to the village of Pralognan-la-Vanoise via Lac Long and the famous Lac des Vaches ford. Night in hotel in bedroom.

7.30 hour walk / Elevation: +600m -1500 m / 20km

## Day 4

### **THE RIDGES OF MONT CHARVET – PRALOGNAN LA VANOISE**

A gorgeous loop from Pralognan to discover one of the most famous hikes of the valley. Various landscapes, 360° scenery and amazing colours. The Petit Mont Blanc (2680m)(+/- 1000m) or the Petit and Grand Marchet circus (2554m) (+1150m / - 840m) are other options for that day. Back to Pralognan in the afternoon for a second night in a hotel.

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

## Day 5

### **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 la 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. Night in the refuge, **without luggage.**

7h walk / Elevation : +1400 m ; -700 m / 15km

## Day 6

### **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.

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

## Day 7

### **THE PATH OF BARBIER - REFUGE DU MONTANA**

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. Another more alpine itinerary is possible, through the Col de la Masse at 2923 m. Night at the refuge Le Montana.

5 hour walk / Elevation: +1000 m -700 m / 14km

5.5 hour walk / Elevation: +1200 m -950 m / 12km (through Col de la Masse)

## **Day 8**

### **BALCON DU GENEPEY - REFUGE DE L'ARPONT**

The tour carries on with a long balcony crossing overlooking the Maurienne valley and the Arc torrent. The path winds under the foothills of the Dent Parrachée and the Arpont glacier to reach the refuge of the same name. Overnight in a dormitory **without your luggage**.

6 hours walk / Elevation: +750 m -750 m / 16km

## **Day 9**

### **DESCENT TO TERMIGNON**

Direct descent to Termignon from l'Arpont, retracing a few of the previous day's steps and then via the Mont alpine pastures.

2H30 walk / Elevation: -1000 m

**End of the hike in Termignon.**

**In July and August**, it's possible to do a long loop via the Lozières lakes, then a descent to the Plan du Lac refuge and the Bellecombe parking lot. Then take the bus for the final descent to Termignon.

5h30 walk / Elevation : +740 -730m

**End of hike at Auberge de Bellecombe, return to Termignon by shuttle bus.**

# The trip

## LEVEL \*\*\*

Elevation: +/-250m to 1350m on average per day.  
Walking time: 5 to 6 hours on average per day.  
Type of trek: mountain route with no technical difficulty.

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](#).

## ROAD BOOK

Before departure, we will send you a travel folder containing:

- 2 IGN TOP 25 maps with the route highlighted;
- 1 road-book containing all the information necessary for the trek;
- 1 waterproof map holder;
- Accommodation list.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is well indicated with yellow paint markings and regular signs on the ground.  
The trails are also numbered.  
It is preferable to know how to read a 1/25000 topographical map.

## LUGGAGE TRANSPORT

Two options are available:  
**without luggage transport:** you carry your luggage.  
**with luggage transport:** your baggage is transported by our logistics vehicle except on days 3, 5 and 8.

## ACCOMMODATION

### CLASSIC:

2 nights in a 4 to 6-person dormitory in refuge, 2 nights in gite in a 2 to 4-person bedroom and 4 nights in refuge, in dormitory.

### COMFORT:

5 nights in a 2 or 4-person bedroom (depending on the exact number of participants) in gite, hotel or refuge and 3 nights in refuge, in dormitory.

Hot showers in each accommodation. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

## MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included and can be pre-ordered in each accommodation the day before. Please inform us about your food allergies and special diets **when 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.

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## **MAPS**

IGN MAPS 1:25000: Les Arcs 3532ET, Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

# Practical information

## DEPARTURE

Choice of departure from 25th June to 4th September 2024

## ACCESS TO DEPARTURE POINT

### BY TRAIN

Outward journey: Departure from Paris to Modane. Then bus from Modane to Termignon.

Return: Bus from Termignon to Modane. Train from Modane to Paris

Bus Modane <> Termignon : [Altibus](#)

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

### BY CAR

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

### CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: [www.blablacar.fr](http://www.blablacar.fr) [www.laroueverte.com](http://www.laroueverte.com)

**End point in Termignon to collect your luggage.**

## 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

## 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

Departure from 25th June to 4th September 2024

### **Without luggage transport**

**710€** per person, classic accommodation

Single departure (without luggage transfer): +80€

**Comfort option** (5 nights in a 2-person bedroom): +60€ per person

### **With luggage transport (except on days 3, 5 and 8)**

**2 persons: 1250€**/person, classic accommodation

**3 persons : 1075€**/person, classic accommodation

**4 persons : 990€**/person, classic accommodation

**5 persons : 945€**/person, classic accommodation

**6 persons : 915€**/person, classic accommodation

**Information and booking by telephone or e-mail.**

## THE PRICE

### The price includes:

- 8 nights half-board from dinner of the first day to breakfast of the last day;
- The road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement: 10-25€);
- Luggage transport except on days 3, 5 and 8 , if you have chosen the option;
- Organisation and booking fees, tourist tax.

### The price does not include:

- Picnic lunches (approximately €12/ pers./ day);
- Hot shower tokens if required;
- Personal expenses, drinks, touristic visits, etc.;
- The bus back to Termignon on Day 9 (about €6) or taxi transfer in low season (June & September);
- The return journey from your home;
- Travel insurance.

**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 40 to 50 litres for your personal belongings for the day (warm clothes, waterproofs, water, picnic box and cutlery for your picnic, sunscreen and your identity documents) and please keep a little room to carry a picnic and snacks.

Your bag should be big enough to hold your belongings for days without luggage.

## BAGGAGE 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 on days 3, 5 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 3, 5 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](http://www.altitude-montblanc.com)
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your contact details
  - Surname, First Name, Date of birth
  - Address
  - Email
  - Telephone
  - Mobile phone

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:

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