





# LAKES AND HIGH PASSES OF VANOISE

6 days at the heart of France's first National Park




The first of its kind in France, the Vanoise National Park was established in 1963. A vast territory where flora, fauna and a rocky mineral world are all preserved. Between the Maurienne and Tarentaise valleys, its borders meet the Gran Paradiso massif in Italy forming the largest nature reserve in Europe. At the centre of this mountain range lays the icecap of the Domes de la Vanoise, extending over twenty kilometres. This journey, at the heart of the park, takes a route via high mountain passes which connect Aussois, Pralognan and the Haute Maurienne. Trails at high altitude in a fragile mineral world, through vast mountain pastures of the Vanoise where dry-stone buildings punctuate this beautiful route.

 6 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 860€

## You will like

- The wild and protected area of the first National Park in France
- A route over high mountain passes along glacier of Dômes de la Vanoise
- A great variety of landscapes between Maurienne and Tarentaise valleys
- 6 days of total immersion

# The route

## Day 1

**Meeting point on Sunday at 2:15pm at Aussois tourist point (or in front of Modane train station at 2:00pm). Plan to have lunch before.**

### AUSSOIS - PLAN D'AMONT LAKE

Cross Aussois village, climb up to Côtes hamlet and continue to Aval and Amont lakes to Plan Sec refuge. Night in a dormitory in the refuge, **without luggage**.

3 hour walk / Elevation: +850m / 6km

## Day 2

### AUSSOIS PASS - LES PRIOUX

Start from Chapelle Notre Dame des Anges. Climb to Aussois pass (2914m) with its backdrop of Dôme of Vanoise, Dent Parrachée and Mont-Blanc. From the pass, possible to continue to the Observation Point at 3015m. Descend through the Ritor valley to Prioux. Night in refuge.

7hour walk / Elevation: +750m -1450m / 16km

## Day 3

### VALLON DE CHAVIÈRE - LES BARMETTES

Smaller hike through the Chavière valley to the lovely village of Pralognan la Vanoise. Going up in the Arcelin circus, below the Aiguille de la Vanoise, before crossing the Col de Moriond and its amazing scenery. Down to the Barmettes, at the top of the Pralognan ski area. Night in a refuge.

Depending on the weather and the group, a longer hike is possible by the Petit Mont Blanc or the Mont Charvet ridges.

5 hour walk / Elevation: +850m -450m / 13km

## Day 4

### VANOISE PASS - ENTRE DEUX EAUX or PLAN DU LAC

From the refuge, climb to the Vanoise pass (2517m). Amazing views over Aiguille de la Vanoise and Grande Casse (3855m), highest point of the mountain range. Passing Lac des Vaches and its famous ford, follow Long and Rond lakes to arrive in Leisse valley and Entre Deux Eaux or Plan du Lac refuges. View over the Dômes de la Vanoise. Night in a refuge.

6 hour walk / Elevation: +900m -520m / 14km

## Day 5

### ROCHEURE LAKE - FOND DES FOURS

Departure towards Rocheure valley, climb up to the lake and to the mountain pass at 2900m high. Cross the desert and wild Méan Martin high glacial plateau to reach the foot of the north face and the Fond des Fours refuge. Night in a refuge, **without luggage**.

7 hour walk / Elevation: +900m -800m / 18km

## Day 6

### COL DES FOURS - BONNEVAL SUR ARC

Climb to Col des Fours (2976m), then descend to Pont de la Neige below the Iseran mountain pass. Cross mountain pastures to arrive at the very pretty Bonneval-sur-Arc village.

5.5 hour walk / Elevation: +500m -1200m / 11km

**At the end of the tour, taxi transfer to Aussois or Modane arriving at 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. (depending on the natural conditions and the fitness of the group).*

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*

Elevation: +/- 900m approximately per day.

Walking time: 5 to 7 hours per day.

Type of trek: mountain hike on marked trails including gravel paths.

You need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: [levels of difficulty](#)

**Please note:** some névés will be present on the paths until the end of June, particularly on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

## GUIDING

Group between 6 and 14 people supervised by a qualified mountain leader.

The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.

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: 5 nights in refuge, in dormitory.

All accommodation offers hot showers except on day 5 at Fond des Fours refuge. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

## MEALS

Breakfasts and dinners are provided in each accommodation. Picnics are included. They are carefully and daily prepared by your mountain leader, comprising a variety of healthy salads and local products (except Day 1).

We do our best to accommodate special diets (gluten-free, vegetarian etc.), but we ask you to bring extra food for your picnic lunches. 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

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

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Monday at 2:30pm in front of Aussois tourist office (or in front of Modane train station at 2:15pm). Plan to have lunch before meeting.**

### BY TRAIN

*Timetables must be checked on [www.oui.sncf](http://www.oui.sncf)*

### BY CAR

Take the A6 motorway to Lyon, then the A43 direction Chambéry and Modane.  
At Modane follow direction Aussois via the D215. Free parking next to the tourist office.

### CAR-SHARING

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

**At the end of the tour, taxi transfer to Aussois or Modane arriving at 4:30pm.**

## ACCOMMODATION BEFORE AND AFTER

Aussois Tourist Office: +33 (0)4 79 20 30 80  
[www.aussois.com](http://www.aussois.com)

## 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 21/07/25 To 26/07/25	Last places available	860 €
From 28/07/25 To 02/08/25	Last places available	860 €
From 04/08/25 To 09/08/25	Full	860 €
From 11/08/25 To 16/08/25	Guaranteed departure	860 €
From 18/08/25 To 23/08/25	Guaranteed departure	860 €
From 25/08/25 To 30/08/25	Open departure	860 €
From 01/09/25 To 06/09/25	Guaranteed departure	860 €
From 08/09/25 To 13/09/25	Guaranteed departure	835 €

## THE PRICE

### Includes:

- Organisation and booking fees, guiding by a qualified mountain leader;
- Accommodation with half-board formula from dinner on day 1 to breakfast on day 6;
- Lunchtime picnics and snacks;
- Tourist tax and shower token if needed in accommodations;
- Luggage transfer between accommodations (except on Days 1 and 5);

### Does not include:

- Personal expenses (drinks, visits, etc.);
- Luggage transfer on Days 1 and 5 ;
- Lunch on day 1;
- 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
- Lightweight down jacket
- 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 (0.40L to 0.50L)
- 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 5) 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!**

## BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

**On nights 1 and 5**, 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



## 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  
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).

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