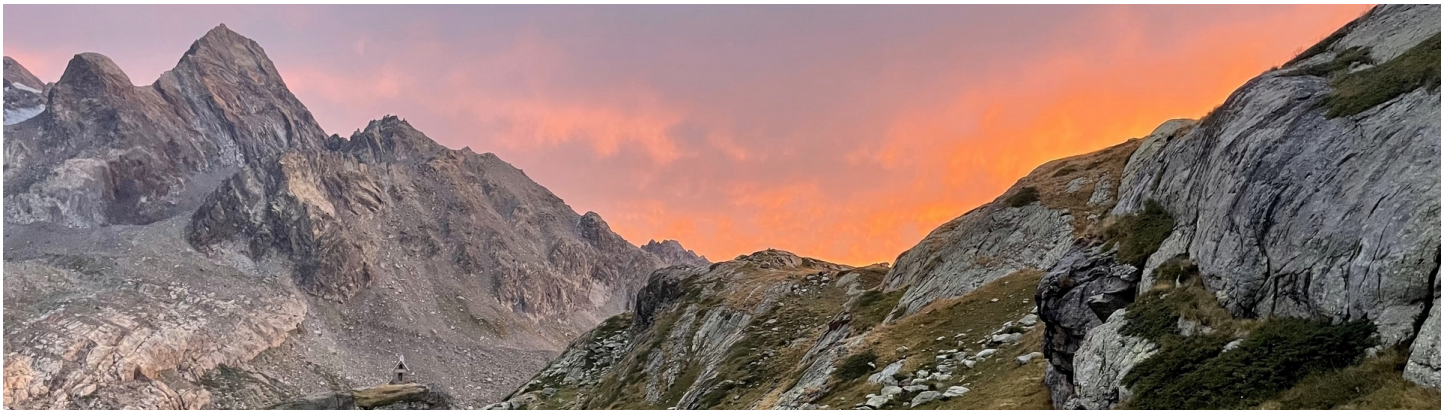


## THE RUITOR CIRCUIT AND ITS SUMMIT

The Tour and ascent of the little brother of the Grand Paradis, at 3486 m.



Embark on the adventure of the Tour du Ruitor, a wild 7-day trek at the heart of the Franco-Italian Alps, perfect for nature lovers and beginners seeking their first high-mountain experience. Far from the beaten path, explore the secret valleys, majestic glaciers, and pristine high-altitude lakes of this wild and preserved region straddling the Aosta Valley and Savoie. This adventure, rated between 3 and 4 stars, offers the opportunity to experience mountaineering in a setting that is accessible to the greatest number, with safety ensured. The highlight of the journey is the ascent of the Ruitor summit at 3,486 meters. An ideal alternative for those who are not yet ready for the nearby Grand Paradis summit but want to feel the thrill of reaching an iconic peak. A journey of discovery and self-overcoming, in close connection with the elements.

🕒 7 Days

👤 Guided / with a guide

🧳 With or without luggage transportation

🛏 Accommodation : Classic (dormitory)

🧭 Level : \*\*\*\*

🏠 From : 1260€

### You will like

- Crossing of major wild mountain passes with incredible views of sparkling lakes and preserved valleys.
- Easy wildlife observation, with abundant fauna around this very remote and wild route, far from the typical hiking trails.
- The ascent of Ruitor, the little brother of Grand Paradis, an accessible yet wild and equally stunning summit.
- The warm hospitality of Italian mountain huts.
- A departure from Chamonix or La Thuile in Italy.

# The route

## Day 1

Meet Sunday at 11.30 am at Soudara carpark (end of the road), in La Thuile, Italy.

### LA THUILE - REFUGE DEFFEYES

Your trek begins with an ascent through the forest along the Ruitor stream. Once you reach 2100 meters, the forest opens up, giving way to a more rugged, alpine landscape with lakes. You will arrive at the Deffeyes refuge, nestled amidst the stunning Ruitor lakes. Overnight in the refuge, with **no luggage transport**.

3 hour walk / Elevation: +900m

## Day 2

### COL DE LA LOUIE BLANCHE - REFUGE DE L'ARCHEBOC

The day begins with the discovery of the spillway of the Ruitor lake before entering the Bellecomba valley, home to beautiful lakes. You will cross into France via the Louie Blanche pass (2583m) and the valley of the same name, leading you to the hamlet of La Savonne. From there, you'll ascend the beautiful Mercuel valley to reach the refuge. Overnight at the Archeboc refuge, with **no luggage transport**.

6 hour walk / Elevation: +590m -1060m

## Day 3

### COL DU MONT - REFUGE BEZZI

The day kicks off with the ascent of the Col du Mont, which will bring you back into Italy. From the pass, enjoy stunning views of the highest peaks of the Tarentaise on one side and the Grand Paradis on the other. The trail then descends to the hamlet of Surier before climbing along the Valgrisenche river to reach the refuge. Night at the Bezzi refuge.

6 hour walk / Elevation: +1100m -850m

## Day 4

### LAGO DI SAN MARTINO - REFUGE DE L'EPEE

The itinerary climb above the refuge, with the option of hiking to Lac Saint Martin before continuing through the mountain pastures beneath the summit of Grande Rousse. You will then reach the Chalet de l'Epée, located facing the Ruitor and overlooking Lake Surier, which floods the meadows of the upper Valgrisenche valley. Night in refuge, with **no luggage transport**.

4 hour walk / Elevation: +660m -580m

5 hour walk / Elevation: +850m -760m

## Day 5

### THE VALGRISENCHÉ BALCONIES

Through the meadows of Praz-Londzet and Verconey, you will join the Pope's Trail to Boregne. The route then descends to Revers before reaching the hamlet of Planaval. An alternative route is also available via the main village of Valgrisenche for those who wish to experience more of the valley's atmosphere (wood sculptures, lace-making).

6 hour walk / Elevation: +540 m -1350 m

## Day 6

### PASSO ALTO - REFUGE DEFFEYES

A short transfer to the Val de Fond before ascending towards the Passo Alto (2860m), which is reached after a beautiful

climb. The route then descends to the Deffeyes refuge, nestled among its sparkling lakes. Night at the refuge, with **no luggage transport**.

*4h30 hour walk / Elevation: +1200m -400m*

## Day 7

### **RUITOR SUMMIT AT 3486 M**

Roped ascent to the summit of Ruitor at 3486 m. Return to the refuge and descent to La Thuile, the starting and ending point of the trek.

*8 hour walk / Elevation: +1050m -1950m*

### **End point Saturday around 4:30pm in La Thuile.**

Return transfer if you have chosen the option - arrive in Chamonix around 6:15pm.

The program has been established based on the most up-to-date information available at the time of its creation; however, unforeseen circumstances may arise, and situations beyond our control could alter its course.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*\*

Elevation gain: +/-600 to 1100 meters on average per day.

Walking time: 4 to 6 hours per day.

Type of hike: The route often follows rocky paths. While it does not present any particular technical difficulty, even on the last day for the summit ascent, this trek is physically demanding and requires the ability to handle nearly 1000 meters of positive elevation gain per day over an entire week.

Snow will still be present along the route until at least the end of June. You will likely walk on long stretches of snow, which makes the trail a bit more challenging. Mountaineering boots, gaiters, and trekking poles are mandatory. Be prepared!

**Ascent of Ruitor (3486 m):** walking with crampons, no particular technical or vertigo-inducing difficulty, but it is a long stage of walking on a glacier.

It is necessary to be in good general physical condition. Regular endurance exercise such as walking, running, or cycling for 3 to 4 hours per week is recommended. Your physical preparation will make your trip easier and will allow you to enjoy it even more.

Discover the description of the hiking levels by clicking here: [hiking levels](#).

## GUIDING

The number of participants is between 6 and 14, supervised by certified professionals (a mountain guide and a high-altitude guide). At the beginning of the season, the number of participants may be reduced depending on snow conditions. The mountain guide or high-altitude guide may need to modify the program to adapt it to the participants' level and/or natural conditions. They remain the final decision-makers.

As a thank you, 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 dormitory in mountain refuges or gite and 1 night in a 2-4 person room. All accommodations are equipped with hot showers. 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 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 Valsavarenche-Val de Rhême-Val Grisenche N102, Edition Instituto Geografico Centrale  
Carte TOP 25 n° 3532 ET - Les Arcs & La Plagne (PN de la Vanoise) | IGN

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Sunday at 11.30 am at Soudara carpark (end of the road), in La Thuile, Italy.**

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

Meeting point at 9:45am in front of the Chamonix SNCF train station for a 1h15 drive.

If you are driving, there are several free parking spaces in the village of Les Houches, Prarion area. Meeting point at 9:30am in front of the Jacquier bakery at Prarion, Les Houches. You will meet your driver there.

### BY TRAIN

From Aosta via Turin or from Chamonix via Paris (Paris Gare de Lyon > Chamonix).

Timetables should be checked with [SNCF](#).

### BY CAR

#### VIA THE COL DU PETIT-ST-BERNARD

If you are coming from the southern half of France, take the A43 motorway to Chambéry, then the A30 to Albertville and continue to Bourg St Maurice. Cross the French-Italian border at the Col du Petit St Bernard (a very good mountain road), then reach the village of La Thuile. At the center of the village, just after the Ruitor bridge, turn right onto the road towards La Joux. Continue to the end of this road where you will find a large car park.

#### VIA THE MONT-BLANC TUNNEL

From Mâcon or Lyon, take the A40 motorway towards Geneva. As you approach Chamonix, follow signs for the Mont-Blanc Tunnel and Aosta. In Italy, do not take the motorway (green signs), but follow the national road towards Aosta until you reach the village of Pré-St-Didier. Then, turn right towards the Col du Petit-St-Bernard and continue to the village of La Thuile. At the center of the village, just before crossing the river, turn left onto the road towards La Joux. Continue to the end of this road where you will find a large car park.

If you choose the Chamonix/La Thuile transfer option:

Free parking: Several free parking areas in the village of Les Houches, Prarion area. Meeting point at 9:15 AM in front of the Jacquet bakery at Prarion, Les Houches. You will meet your driver there.

Covered parking: Chamonix Park Auto in Chamonix: 04 50 53 65 71.

**End point around 4.30pm in La Thuile. Transfer to Chamonix if option chosen (1h15 drive).**

*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](http://www.chamonix.com)

La Thuile, Aosta - Hôtel Le Miramonti : +39 01 65 88 30 84

Pré-St-Didier, Aosta - QC Termemontebianco : +39 02 89 74 72 07

Office du tourisme d'Aoste : +39 01 65 23 66 27

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

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

## TO 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 13/07/25 To 19/07/25 **Open departure 1260 €**

From 03/08/25 To 09/08/25 **Open departure 1260 €**

From 17/08/25 To 23/08/25 **Open departure 1260 €**

From 31/08/25 To 06/09/25 **Open departure 1260 €**

## THE PRICE

### The price includes:

- Organizational fees and supervision by a certified mountain guide and a certified high-altitude guide for the ascent of Grand Paradis.
- Half-board accommodation, lunchtime picnics and snacks during the day;
- Shower tokens in refuge and tourist tax;
- Rental of equipment for the ascent (helmet, crampons, and harness);
- Luggage transfer on days 3 and 5, as well as the road transfers specified in the technical sheet.

### The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Airport taxes;
- The Chamonix-Pont-Chamonix transfer option (50€);
- Cancellation insurance.
- Travel from your home to the meeting point and back.

**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, already broken in with a good sole stiff enough to support crampons (no trail running shoes or flexible hiking shoes). Crampons to suit all types of hiking boots will be available, it is not necessary to have glacier mountaineering boots.
- 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 for the climb to the summit)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of about 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.

## EQUIPMENT FOR THE SUMMIT

The equipment for the ascent of Ruitor is included in your package (crampons, harness, helmet, and ice axe). A climb at over 3000 meters requires warm gear in case of bad weather (**thermal tights, hat, waterproof gloves, down jacket + Gore-Tex jacket, pants, at least hiking pants, preferably mountaineering pants and a headlamp...**), as well as a **good pair of rigid, high-top boots** (no low trail shoes). Trekking poles are essential. **You will need to carry this equipment to the refuge on the first day of your trip and can leave it there for the duration of your trek, until the day of the ascent.**

## LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported on days 3 and 5, 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!**

## YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

**On nights 1, 2, 4 and 6**, your luggage won't be dropped off at your accommodation. 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

- 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 (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