




TOUR DES GLACIERS DE LA VANOISE Comfort self-guided

Our flagship tour, in the heart of France's first national park... with the comfort of a bedroom !





Between the high valleys of Maurienne and Tarentaise, the Vanoise massif is a condensed version of all the richness of the Alps: geological crossroads, protected climatic conditions and altitudes that range up to the 3855m of La Grande Casse allow for a magnificent diversity of landscapes, flowers and the remarkable presence of all the alpine fauna, at the limit of the "High Mountain".

This is our revisited Tour des Glaciers, with accommodation in rooms and new stages. A tour for a privileged immersion in this exceptional mountain!

 6 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : ***

 From : 585€

You will like

- The wild and preserved territory of France's first national park
- An original itinerary around the glaciers of the Dômes de la Vanoise
- A visit to the typical village of Pralognan-la-Vanoise
- Accommodation in friendly refuges and hotels, in rooms.

The route

Day 1

TERMIGNON - AUBERGE DE BELLECOMBE

The hike starts in Termignon, along the Doron de Chavière river, by a steep path up across forests and grass fields. The effort pays off after arriving in the pastures, with a stunning scenery on mountain lakes, snowy mountain tops and stone houses. Installation for two nights in a refuge (2350m),

5h walk / Elevation : +1250 m -200 m / 11km

Day 2

TOUR DES AIGUILLES DE LANSERLIA

From the refuge, set off on a loop hike around the Aiguilles and up to the summit of the Pointe de Lanserlia, a route that will plunge you into the most secret atmosphere of the Vanoise. With the option of a tour of the wild Turc plateau from Lac de Lanserlia (2700m).

Back to the same refuge.

6h walk / Elevation : +850 m -850 m / 15km (with the ascent of Pointe de Lanserlia)

Day 3

COL DE LA VANOISE - PRALOGNAN LA VANOISE

Across the vallon de la Leisse and up to the col de la Vanoise (2517m) between the Grande Casse, highest summit of the mountain range (3855m), and the Vanoise glaciers. From the pass, down to the village of Pralognan, across the famous ford of Lac des Vaches. Installation in a hotel for two nights in Pralognan.

7h30 walk / Elevation : +600 m -1500 m / 20km

Day 4

THE RIDGES OF MONT CHARVET – PRALOGNAN LA VANOISE

A gorgeous loop from Pralognan to discover one the most famous hike 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 D'AUSOIS – REFUGE LE MONTANA OR REFUGE DE PLAN-SEC

The tour of the glaciers continue with the ascension of the col d'Aussois. After a short transfer (by free shuttle bus (in July/August) or taxi (at your own expense)), a quiet start in the Chavière valley and a little break for local cheese in the Ritor pasture, the path climb across a landscape that become more and more mineral, all the way to the Col d'Aussois at 2914m ! Descent above the Maurienne valley to the dam of Plan d'Amont. Night in a refuge.

7h walk / Elevation : +1320 m -860 m / 17km

Day 6

BALCONY PATH OF THE GENEPEY – TERMIGNON

The tour ends with a gorgeous path above the valley of Maurienne and under the Dent Parrachée and the glacier of Arpont before the final descent to the village of Termignon.

6h30 walk / Elevation + 600 m -1500 m / 16km

End of the hike in Termignon around 16h30.

The trip

LEVEL ***

Height difference : +/- 450m to 1350m

Walking time : 4h to 6h30 per day

Type of walk : mountain hike on marked trails including gravel paths. Some variants are proposed with steeper passages requiring a sure footing.

You have to be in a general good fitness level. Please practice a cardio sport as us 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

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 25 maps with the route
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

LUGGAGE TRANSPORT

This hike straddles between the Maurienne Valley and the Tarentaise Valley. It involves long distances to transport your luggage. We offer you three option in order to limit cost and environmental impact:

Without luggage transport: all your luggage is carried by you.

With luggage transport: your luggage is transported to your accommodation each day by a logistics vehicle.

With luggage transport: your luggage is transported to your accommodation by a logistics vehicle, except on days 3 and 4.

You luggage is only transported in the Maurienne Valley. You get back your 10kg luggage on day 5.

ACCOMMODATION

COMFORT :

2 nights in a refuge in a room for 4 people,

2 nights in a hotel in a double room,

1 night in a refuge in a double room.

All accommodation is equipped with hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

The accommodations that welcome you on the first and last days of this tour offer the comfort of very recent double rooms, which allow more privacy than in a dormitory, with shared sanitary facilities.

These are mountain refuges and not altitude hotels. One is a former mountain pasture chalet and the other is a refuge of the Vanoise Park. They compensate for a certain rusticity with an authentic setting and a warm welcome!

Special on Sundays evenings at Bellecombe refuge

Massage possible on Sundays evenings at Bellecombe refuge, please book with Véronique at 07 86 63 87 97 or contact@soifdebienetre.fr (a minimum of registrants is required).

THE MEALS

Breakfasts and dinners are provided in each accommodation.
Picnics are not included and can be ordered the day before in each accommodation.
You can buy food in the shops in Pralognan on days 3 and 4.

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 DEPARTING POINT

Start of the hike in Termignon.

BY TRAIN

Departure (the day before) : departure from Paris Gare de Lyon, arrival in Modane. Then bus from Modane to Termignon.
Return : bus from Termignon to Modane. Then train: departure from Modane, arrival Paris Gare de Lyon.
All train timetables must be checked on [SNCF](#).

BY CAR

Motorway to Modane then follow Termignon. Free car park in the city center of Termignon.

End of the tour in Termignon.

ACCOMMODATION BEFORE AND AFTER THE TOUR

[OT Termignon](#) : +33 (0)4 79 20 51 67 [Hotel** La Turra](#) : +33 (0)4 79 20 51 36

CONTACT US

If you are late, please call the agency: **+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Departures from 22nd June to 13th September 2024

Without luggage transport (daily departure)

Minimum 2 people : 585€ per person

Single departure, without luggage transport: please contact us

With luggage transport every day (departure on Sunday or on Tuesday)

For 2 people: **825€** per person

For 3 people: **820€** per person

For 4 people: **790€** per person

For 5 people: **770€** per person

For 6 persons: **760€** per person

With luggage transport except on nights 3 and 4 (daily departure)

For 2 people: **785€** per person

For 3 people: **700€** per person

For 4 people: **670€** per person

For 5 people: **655€** per person

For 6 persons: **645€** per person

THE PRICE

Includes :

- Half-board from dinner on the first day to breakfast on the last day;
- Accommodation in refuges and hotels, in rooms for 2/4 people;
- 1 road book file (paper) for the group and the digital version to download for each participant;
- Daily transport of luggage between the accommodations, depending on the chosen option;
- Organisational costs and tourist taxes.

Does not include :

- Picnics at lunchtime ;
- Shower tokens in the accommodations ;
- Possible transfers ;
- Personal expenses (drinks, visits...) ;
- The journey from your home to the reception area and back ;
- Cancellation assistance insurance 4.2% of the price of the stay.

The rate is all inclusive from the meeting point to the point of dispersion.

Equipment and baggage

EQUIPMENT

Clothing

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable" or merino wool T-shirts
- Breathable" or merino wool long johns
- Fleece or jumper
- Windbreaker or Goretex jacket
- Rain cape + gaiters or Goretex trousers + a bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with loops...1 pair per day)
- Hiking shoes already broken in and with well-spiked soles
- 1 change of clothes for the evening
- A change of shoes for the evening

Miscellaneous equipment

- Toilet bag
- Towel (quick-drying, available in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics
- Coffee cup
- Small personal first aid kit (painkillers, bandages, etc.)
- Survival blanket
- Headlamp or torch
- A sheet and a pillowcase (the gîtes provide blankets)
- Two telescopic poles (highly recommended)
- Valid identity card or passport

BACKPACK

A comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and some space for a picnic and snacks.

LUGGAGE 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 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!**

Details

REGISTRATION AND PAYMENT METHODS

- By post: form to be filled in below.

- By [internet](#)

- By phone : +33 (0)4 50 79 09 16

Please specify if you wish to take out cancellation insurance (4.2% of the price of the trip).

We will then send you, by e-mail, a proforma invoice (per couple) with a request for a 30% deposit, together with the details of 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 registration.
The balance of the stay must be paid 1 month before departure, without any reminder from us. Following your payment, we will send you your roadbook file.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.



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