

# TOUR DU RUITOR AND GRAN PARADISO ASCENT (4061m)

Edelweiss, ibex, glaciers... and mountaineering!



Ruitor and Gran Paradiso are two major peaks in the mountain range known as the Alpes Grées, on the border between Savoie and Val d'Aoste. This adventure will take you along wild and unspoilt paths between France and Italy, as close as possible to these two peaks passing through the Gran Paradiso National Park, the first Italian and European park to be home to one of Europe's richest mountain faunas: ibex, chamois, marmots, foxes and vultures rule the roost. This adventure is crowned by the ascent of Gran Paradiso, one of the giants of the Alps, standing at an altitude of 4061 metres.

🕒 12 Days

👤 Guided / with a guide

🚚 With or without luggage transportation

🏠 Accommodation : Classic (dormitory)

🧗 Level : \*\*\*\*

🏠 From : 1980€

## You will like

- Crossing major mountain passes and pastures full of flowers between Savoie and Vallee
- Easy wildlife watching, well protected in the heart of the park
- Climbing one of the most accessible 4000m peaks in the Alps
- The hospitality of Italian refuges
- Departure from Chamonix (France) or Pont (Italy)

# The route

## Day 1

Meet at 11.45am on Sunday at Pont, departure of the trek (picnic lunch will be taken at the start of the walk).

### **PONT - VALSAVARENCHÉ - VALLON DE NIVOLE**

Entering the Gran Paradiso National Park via the Nivolet mountain pasture to the 'Col de Nivolet'. This route immediately immerses you into wilderness, between 'Pointe Galisia' and the summit of Grand Paradis (4061m). Night in a refuge on the banks of 'Lac de Nivolet', **without luggage transfer**.

*3 hour walk / Elevation: +700m -100m*

## Day 2

### **COL ROSSET - REFUGE BENEVOLO**

The walk begins on a wide plateau punctuated by a dozen lakes: Rosset, Lieta... leaving unforgettable images. After the 'Col Rosset' at 3023m, descend into the pastures to reach the Gran Vaudala valley, then cross over to the Benevolo cirque. An alternative route is via the 'Col Basei' to get closer to the glaciers. Night in refuge.

*6.5 hour walk / Elevation: +500m -750m*

## Day 3

### **COL BASSAC DERE - REFUGE BEZZI**

Climb to the 'Col de Bassac Déré' at 3082m, below the Grande Sassièr. This high altitude stage runs alongside the Goletta glacier, its glacial lake and a small sandy beach! Descent along the Gliaretta glacier. Out there on the trails, ibex sometimes lurk, lying peacefully on the rocks.

*6.5 hour walk / Elevation: +800m -800m*

## Day 4

### **COL DU MONT or LAC NOIR- REFUGE DE L'ARCHEBOC**

The day begins with the ascent of the Col du Mont to cross the French border. From the col, you'll have an incredible view of the highest peaks of the Tarentaise on one side and Grand Paradis on the other. Descent and overnight at the Archeboc refuge, **without luggage transport**. Alternatively, take the Lac Noir and Argentièr passes for a long traverse.

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

## Day 5

### **COL DE LA LOUIE BLANCHE - REFUGE DEFFEYES**

Descent of the Mercuel valley and return to Italy via the Col de la Louie Blanche (2583m). Descent to the superb Bellecomba lakes and finally the refuge, situated on the edge of the spillway of Lac du Ruitor and its glaciers. Overnight at the Deffeyes refuge, **without luggage transport**.

*6 hour walk / Elevation: +1050m -600m*

## Day 6

### **COL DE PLANAVAL or PASSO ALTO – COL DE LA CROSATIE**

Depending on the conditions, the route will take you as close as possible to the Ruitor glacier as far as the Col de Planaval at 3000m, then a long descent to the hamlet of Planaval at the bottom of the Valgrisenche. Alternatively, take the passo alto (2860m) then the col de la Crosatie (2826m) to reach some magnificent lakes and the descent to Planaval. Overnight in a hotel in Planaval.

*8 hour walk / Elevation: +1150m -2100m through the 2 passes*

6.5 hour walk / Elevation: +550m -1500m through Planaval pass

## Day 7

### **VALGRISENCHÉ BALCONY – REFUGE DE L'ÉPÉE**

The rest of the route follows the path of the legendary Tor des Géants as far as Eaux-rousses. Via the mountain pastures of Praz-Londzet and Verconey, you join the sentier du Pape to Boregne. The route then climbs back up to Revers before reaching the Refuge de l'Épée. There is also an alternative route via the main town of Valgrisenche if you wish to get a better taste of the atmosphere of the valley (wood carving, lace making). Overnight in the refuge, **without luggage transport**.

6 hour walk / Elevation: +1350m -550m

## Day 8

### **COL FENÊTRE AND BRUIL VILLAGE**

We climb to Col Fenêtre (2840m) via Lac de Tei. These seldom-visited areas always give us the opportunity to observe the wildlife. A fine descent, steep on the first part, before reaching a wide alpine pasture where chamois and ibex can be seen. Overnight in a hotel in the typical village of Bruil in the Val de Rhône. Overnight in a small hotel.

5.5 hour walk / Elevation: +500m -1100m

## Day 9

### **COL DE L'ENTRELOR AND DJOUAN AND NERO LAKES - EAUX ROUSSES**

A gradual ascent through the Entrelor valley. After the pass, it's a dazzling descent to Grand Paradis, with its mountain pastures graced by the lakes of Djouan, perched at 2515 m, and Néro. Descend to the superb village of Eaux-Rousses. More great encounters with chamois, ibex, marmots and lammergeiers. Overnight in a gîte.

6.5 hour walk / Elevation: +1280m -1300m

## Day 10

### **CLIMB TO THE BASE CAMP AT REFUGE CHABOD FOR THE SUMMIT**

Morning rest and preparation for the ascent of Grand Paradis. Departure for the Chabod refuge at the end of the morning. Meeting with your mountain guide and preparation of technical equipment (crampons, harness). Overnight in the refuge, **without luggage transport**.

4 hour walk / Elevation: +1100m

## Day 11

### **GRAND PARADIS TRAVERSE (4061M)**

Rope climb to the summit of Grand Paradis at 4061 m via the Lavecieu glacier, amid crevasses and seracs. Return via the normal route to the Victor Emmanuel II refuge. Night in the refuge, **without luggage transport**.

8 hour walk / Elevation: +1300 m -1300 m

## Day 12

### **DESCENT TO PONT**

An easy descent to Pont for a gentle return to civilisation.

2 hour walk / Elevation: -800 m

# The trip

## LEVEL \*\*\*\*

Elevation: +/-1100 to 1300m approximately per day.

Walking time: 6 to 8 hours per day.

Type of trek: Stony paths that cross passes at altitudes of between 2800m and 3000m on a daily basis. Some pass crossings are steep, as are several aerial or technical paths, mainly at the start of the season with the crossing of residual snow. The paths are relatively well marked, except on the approach to certain passes.

Climbing to the Gran Paradiso summit involves walking with crampons without any major technical difficulty, however it is a long glacial walk. The last 100m to the summit are steep and more technical and may induce vertigo in those sensitive to heights. It is always possible to not carry out this stage.

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](#)

## GUIDING

Number in a group between 6 and 12 people supervised by a qualified professional mountain leader and high mountain guide. As a thank you, it is usual to tip your guide at the end of the trek, depending on your satisfaction. It is not mandatory but, it is very much appreciated.

## ACCOMMODATION

8 nights in dormitories in mountain refuges and gîtes and 3 nights in a cosy hotel bedroom for 2-4 people. All accommodation is 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 Val Savarenche-Val de Rhême-Val Grisenche N102, Edition Instituto Geografico Centrale

# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Sunday at 11:45am in the carpark in Pont, in Valsavarenche, Italy.**

**Optional return transfer organised by Altitude Mont-Blanc in minibus, to be booked at registration, €60 per person.**

Meet at 9:45am in front of Chamonix SNCF train station and transfer to Pont (1h30 journey).

If you are coming by car, there are several free car parks in the village of Les Houches, in the Prarion sector. Meeting point 9.15am in front of the Jacquier bakery at Le Prarion, Les Houches. Your driver will meet you there.

If you wish to leave your car in a secure covered car park, please contact: [Chamonix Auto Park](#) at 04 50 53 65 71.

### BY TRAIN

TO AOSTA VIA TURIN OR

TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:18pm arrive in Chamonix at 7:10pm.

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

### BY BUS

VIA CHAMONIX

From Chamonix to Aosta by SAT bus.

[www.sat-montblanc.com](http://www.sat-montblanc.com)

VIA AOSTA

The Savda buses drive you 3 times a day to Pont. Departure from Aosta at 7:15am, 12:30pm and 4:50pm (1.5 hour lift).

*Times given are indicative and should be verified at <https://aosta.arriva.it/area/alta-valle/>*

### BY CAR

VIA THE MONT BLANC TUNNEL

Take the A40 motorway towards Chamonix, follow signs for Milan and take the Mont-Blanc Tunnel to Italy (58€ return)

[www.atmb.net](http://www.atmb.net)

Follow signs for Courmayeur/Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

### VIA THE COL DU PETIT ST BERNARD

From the southern regions of France take the A43 motorway to Chambéry, the A30 to Albertville and follow direction Bourg St Maurice. Follow signs for Col du Petit St Bernard and Italy (a very good mountain road) passing through La Thuile to Pré St Didier. Follow signs for Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

If you chose the return transfer option Chamonix/Pont

Free parking: several free car parks in the village of Les Houches, Prarion sector. Meet at 9:15 a.m. in front of the Jacquet bakery in Le Prarion, Les Houches. You will meet your driver there.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

**End of the hike Saturday at around 4:30pm in Pont Valsavarenche. Transfer to Chamonix if you have chosen this option (90 mins transfer).** Please note: the tunnel may be very busy on Saturday. Allow an extra time if you have to take 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)

Pont, Valsavarenche - Hôtel Gran Paradiso: +39 01 65 95 454

Hôtel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +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 28/07/25 To 08/08/25 **Guaranteed departure** 1980 €

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### THE PRICE

#### The price includes:

- Booking fees and supervision by a qualified mountain leader and a qualified mountain guide for the Gran Paradiso ascent;
- Half-board accommodation, picnic lunches and snacks;
- Tourist tax and shower tokens;
- Climbing equipment hire (helmet, crampons and harness);
- Luggage transfer (except on days 1, 4, 5, 7, 10 and 11).

#### The price does not include:

- Personal expenses (drinks, etc.), visits ;
- The transfer Chamonix-Pont-Chamonix (60€);
- Luggage transfer on days 1, 4, 5, 7, 10 and 11;
- Cancellation insurance;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet;
- 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
- 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
- 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

Crampons, harness, helmet and ice axe for climbing the Gran Paradiso summit are provided. An ascension at 4000m requires warm clothing in case of deterioration in the weather (**thermal leggings, warm hat, waterproof gloves, waterproof jacket and supplementary warm layers to add if necessary**). **High rising walking boots with a good rigid sole are mandatory**. Poles are essential.

## LUGAGGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your luggage will be delivered daily, except on days 1 and 6. 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 NIGHT WITHOUT LUGGAGE TRANSFER



For nights 1 and 6, you won't have your luggage at the accommodation (you'll find it the next day). Here's some advice on what to bring (around 2 kg is enough!):

- a small toilet bag
- your sheet-bag
- a change of clothes for the next day (just what you need!) and comfortable clothes/shoes 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