



## TOUR DU RUITOR AND ITS SUMMIT

The tour and the ascent of Grand Paradis little brother at 3486 m




Immerse yourself in the adventure of the Tour du Rutor, a wild 7-day trek in the heart of the Franco-Italian Alps, perfect for nature lovers and first-timers looking for their first high-mountain experience. Away from the beaten track, explore the secret valleys, majestic glaciers and unspoilt high altitude lakes of this wild and unspoilt region straddling the Val d'Aosta and Savoie.

This adventure offers you the chance to discover mountaineering in a safe environment accessible to all, with the highlight of the itinerary the ascent to the summit of the Rutor at 3,486 m. This is an ideal alternative for those who don't yet have the level required for the neighbouring Gran Paradiso, but who want to experience the thrill of reaching an iconic summit. A journey of discovery, authenticity and self-transcendence, close to the elements.

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 1360€

### You will like

- The crossing of great wild passes with incredible views on sparkling lakes and unspoilt valleys
- Easy observation of the fauna, which is very present around this very wild itinerary, far removed from the major classic hiking routes
- The ascent of Rutor, Gran Paradiso's little brother, an accessible summit that is wilder but no less magnificent
- The hospitality of the Italian refuges
- 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 a forest climb along the Rutor torrent. After 2100 metres, the forest opens up, giving way to a more mineral, lakeside landscape. Arrive at the Deffeyes hut in the middle of the sublime Rutor lakes.

Night in refuge Deffeyes, **without luggage transportation**.

3 hours walk / Elevation: +900m

## Day 2

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

The stage begins with a visit to the Lac du Rutor spillway before entering the Bellecomba valley, home to some superb lakes. Cross into France via the Col de la Louie Blanche (2583m) and the valley of the same name to the hamlet of La Savonne. Climb back up the beautiful Mercuel valley to reach the refuge.

Overnight at the Archeboc refuge, **without luggage transportation**.

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

## Day 3

### COL DU MONT - REFUGE BEZZI

The day begins with the ascent of the Col du Mont, which will take you back into Italy. The view from the pass is incredible, with 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 heading up the Valgrisenche river to the Bezzi refuge.

Overnight at the Bezzi refuge.

6 hours 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 below the summit of Grande Rousse to reach the Chalet de l'Epée opposite the Rutor and above Lac de Surier, which floods the mountain pastures of the upper Valgrisenche valley.

Overnight in a refuge, **without luggage transportation**.

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

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

## Day 5

### THE VALGRISENCHÉ BALCONIES

Via the mountain pastures of Praz-Londzet and Verconey, the track joins the sentier du Pape as far as Boregne. The route then descends to Revers before reaching the hamlet of Planaval. There is also an alternative route via the main town of Valgrisenche in order to get a better taste of the atmosphere in the valley (woodcarving, lace-making).

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

## Day 6

### PASSO ALTO - REFUGE DEFFEYES

Short transfer to the Val de Fond before climbing towards the Passo Alto (2860m), which we reach after a magnificent

ascent. Descend to the Deffeyes refuge and its sparkling lakes.

Overnight in the refuge, **without luggage transportation**.

4h30 hours walk / Elevation: +1200m -400m

## Day 7

### **RUITOR SUMMIT 3486 M**

Roped climb of the Rutor summit at 3486 m. Return to the refuge and descend to La Thuile, at the start and end 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 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.

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*\*

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

Walking time: 4 to 6 hours per day.

Type of trek: The Tour du Rutor route and its summit take paths that are often stony. Although it does not present any particular technical difficulties, even on the last day for the ascent to the summit, this trek is still physically demanding and requires you to be able to cover almost 1,000 metres of ascent every day for a full week.

Ascent of the Rutor summit (3486 m): this is a crampon walk with no particular technical or vertiginous difficulties, but it is a long stage of glacier walking.

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](#)

## GUIDING

Number of participants between 6 and 14, supervised by qualified professionals (mountain leader and high mountain guide). At the start of the season, the number of participants may be reduced depending on snow conditions.

As a thank you, it is customary to tip your guide at the end of your hike, depending on your satisfaction. This is not compulsory, but it is greatly appreciated.

## ACCOMMODATION

5 nights in dormitory in mountain refuges and gites.

1 night in a hotel bedroom for 2-4 people.

All accommodation offers hot showers.

## 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 Rhône-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.**

A return transfer option may be reserved with Altitude Montblanc in our logistics vehicle (1h15 bus ride), **supplementary cost on registration**, 50€ per person. Meet at 9.45 am in front of the train station in Chamonix. If you come by car, several free car parks in the village of Les Houches, at Prarion. Meet at 9:15 a.m. in front of the Jacquier bakery at Le Prarion, Les Houches. You will meet your driver there.

#### 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 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).

In Italy, don't take the motorway (green signs) but follow the main road towards Aosta as far as the village of Pré-St-Didier. Then turn right towards the Col du Petit-St-Bernard until you reach the village of La Thuile. In the centre of the village, just before crossing the river, turn left onto the road towards La Joux. At the end of this road, there is a large car park.

#### 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. Cross the Italian border at the Petit St Bernard pass (a very good mountain road) and arrive at the village of La Thuile. In the village centre, just after the Ruitor bridge, turn right onto the road towards La Joux. At the end of this road, there is a large car park.

If you chose the return transfer option Chamonix/La Thuile

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 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.alpes.com](http://www.aoste.alpes.com)

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

### INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

## 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** **1360 €**

From 03/08/25 To 09/08/25 **Open departure** **1360 €**

From 17/08/25 To 23/08/25 **Open departure** **1360 €**

### THE PRICE

#### The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader and high mountain guide;
- All meals including picnic lunch and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Shower tokens in accommodation if required;
- Equipment rental for the ascension of the summit includes helmet, harness and crampons;
- Baggage transport between accommodation (except day 1,3 and 6);
- Bus transfers.

#### The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Airport taxes;
- The transfer Chamonix-Pont-Chamonix (50€);
- 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
- 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 Ruitor summit are provided. An ascension above 3000m high 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.

**You will have to carry this equipment at the refuge on the first day of your trip where you will leave it for the duration of your trek until the day of the ascent.**

## 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 days 1, 3 and 6, 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!**



## YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

**On nights 1, 2, 4 and 6**, 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  
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