




TOUR OF MONT VISO self-guided

Play leapfrog between France and Italy




A colossus of stone between Italy and France, Mont Viso will always hide a secret from us... On a tour, you will discover its mineral world, its dozens of lakes, its Italian refuges and its unique fauna. Wide valleys rise regularly to the passes and peaks, permanent lookouts on the imposing Mount Viso (3841 meters, 2nd Italian summit).

 7 days

 Self-guided / without a guide

 Without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 520€

You will like

- A hike with high passes and a myriad of high altitude lakes
- The Viso tour, with views of Mont Blanc to the Po plain
- With 300 days of sunshine a year, the laughing climate of the Southern Alps assures you sun and light
- A crossing at the foot of Mount Viso on its east face

The route

Day 1

LA MONTA - CIABO DEL PRA

Start of your day from the upper Guil valley to finish in Ciabot del Pra. After a transfer to La Monta you reach the Val Pellice and the Pays du Viso via the Col Lacroix (2,300 m), an ancestral passage of travellers and peddlers. Overnight at the refuge in the heart of a Piedmontese hamlet.

Night and dinner in Jervis refuge at 1700m

4.30 hours walk / Altitude difference: +600 m; -500 m

Day 2

CIABO DEL PRA - MANZOL PASS - PIAN DER RE

Crossing to the Granero hut then the Manzol pass (2,650 m) at the foot of the proud Monte Granéro (3,050 m). Leaving the upper Val Pellice and its vast wild pastures, we reach the Armoine pass, the upper Po valley, ancestral passage of the salt road, between Provence and the Po plain.

Night and dinner in a refuge in Pian de IRé (2,000 m) at the foot of the springs of the river Po, to discover Piedmontese gastronomy.

6h00 walk / Altitude difference: + 1200m ; -950m

Day 3

PIAN DEL RE - REFUGE ALPETTO OU QUINTINO SELLA

Hiking, between lakes and peaks, to reach the foot of the east face of the giant of the Southern Alps. Possibility to climb the Viso Mozzo (3,020 m), sumptuous and unique viewpoint on the Viso country.

Night and dinner at the Alpetto hut (2,300 m) with an intimate atmosphere.

5.30 hours walk / Altitude difference: +950 m; -250 m

Day 4

ALPETTO - BAGNOUR

Altitude hike that allows us, through the Passo Gallarino (2,730 m), to bypass Mount Viso and reach the Valante valley. Night and dinner at the Bagnour hut, a small, friendly hut nestled in the Bosco del Allévé, the largest Cembro pine forest in Europe.

6 hour walk / Elevation: +600m -800m

Day 5

BAGNOUR - CHIANALE

Up from the Valante valley to the Losette pass (2,800 m), west of Mont Viso. Possibility to climb to Joanne Point (3000 m), between Queyras and Viso. Descent of the Soustre valley that leads us to Chianale, one of the most beautiful villages of Italian Piedmont.

Night and dinner in gîte in Chianale (1800 m).

6.3 hour walk / Elevation: +900m -1200m

Day 6

CHIANALE - COL BLANCHET - REFUGE DE LA BLANCHE

Return to Queyras, from Chianale to Saint-Véran, via the Blanchet pass (2,900 m) and the high valley of Saint-Véran.

From Col Blanchet, on the border ridge, last look at the Viso, before reaching the refuge de la Blanche nestled against the imposing head of the Toilies.

Night and dinner in refuge.

6.3 hour walk / Elevation : +1100m / -400m

Day 7

REFUGE DE LA BLANCHE - PICE DE CARAMENTRAN - COL VIEUX - L'ECHALP

Return to the departure of the circuit by one of the last lookouts on the Viso: the peak of Caramentran more than 3000 m.

This promontory easy to reach makes you tip over the Aigue Agnel and then the famous valley of lakes listed as a UNESCO World Heritage Site.

Back to the Echalp.

6 hour walk / Elevation: +850m -1450m

The trip

LEVEL ***

Average positive altitude difference: 1100m per day

Average walking time: 6 hours

Particular difficulties: hiking on good marked mountain trails, but which can sometimes be quite steep or stony. A few small air passages.

The route in general is well indicated, and the Roadbook provided sufficiently complete to allow you to hike in complete safety. However, it remains essential to know how to read the 1:25,000 map and to be sufficiently autonomous in the mountains to be able to approach the route confidently, whatever the weather.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 1 IGN MAP 1/25 and 2 map sections with the route highlighted.
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

ACCOMMODATION

CLASSIC

4 nights in Italian shelters, possibility to book picnics, one night in a cottage in Chianale in Italy at night 1, overnight in France at night 6.

Night 1: Refuge Jervis: Ciabo Del Pra

Night 2: Pian del Ré Inn

Night 3: Alpetto Hut

Night 4: Refuge Bagnour

Night 5: Holiday rental Pramourel in Chianale

Night 6: Refuge de la Blanche

MEALS

Breakfasts and dinners are served in accommodation

Picnics are not included.

LUGGAGE

- **Without carrying luggage:** You carry your personal belongings for the duration of your stay.
- **With luggage transport:** You only carry your belongings for the day. The rest of your luggage is transported between accommodations. In case luggage transport is not possible in an accommodation of the stay, you will carry your personal belongings for one evening. You will find your luggage the next day. Italian shelters are inaccessible, carrying luggage is impossible the first 4 nights. If you wish, we can transport the luggage to Chianale and bring them back to Echalp

Practical information

ACCESS TO DEPARTURE POINT

Day 1 at the Echalp, large parking lot at the bottom of the hamlet.
You can leave your vehicle, this is the parking lot for the hikers who start their tour of the Viso.

BY TRAIN (then bus)

Please consult the [SNCF](#)

Montdauphin-Guillestre station, line of Briançon (Hautes-Alpes).

For Montdauphin/Château-Queyras shuttle schedules, contact [Zou ma Région Sud](#)

BY CAR

In order to plan your trip, we advise you to inquire about your route at the different sites: [Michelin](#) and [Mappy](#)

End point in l'Echalp on day 7.

ACCOMMODATION BEFORE AND AFTER

Cortina d'Ampezzo Tourist Office: www.cortina-tourism.com

If you wish to extend your stay with a supplementary night(s) before or after your tour it is possible, please contact us.

CONTACT US

In case of delay please inform us on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Elective departure from June 9 to September 17, 2024

Without carrying luggage:

550€ person, classic accommodation

Optional:

With luggage transport: days 5 and 7, 35€ / person

6 picnics: 80€ / person

Additional nights:

Half board in shared room: 50€ / person

Half board in hotel: 75€ / person.

Supplement departure single person: 55€.

Information and reservation by phone or mail.

THE PRICE

The price includes:

- Half-board in the accommodation;
- The road book: description and maps (1 complete road book for 1 to 4 people, additional file for 5 people or more. Additional file: supplement from 10 to 25€);
- Organization, booking and tourist tax.

The price does not include:

- The lunch picnics;
- Drinks, possible visits;
- The transport of luggage
- Cancellation assistance insurance (4.2% of the amount of the stay);
- The journey from your home to the place of reception and return.

The price is all inclusive from departure to end point.

Equipment and baggage

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 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
- 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

If you choose the baggage transport option, your baggage is transported by a logistics vehicle on days 5 and 7. Your baggage will be transported daily between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 10kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

HOW TO REGISTER

- By internet: www.altitude-montblanc.com
- By telephone: +33 (0)4 50 79 09 16
- By post: please provide your contact details
 - Surname, First Name, date of birth
 - Address
 - Email
 - Telephone
 - Mobile phone

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:

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