TECHNICAL SHEET

AOSTA VALLEY GRAN PARADISO

Pearl of the Italian Alps

Reference · 42

Document generated on 07/11/2026

DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**1 045 €**

The Gran Paradiso National Park, the first nature park in Italy and Europe, borders a high massif with deep valleys. Created in 1922 on the initiative of King Victor Emmanuel II to protect the ibex, it is still a reference for nature conservation: chamois, ibex, marmots, foxes, bearded vultures...

This is an original itinerary, taking in some of the most beautiful mountain passes between Valgrisenche, Val de Rhêmes and Valsavarenche. 7-day walk to get away from it all and discover a world of valleys, mountain pastures and wilderness.

You will love

- Alpine landscapes bordered by vast glaciers
- Crossing major mountain passes and pastures full of flowers
- Pastoral activity still very much alive
- Easy wildlife watching, well protected in the heart of the park
- The hospitality of Italian refuges
- Departure from Chamonix (France) or Pont (Italy)

Day-by-day itinerary

DAY 1

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

PONT - VALSAVARENCHE - 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

LAKES LEITA AND COL ROSSET

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.

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

DAY 3

COL BASSAC DERE AND LAKE GOLETTA

Climb to the 'Col de Bassac Déré' at 3082m, below the Grande Sassière. This high altitude stage runs alongside the Goletta glacier, its glacial lake and a small sandy beach! Descent along the Gliairetta glacier. Out there on the trails, ibex sometimes lurk, lying peacefully on the rocks. Night in refuge, **without luggage transfer.**

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

DAY 4

INVERGNAN AND SAN MARTINO GLACIERS

A long crossing overlooking Lake Beauregard, facing the Ruitor massif. This panoramic trail passes by a multitude of small glaciers such as San Martino. A short detour takes you to Lake San Martino at an altitude of 2,770 metres. Night in gite.

6 hour walk / Elevation: +900m -750m

DAY 5

COL FENETRE AND BRUIL VILLAGE

We climb to 'Col Fenêtre' (2840m) via 'Lac de Tei'. These little-frequented areas always give us the opportunity to spot wildlife. A nice descent, steep on the first part, before reaching a wide mountain pasture where chamois and ibex can be observed. Night in a hotel in the typical village of Bruil in the Val de Rhême. Depending on the snow conditions, the descent from the 'Col Fenêtre' is not possible. However, it is still possible to discover the Tei valley on a return trip. Next, a gentle descent through a sublime larch forest takes us to Valgrisenche. A bus transfer then takes us to Rhêmes-Notre-Dame.

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

6 hour walk / Elevation: +500m -1200m if your are returning to Valgrisenche for the bus transfer

DAY 6

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

A gradual ascent through the Entrelor valley. After the pass, it's a stunning descent to Grand Paradis, with its mountain pastures dotted with the lakes of Djouan, perched at an altitude of 2,515 m, and Néro. Descend to the superb village of Eaux-Rousses. More great encounters with chamois, ibex, marmots and vultures. Night in a gite.

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

DAY 7

LA COMBE DE MEYES - PARADIS AND PONT VILLAGES

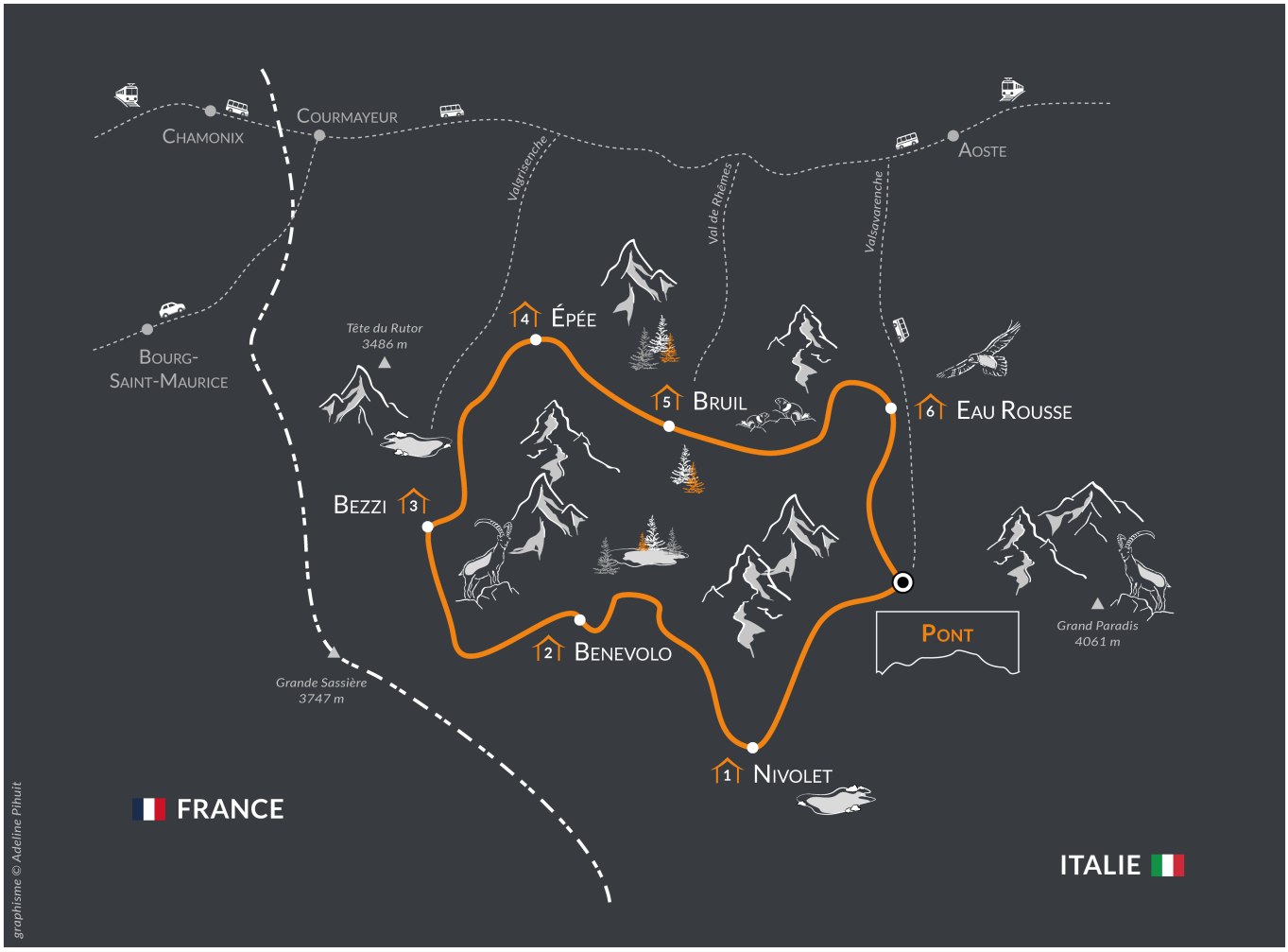
A tiny little path leads us into the combe de Meyes and its drystone hamlets, then on to the small Lac Aouillier where Grand Paradis is reflected. Descend to Paradis and Pont. A more leisurely option takes you directly down to the valley from the Meyes Desot mountain pasture.

4.5 hour walk / Elevation: +900m -600m

End of the tour on Saturday around 2pm in Pont. Transfer by minibus if you have chosen this option - arrival in Chamonix at 6:30pm.

Please note: the tunnel can be very busy on Saturdays.

The programme has been prepared on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.


CHAMONIX
COURMAYEUR
AOSTE
Valgrisenche
Val de Rhêmes
Valsavarenche
BOURG-SAINT-MAURICE
Tête du Rutor
3486 m
4 ÉPÉE
5 BRUIL
6 EAU ROUSSE
BEZZI 3
2 BENEVOLO
PONT
Grand Paradis
4061 m
Grande Sassière
3747 m
1 NIVOLET
FRANCE
ITALIE
graphisme © Adeline Pihuit

Dates and prices

PERIOD	AVAILABILITY	PRICE
20/06/2027 - 26/06/2027	Départ garanti	**1 025 €**
27/06/2027 - 03/07/2027	Départ garanti	**1 025 €**
04/07/2027 - 10/07/2027	Départ garanti	**1 080 €**
11/07/2027 - 17/07/2027	Départ garanti	**1 080 €**
18/07/2027 - 24/07/2027	Départ garanti	**1 080 €**
25/07/2027 - 31/07/2027	Départ garanti	**1 080 €**
01/08/2027 - 07/08/2027	Départ garanti	**1 080 €**
08/08/2027 - 14/08/2027	Départ garanti	**1 080 €**
15/08/2027 - 21/08/2027	Départ garanti	**1 080 €**
22/08/2027 - 28/08/2027	Départ garanti	**1 080 €**
29/08/2027 - 04/09/2027	Départ garanti	**1 080 €**
05/09/2027 - 11/09/2027	Départ garanti	**1 080 €**
12/09/2027 - 18/09/2027	Départ garanti	**1 025 €**

THE PRICE

The price includes:

- Booking fees and guiding by a qualified mountain leader;
- Accommodation with half-board formula, lunchtime picnics and snacks; from picnic on day 1 to picnic on day 7;
- Tourist tax;
- Shower tokens in accommodation;
- Luggage transfer (except on Day 1 and Day 3).

The price does not include:

- Personal expenses (drinks, etc.), touristic visits;
- Luggage transfer on Days 1 and 3 ;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 750m approximately per day. Day 6 +1300m.
Walking time: 5 to 6 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.

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: Level of difficulty

Please note: snow and névés will be present on the paths until end of june at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared!

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader. At the beginning of the season group numbers may be reduced depending on snow conditions. The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.
As a thank you, it is usual to tip your guide at the end of your tour, depending on your satisfaction. This is not mandatory, but it is very much appreciated.

ACCOMMODATION

5 nights in dormitories in mountain refuges and gîtes and 1 night 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 a 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 on Sunday at 11:45am at the car park in Pont 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.
Return train: depart Chamonix at 2.57pm arrive in Gare de Lyon (Paris) at 9.42pm.
Times given are indicative and should be verified in a train station or on www.oui.sncf

BY BUS
Via Turin then Aosta.
From Aosta, Savda buses run 3 times a day to Pont (1h30 journey).
Two successive bus routes run to Pont from Aosta :
1 - Route 514: Villeneuve / St-Pierre / St Nicolas
2 - Route 611: Villeneuve / Valsavarenche
Times can be verified on www.savda.it

VIA CHAMONIX
From Chamonix to Aosta with SAT bus.

BY CAR
VIA THE MONT BLANC TUNNEL
From Macon or Lyon, take the A40 motorway towards Geneva. As you approach Chamonix, follow the signs for the Mont Blanc tunnel and Aosta (€68 return / guide price). In Italy, don't take the motorway (green signs) but follow the main road towards Aosta. Follow the signs for Introd and Valsavarenche, 3km after passing through the village of Aviez. Follow the Valsarenche road to its final destination, 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 to 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 to the end of the valley to arrive in Pont.

End of the hike Saturday at around 2pm 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
Chamonix Tourist Office: +33 (0)4 50 53 00 24
www.chamonix.com

Pont, Valsavarenche - Hotel Gran Paradiso: +39 01 65 95 454
Hotel Genzianella: +39 01 65 95 393
Aosta Tourist Office: +39 01 65 23 66 27
www.aoste.ialpes.com
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**

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 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 (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)
- 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.

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 daily, except on Day 1 and Day 3, 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!

YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE TRANSFER

For night 1 and 3, 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

- 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.

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 (inc. 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.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**AOSTA VALLEY GRAN PARADISO**
Number of days	**7**
Insurance	
Trip price	**1 045 €**
Estimated deposit (30%)	**313,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

+33 (0)4 50 79 09 16 · info@altitude-montblanc.com