GRAND TOUR OF THE VANOISE 9 DAYS Self-guided

In the heart of France's first national park

Reference · 300

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DURATION	TRAVEL STYLE	LUGGAGE
9 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**845 €**

First of its kind in France, the Vanoise National Park was established in 1963. A vast territory where flora, fauna and rocky mineral world are all preserved. Between the Maurienne and Tarentaise valleys, its borders meet the Gran Paradiso massif and National Park in Italy, forming the largest nature reserve in Europe.
The tour will bring you around the famous "Dômes de la Vanoise", a range of glaciers extending over twenty kilometres at the centre of the Park and passes at the foot of the Grande Casse, the highest summit in Savoie at 3855m. In 1860, a rich Englishman employed a courageous woodsman to cut more than 800 steps in the ice so the summit could be reached for the first time.
Crossing some of the major landscapes in the Alps, this tour offers you the chance to enjoy the massif a little longer by tackling the Col du Souffre and the Gébroulaz glacier to the west (depending on conditions). Just over a week's trek, with no transfers and some nights in small mountain refuges, total immersion guaranteed!

You will love

- The wild, unspoilt landscape of France's first national park
- An exclusive tour of the Dômes de la Vanoise glaciers
- Crossing the Col du Souffre along the Gébroulaz glacier
- The great variety of landscapes between the Maurienne and Tarentaise valleys
- No transfer during your trek for a full immersion
- Accommodation in friendly gîtes and mountain refuges

Day-by-day itinerary

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 DES SAULCES – COL DE CHANROUGE – REFUGE DU SAUT

Going up to le col des Saulces, the ascent resumes towards Petit Mont Blanc at 2680m, with a superb panorama of the glaciers of the Dômes de la Vanoise. The hike alternates between lush green valleys and lunar landscapes, from the Col des Saulces to the Chalets de la Grande Val, with a final push over the Col de Chanrouge (2529m). Overnight at the Saut refuge in a dormitory without your luggage.

7 hour walk / Elevation: +1100m -1500m (+150m via the summit of Petit Mont Blanc)

DAY 6

COL DU SOUFFRE - COL DE CHAVIERE - L'ORGERE

From the hut, the route takes in a colorful atmosphere along the Gébroulaz glacier to the Col du Soufre (2817m). The mineral landscape continues between Lac Blanc and Col de Chavière (2896m) in an exceptional geological universe. Back to the mountain pastures with the descent to Lac de la Partie and the Vallon de l'Orgère. Night at the refuge in dormitory.

7:30 hour walk / Elevation: +1150m -1350m/17km

DAY 7

THE PATH OF BARBIER - REFUGE DU MONTANA

A long traverse along the Parc de la Vanoise nature trail to the Col du Barbier, through one of the region's most beautiful forests. Enter the Aussois valley, above the Plan d'Amont and Plan d'Aval dam lakes. Short detour to Col de la Masse at 2923 m. Night at the refuge Montana.

5.5 hour walk / Elevation: +1000 m -700m / 14km

5:5 hour walk / Elevation +1200 m -950m / 12km (Col de la Masse)

DAY 8

BALCON DU GENEPY - REFUGE DE L'ARPONT

The tour culminates with a long balcony crossing overlooking the Maurienne valley and the Arc torrent. The path winds under the foothills of the Dent Parrachée and the Arpont glacier to reach the refuge of the same name. Overnight in a dormitory without your luggage.

6 hours walk / Elevation: +750 m -750 m / 16 km

DAY 9

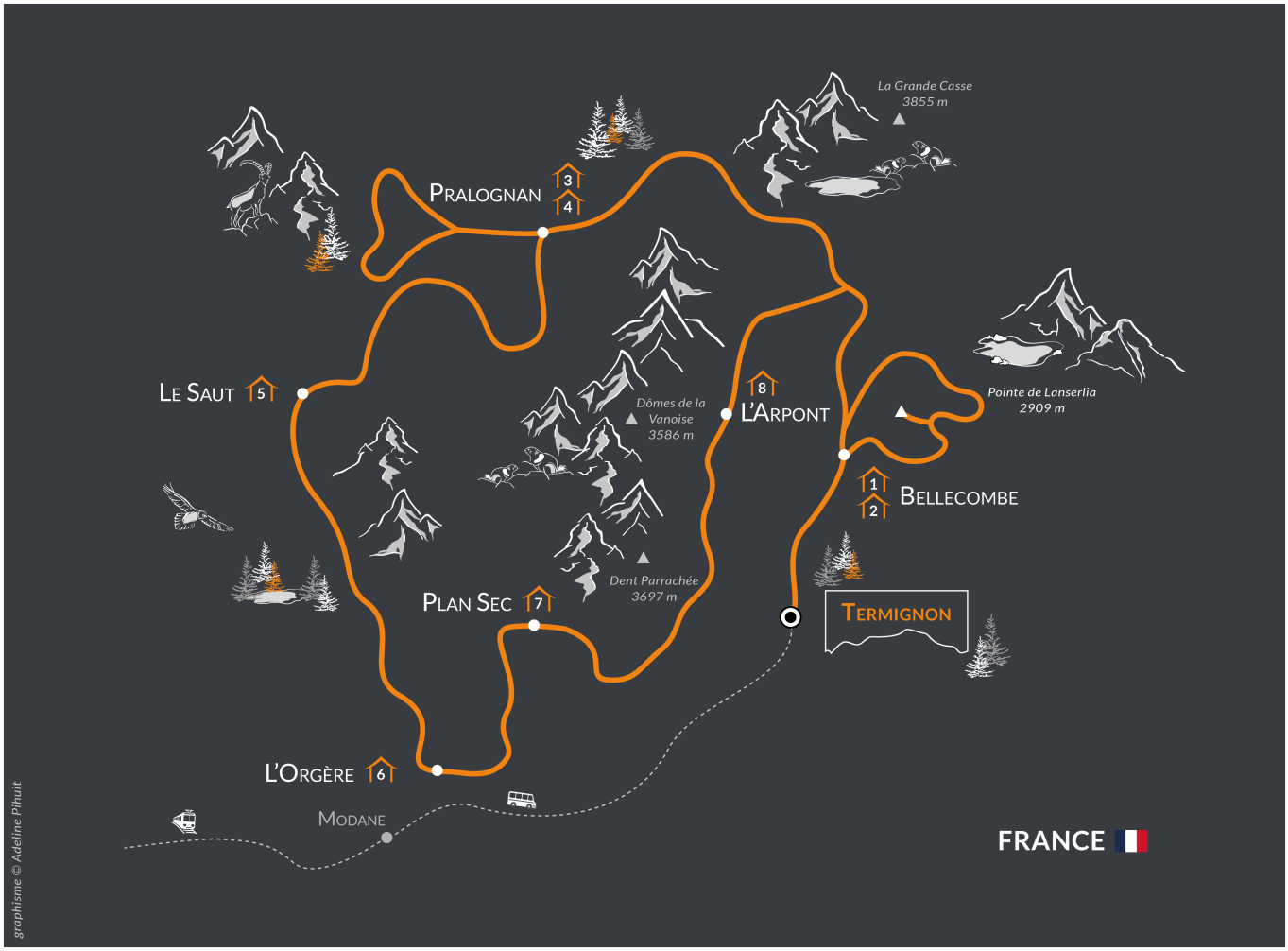
BALCONY PATH OF THE GENEPY – TERMIGNON

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.

In July and August, it's possible to do a long loop via the Lozières lakes, then a descent to the Plan du Lac refuge and the Bellecombe parking lot. Then take the bus for the final descent to Termignon.

5h30 walk / Elevation : +740 -730m

End of hike at Auberge de Bellecombe, return to Termignon by shuttle bus.



Dates and prices

DEPARTURES AND PRICES

Departure from 20th June to 03th September 2027

Without luggage transport

845€ per person, classic accommodation.

Single departure (without luggage transfer): +100€

With luggage transport (except on days 5 and 8) on request only :

2 to 6 people: 1020€/ person, classic accommodation

Comfort option (up to 5 nights in a 2-person bedroom): +90€ per person (minimum 2 people)

Information and booking by telephone or e-mail.

THE PRICE

The price includes:

- Accommodation with half-board formula from dinner of the first day to breakfast of the last day;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request.
- Luggage transfers except on days 3, 5 and 8 , if you have chosen the option;
- Organization fees and tourist taxes.

The price does not include:

- Lunchtime picnic;
- Shower tokens in the accommodations;
- Personal expenses (drinks, visits...);
- The bus back to Termignon on Day 9 (about €6) or taxi transfer in low season (June & September);
- Guiding : your are responsible for your own safety;
- The return journey from your home;
- Cancellation & repatriation insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/-250m to 1350m on average per day.
Walking time: 5 to 6 hours on average per day.
Type of trek: mountain route with no technical difficulty.

You need to be in a good overall physical condition. Regularly practice 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.

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

Please note: some névés will be present on the paths until the end of June, particularly on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

Before departure, we will send you a travel folder containing:
- 2 IGN TOP 25 maps with the route highlighted;
- 1 road-book containing all the information necessary for the trek;
- 1 waterproof map holder;
- Accommodation list.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is well indicated with yellow paint markings and regular signs on the ground.
The trails are also numbered.
It is preferable to know how to read a 1/25000 topographical map.

LUGGAGE TRANSPORT

Two options are available:
without luggage transport: you carry all your luggage.
with luggage transport: your luggage is delivered to your accommodation except on days 3, 5 and 8.

ACCOMMODATION

CLASSIC:
6 nights in a dormitory (refuge) and 2 nights in a room for 2-4 people, depending on the number of participants (refuge and

small mountain hotel).

COMFORT:

Up to 5 nights in a 2 or 4-person bedroom (depending on the exact number of participants) in gite, hotel or refuge and 3 nights in refuge, in dormitory.

Hot showers in each accomodation. 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 not included and can be pre-ordered in each accommodation the day before. Please inform us about your food allergies and special diets **when 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

IGN MAPS 1:25000: Les Arcs 3532ET, Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN

Outward journey: Departure from Paris to Modane. Then bus from Modane to Termignon.

Return: Bus from Termignon to Modane. Train from Modane to Paris

Bus Modane > Termignon : Altibus

Times given are indicative and should be verified in a train station or on www.oui.sncf

BY CAR

Take the motorway to Modane, then follow signs for Termignon. Large free car park in Termignon in the village centre.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr www.laroueverte.com

End point in Termignon to collect your luggage.

ACCOMMODATION BEFORE AND AFTER

Termignon & Haute-Maurienne Vanoise tourist office : +33 (0)4 79 20 51 67

Hôtel** La Turra (Termignon): +33 (0)4 79 20 51 36

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 (0,4 ~ 0,5L)
- 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 40 to 50 litres for your personal belongings for the day (warm clothes, waterproofs, water, picnic box and cutlery for your picnic, sunscreen and your identity documents) and please keep a little room to carry a picnic and snacks.
Your bag should be big enough to hold your belongings for days without luggage.

BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your luggage will be transported between accommodations on days 3, 5 and 8, 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 YOUR NIGHTS WITHOUT LUGGAGE

On nights 3, 5 and 8, 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.

Details

HOW TO REGISTER

- Online: 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
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 35% 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.

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	**GRAND TOUR OF THE VANOISE 9 DAYS Self-guided**
Number of days	**9**
Insurance	
Trip price	**845 €**
Estimated deposit (30%)	**253,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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