GRAND TOUR OF THE VANOISE 9 DAYS

At the heart of France's first national park

Reference · 301

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**1 315 €**

France's first national park, created in 1963, the Vanoise extends over an immense territory where everything has been preserved: fauna, flora and the mineral world. Departing from Pralognan-la-Vanoise (the tourist capital of the massif), this trip takes us on a tour of the 'Dômes de la Vanoise', a series of glaciers stretching over some twenty kilometres in the centre of the park. From the charming 'Lac des vaches' to the cosy Arpont refuge, from the 'Vallon d'Aussois' to the Gébroulaz glacier, this is a varied itinerary close to the great peaks to take in some of the most beautiful landscapes this massif has to offer.

You will love

- The wild, unspoilt landscape of France's first national park
- An exclusive tour of the Dômes de la Vanoise glaciers
- 2 nights in the traditional village of Pralognan-la-Vanoise
- 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

Meet at 10:30am at Termignon Tourist Office, departure of the hike.

TERMIGNON - PLAN DU LAC

The hike starts in Termignon, along the Doron de Chavière, with a slightly steep climb through meadows and forest. The effort is rewarded with a spectacular view of the mountain pastures: a vast panorama, turquoise lakes reflecting the snow-capped peaks, stone chalets and a few Tarines grazing in the background! Overnight in a refuge.

5 hour walk / Elevation: +1300 m -200 m / 11km

DAY 2

AIGUILLES DE LANSERLIA - REFUGE DE LA FEMMA

A wild day to get into the spirit of the heart of the park. The first climb takes you to the Lanserlia lakes, surrounded by sparse vegetation. The route continues across high plateaux to the Rocheure valley and the Femma refuge. The hike can be extended to the superb wild Turc plateau. Overnight at the refuge in a dormitory, **without luggage.**

5 hour walk / Elevation: +650m -600m / 14km (+/-150 / 2km with the Pointe de Lanserlia)

6.30 hour walk / Elevation: +900m -900m /15km (through Pointe de Lanserlia and plateau du Turc)

DAY 3

COL DE PIERRE BLANCHE - REFUGE ENTRE DEUX EAUX

The morning begins with an ascent to the Col de Pierre Blanche, amidst alpine meadows and marmots. The pass leads to the wild Leisse valley at the foot of the huge south face of the Grande Casse (3855m). This valley leads quietly to the refuge d'Entre Deux Eaux and depending on the season, a visit to the farm below is a must! Night in the refuge in dormitory, **without luggage**.

5.5 hour walk / Elevation: +550m -750m / 15km

DAY 4

COL DE LA VANOISE - PRALOGNAN LA VANOISE

Cross the Leisse valley and climb to the Col de la Vanoise at the foot of the Grande Casse; the Vanoise glaciers. Descent to the village of Pralognan la Vanoise via Lac Long and the famous ford of Lac des Vaches. Overnight in a hotel room.

5h30 walk / Elevation : + 500m / -1250m / 14km

DAY 5

MONT CHARVET RIDGE

A looped itinerary from Pralognan to discover one of the valley's most famous hikes and the surprising atmosphere of a gypsum mountain. A variety of landscapes, 360° panoramic views, a colorful palette... the program for this magnificent day. The Petit Mont Blanc (2680m) (+/- 1000m) or the Petit Marchet cirque and the Col de la Valette (2554m) (+ 1150m / - 840m) are possible alternatives for this day.

Return to Pralognan for a second night in a hotel room.

6h30 walk / Elevation : 1050 m -1050 m /14km

DAY 6

COL DES SAULCES – COL DE CHANROUGE – REFUGE DU SAUT

Ascent to the Col des Saulces, below the Petit Mont Blanc, the perfect vantage point over the Pralognan valley, the Massif de le Grande Casse and the whole of the Dômes de la Vanoise. Cross under the Aiguille du Rateau through the alpine meadows to reach the Chanrouge valley and the refuge du Saut, above the resort of Méribel, **without luggage**.

7h walk / Elevation : +1400 m ; -650 m / 15km

DAY 7

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

DAY 8

THE PATH OF BARBIER - REFUGE DE PLAN SEC or LA DENT PARRACHÉE

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 de Plan Sec (or La Dent Parrachée), **without the luggage.**

5 hour walk / Elevation: +900 m - 500 m / 12km

5.5 hour walk / Elevation: +1200 m - 800 m (through le col de la Masse / 12km

DAY 9

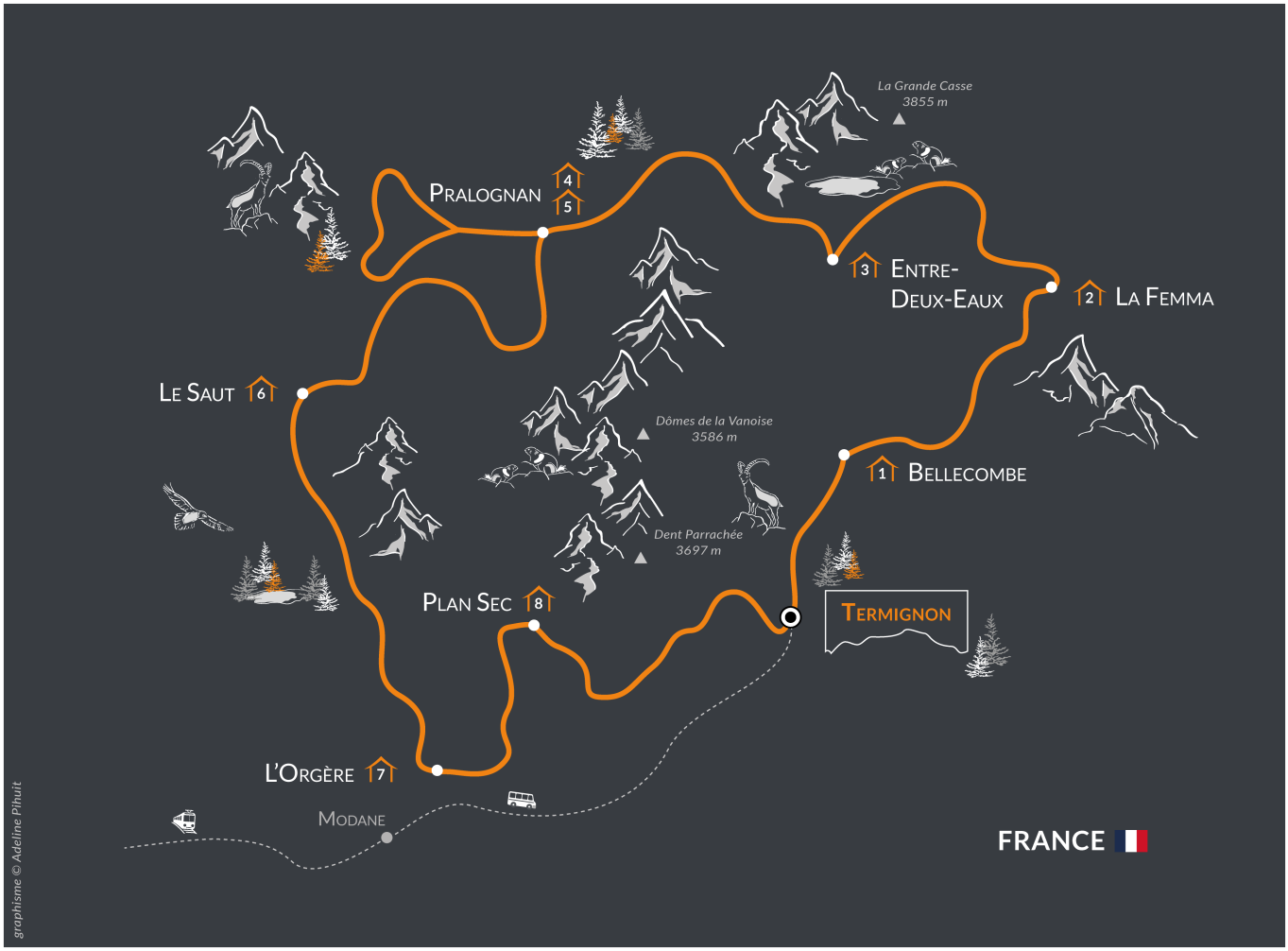
SENTIER BALCON DU GENEPY - TERMIGNON

The route ends with a long balcony overlooking the Maurienne valley and the Arc torrent. The path winds under the foothills of the Dent Parrachée and the L'Arpont glacier before descending to the village of Termignon.

7h walk / Elevation: + 500 m -1500 m / 19km

End of the hike at Termignon around 3.30pm.

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. (depending on the natural conditions and the fitness of the group).



Dates and prices

PERIOD	AVAILABILITY	PRICE
19/06/2027 - 27/06/2027	Open departure	**1 315 €**
03/07/2027 - 11/07/2027	Départ garanti	**1 365 €**
17/07/2027 - 25/07/2027	Départ garanti	**1 365 €**
24/07/2027 - 01/08/2027	Départ garanti	**1 365 €**
31/07/2027 - 08/08/2027	Départ garanti	**1 365 €**
07/08/2027 - 15/08/2027	Départ garanti	**1 365 €**
21/08/2027 - 29/08/2027	Open departure	**1 315 €**

THE PRICE

Includes :

- Guiding by a qualified mountain leader;
- Accomodation with half-board and tourist tax;
- Lunch picnic and snacks;
- Luggage transfer between accommodations on days 1, 4, 5 and 7;
- Booking fees.

Does not include :

- Personal expenses (drinks, visits...);
- Luggage transfer on days 2, 3, 6 and 8;
- The journey from your home to the departure point and back;
- Cancellation insurance.

The price is all inclusive from the meeting point to the departure point.

The journey

LEVEL ***

Elevation: +/- 550m to 1250m on average per day.
Walking time: 5-7 hours on average per day.
Type of trek: mountain route with no paricular technical difficulties.

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

GROUP

Number of participants: between 6 and 14 people supervised by a qualified professional (mountain leader).
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.
It is usual to tip your guide at the end of the tour, based on your level of satisfaction. This is not compulsory, but it is very much appreciated.

LUGGAGE TRANSFER

Daily luggage transfer to your accommodation on days 1, 4, 5 and 7.

ACCOMMODATION

CLASSIC:
6 nights in refuges, in dormitory and 2 nights in a 2 to 3-person bedroom, in mountain hotel. All accommodation is equipped with hot showers. However, due to increasingly frequent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation. For lunch, your guide will prepare a picnic based on salads of regional 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.

Practical information

ACCESS TO DEPARTURE POINT

Departure from Termignon. Meet at 10.30am at the Tourist Office.

BY TRAIN

Departure (the day before): from Paris Gare de Lyon, arrival at Modane. Then bus line S52, from Modane to Termignon.
Return: bus line S52, from Termignon to Modane. Then train, departing from Modane, arriving at Paris Gare de Lyon.
Timetables must be checked with the SNCF. For the S52 bus, consult the mobility guide or Cars Région Savoie.

BY CAR

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

End of the tour in Termignon.

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
- Lightweight down jacket
- 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 40 to 50 litres for your personal belongings for the day (warm clothes, waterproofs, water, picnic box and cutlery, sunscreen and your identity document). Please keep a little room to carry your picnic and snacks. Your luggage has to be big enough to contain your belongings for the nights without luggage.

LUGGAGE 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, except on days 2, 3, 6 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 2, 3, 6 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 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

Once we have received your registration, we will then send you, by e-mail, a proforma invoice per couple with a request for a 35% deposit, together with the login for your account with Altitude Mont-Blanc ("my account" section). You can pay by credit card, bank transfer, cheque or holiday vouchers. You will then receive confirmation of your booking.
The balance of the stay must be paid 1 month before departure, without any reminder from us. Once you have paid, we will send you your roadbook.

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**
Number of days	**9**
Insurance	
Trip price	**1 315 €**
Estimated deposit (30%)	**394,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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