TECHNICAL SHEET

HIGH PASSES OF GRAN PARADISIO

A wild trek to reach the summit... of Grand Paradis!

Reference · 185

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Accompanied / guided**	**With luggage transfer**
ACCOMMODATION	**LEVEL**	**FROM**
Classic (dormitory)	**4/4 ★★★★**	**1 265 €**

The Gran Paradiso, at 4061m, is the highest point of the first natural park of Europe and one of the most accessible 4000m of the Alps. We propose a one week trek in early September, to reach this jewel of the Italian Alps by the side roads.
The circuit starts around the Ruitor massif and continues between Vanoise and Grand Paradis to enter this magnificent natural area through the back door. Wild scenery, passes and high altitude lakes, jumping between Italy and France, the itinerary goes in crescendo from the mountain pastures to the high mountains.
A little harder physicly and less comfortable, it offers on the other hand a real immersion in a still virgin universe of altitude... and finishes with the ascent of the summit of the Grand Paradis which allows to dominate all the massif, by crossing the mythical step of the 4000m of altitude!

You will love

- An itinerary low frequented, wild and off-trails
- Few passes higher than 3000m, the landscapes along large glaciers
- Comfortable high refuges
- The ascent of the Gran Paradiso, one of the most beautiful and accessible 4000m peaks of the Alps

Day-by-day itinerary

DAY 1

Meeting point at 8:45am in Courmayeur and transefer to La Thuile (30min).
(If the option chosen from Chamonix, meeting point at 8:00am in front of the train station).

LAC D'ARPY - COL DE CORMET – REFUGE DEFFEYES

Departure of the San Carlo pass circuit above La Thuile. First ascent to reach the beautiful lac d'Arpy, then the lac de Pierre Rouge and finally the Col de Cormet (2832m). With the Mont-Blanc and the Grandes-Jorasses in the background, the Ruitor in focus, descent of the Combassa valley to the Deffeyes refuge (2472m).
Night in the refuge, **without the luggage**.
6h walk / Elevation: +1080 m -650 m

DAY 2

COL DU TACHUY – REFUGE DE L'ARCHEBOC

From the refuge, wild crossing along the lakes of Rutor, Seracchi and Bellecacomba to reach the Col du Tachuy. Descent in the Vallon de Sassière. A small "beer from the Ruitor refuge" will be welcome to go back up to the Col de Montseti... Last descent on the Lac Noir and the Motte mountain pasture!
Night in the refuge de l'Archeboc, **without the luggage.**
7h00 walk / Elevation: +900 m ; -1380 m

DAY 3

COL DU ROCHER BLANC OR COL DU MONT – REFUGE BEZZI

Ascent to the Col de l'Argentière, then crossing the wild plateau of the Lac Blanc to the Col du Rocher Blanc (2833m), border with Italy. Descent in the Valgrisenche valley by the Grapillon lake. Another itinerary passing by the col du Mont (2636m) is possible. Descent to the Bezzi refuge.
Night in the refuge, **with the luggage**.
7h30 walk / Elevation: +1150 m ; -900 m

DAY 4

COL BASSA DERE – LAC DE LA GOLETTA – REFUGE BENEVOLO

Hike along the Gliairetta glacier. Ascent of the Co de Bassac Déré at 3083m, descent on the glacial lake of Goletta and, then, the refuge Benevolo.

Night in the refuge **with the luggage**.

6h30 walk / Elevation: +800 m ; -800 m

DAY 5

COL BASEI – LACS LIETA - PONT

Crossing in the pastures before to to continue along the Lavassey glacier with the ascent of Col Basei (3167m). Descent on the refuge de Chivasso by the lakes of Chavaney, Lieta... a dreaming landscape facing to the Gran Paradiso! Descent to the Nivolet lakes before ending the hike in Pont.

Night in a refuge, **with your luggage.**

8h00 walk / Elevation: +990 m ; -1290 m

DAY 6

PONT – REFUGE VICTOR EMMANUEL

Enjoy a quiet morning, a chance to rest up from the previous days. At the end of the morning you leave Pont to climb the eastern slopes of the Valsavarenche. A short climb through the larches on an old mullear path takes you to the Victor Emmanuel II refuge. Meeting with your mountain guide and preparation of technical equipment (crampons, harness) for the ascent of Gran Paradiso.

Night in refuge (**without luggage**).

2h00 walk / Elevation: +730 m

DAY 7

GRAN PARADISO 4061M

Roped climb of the Gran Paradiso summit at 4061m. Return to the refuge and descend to Pont.

8 hour walk / Elevation: +1300m -2000m

End point Saturday around 3:30pm in Pont.

Return transfer if you have chosen the option - arrive in Chamonix around 6:30pm.

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.

Dates and prices

Departure on request for your own group. Please contact us for a proposal!

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader, by a high mountain guide for the ascent of Gran Paradiso (1 guide for 4 people max);
- All meals including picnic lunch and simple snacks during the day ;
- Accommodation in gites, refuges and small hotels, shower tokens in accomodation;
- Tourist tax ;
- The luggage transport nights 3, 4 and 6 ;
- The transfer to La Thuile (day 1) and from Pont (day 7)
- All required material for the ascent (helmet, ice axe, harness and crampons)

The price does not include:

- Personal expenses (drinks, etc.), touristic visits ;
- Travel insurance ;
- Your return journey from home to the point of departure/end point ;
- Airport taxes and other exclusions clearly described within the corresponding technical sheet.

The price is all inclusive from departure to end point.

The journey

LEVEL ****

Elevation: +/- 1100m to 1300m approximately per day.
Walking time: 6 to 8 hours per day.
Type of trek: mountain route for trained hikers, with off-trail and aerial sections but without climbing or glacial passages. It is necessary to arrive well trained to be able to take full advantage of the journey.

Climbing to the Gran Paradiso summit involves walking with crampons without any major technical difficulty, however it is a long glacial walk. The last 100m to the summit are steep and more technical and may induce vertigo in those sensitive to heights. It is always possible to not carry out this stage.

You have to be in a general good fitness level and to have a mental capacity for long efforts. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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

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 12 people supervised by a qualified professional mountain leader and high mountain guide. 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 the trek, depending on your satisfaction. It is not mandatory but, it is very much appreciated.

ACCOMMODATION

CLASSIC: 6 nights in dormitory of 4 to 10 people, in refuge.
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 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 at 8:45am in the carpark of the Mont-Chetif gondolla, in Courmayeur, Italy.

A return transfer option may be reserved with Altitude Montblanc in our logistics vehicle (1.5 hour bus ride), **supplementary cost on registration**, 50€ per person.
Meet at 8:00am in front of the train station in Chamonix.

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

BY BUS
VIA CHAMONIX
From Chamonix to Aosta by SAT bus.
www.sat-montblanc.com

BY CAR
VIA THE MONT BLANC TUNNEL
Take the A40 motorway towards Chamonix, follow signs for Milan and t ake the Mont-Blanc Tunnel to Italy (58€ return)
www.atmb.net
Follow signs for Courmayeur.

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 for Col du Petit St Bernard and Italy (a very good mountain road) passing through La Thuile to Pré St Didier. Follow signs for Courmayeur.

If you chose the return transfer option Chamonix/Pont
Free parking: Chemin du Biolay, opposite the Montenvers train station in Chamonix .
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 3:30pm in Pont. Transfer to Courmayeur (or Chamonix if option chosen).

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

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

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

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**

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, 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 (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 for the climb to the summit)
- 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, 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 Gran Paradiso summit are provided. An ascension at 4000m requires warm clothing in case of deterioration in the weather (thermal leggings, warm hat, 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.

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, except on days 1, 2 and 5, 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 and 5, 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

- By internet: 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.

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	**HIGH PASSES OF GRAN PARADISIO**
Number of days	**7**
Insurance	
Trip price	**1 265 €**
Estimated deposit (30%)	**379,50 €**
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