ON THE TRAIL OF THE TOR DES GEANTS®

6 days of intense trail adventure in the heart of the Italian Val d'Aosta, from the Mont Blanc massif to Cogne

Reference · 328

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**990 €**

The TOR des Géants® is a unique trail competition, combining long distance and autonomy for runners. From the Mont Blanc massif to the charming village of Cogne, through Italy's first National Park: Gran Paradiso, 170km and 11500m of positive and negative gradient will be covered. In a wild, mineral landscape with a succession of passes over 3000m high, the feeling of freedom is increased tenfold by the sheer size of the mountains. From the Ruitor massif to the foot of Gran Paradiso, from the Gliairetta glacier to the Lauzon pass (3299m), this is a grandiose experience where adventure is the very essence of the trail.

You will love

- An original itinerary, using a large part of the official TOR des géants® and TOR des glaciers® routes;
- 170 Kilometers & 11500 meters of positive and negative elevation gain in 6 exceptional stages;
- Your proximity to the fabulous display of glaciers;
- Advice and support from your guide, practicing and passionate about trail running;
- The complete crossing from west to east of the Gran Paradiso national park;
- Partial transport of your luggage between your accommodation.

Day-by-day itinerary

DAY 1

Meet on Sunday at 8:15am at the Chamonix train station

LA VISAILLE PIED DU MONT BLANC - COL DU PETIT SAINT BERNARD (2188m)

A relatively easy first step to acclimatize well and gain height gently. Go up from Val Veny first by a small road to Lake Combal before tackling the first pass of the week, the Col des Chavannes (2592m). What follows is a long rolling descent into the Chavannes valley. Finally, a final gradual ascent allows you to return to the Petit Saint Bernard hospice (on the Franco-Italian border). Night in hostel, **without luggage**.

Distance : 26km / Elevation : +1500 m ; -900 m

DAY 2

PASSO ALTO (2860m) & COL DE LA CROSATIE (2826) – VALGRISENCHE

The serious stuff begins! After a gentle ten kilometres or so to reach La Thuile, a sublime sequence at the foot of the Ruitor glacier awaits the group. The first long ascent leads to the Albert Deffeyes refuge and then on to the Passo Alto... But that's not all for today! The demanding KV climb of La Crosatie is just around the corner. On the descent, we pass through the lago di fond before reaching Valgrisenche. From Planaval, a short transfer by valley shuttle to Valgrisenche. Overnight in a hotel, **with your luggage**.

Distance : 35km / Dénivelé : +2400 m ; -2950 m

DAY 3

LAGO DI SAN GRATO – RIFUGIO MARIO BEZZI

Today's main objective is to reach the sublime lac de Saint Grat (Lago di San Grato) perched at an altitude of around 2470m in the heart of a small, wild mountain cirque. It's a long climb, but there's a great view of the other main lake in the valley: the Lac de retenu de Beauregard. In the second half of the day, a descent takes you back to the Valgrisenche torrent before a final, gentle climb to the typical Mario Bezzi rifugio. Overnight in a refuge, **without your luggage**.

Distance : 21km / Dénivelé : +1700 m -1100 m

DAY 4

COL BASSAC DERE & COL ROSSET – VALSAVARENCHE

An incredible stage with a sharp gradient! First 800m positive on the edge of the Gliairetta glacier to reach the breathtaking Col de Bassac Dere (3083m). From the pass, we discover another glacier, the Goletta glacier and the lake of the same name. Here, the atmosphere is ultra-alpine. The first part of the descent is technical and stony; then the mountain pastures reappear near the Benevolo refuge... But the day isn't over yet! The Col Rosset (3023m) and the Grand Collet (2832m) must be crossed to reach the Valsavarenche, its many lakes and the foot of Gran Paradiso... a memorable stage!

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

Distance 29km / Dénivelé : +2200 m ; -2500 m

DAY 5

COL MANTEAU & PUNTA PERCIA (3212m) – EAUX ROUSSES

After a day that couldn't be more mineral, there's a more varied atmosphere, with the impressive larch forests making a comeback. Of course, the big passes and rocky summits remain on the programme, including the Col de l'Entrelor and Punta Percia. The stage ends with the sound of marmots and a gentle forest trail to the hamlet of Eaux Rousses. Overnight in a hotel, **with your luggage**.

Distance 26km / Dénivelé : +1600 m -1950 m

DAY 6

COL DU LAUSON - COGNE

One last stage to complete and one last mythical pass to climb (Col du Lauson - 3299m) to feel the thrill of the challenge! Reaching Cognes after 6 days of intense adventure in the heart of this wild Valle d'Aosta promises to be an emotional experience.

Distance : 27km / Dénivelé : +1800 m ; -1950 m

End of the trail day in the afternoon and transfer back to the Chamonix valley.

The program was established according to the latest elements known at the time of its writing; imponderables are always possible and situations beyond our control can modify the course.

Dates and prices

Departure on request for your group

THE PRICE

Price 2027
6 to 7 participants: **€1165** per person
8 to 9 participants: **€1065** per person
10 participants: **€990** per person

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and simple snacks during the day;
- Accommodation in gîtes, refuges and small hotels, including the tourist tax;
- Your transport from Chamonix SNCF station to the starting point of J1 (La Visaille)
- Your transport from Cogne to Chamonix SNCF station the last day.

The price does not include:

- Personal expenses (drinks, etc.);
- Touristic visits;
- Cancellation insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ****

Elevation: +/- 2500m approximately per day.
Running time: 7 to 9 hours per day.
Type of trek: ON THE TRAIL OF THE TOR DES GEANTS ® is a mountain route presenting no particular technical difficulty but stages that are very (or too long) for most hikers.
This trip is aimed at a well trained public who regularly practice trail running.
You must be able to easily do 50km of trail running (in the plains) and have already experienced trails in the mountains.

GUIDING

Number in a group between 5 and 10 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 trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMMODATION

5 nights in dormitory, in gites, refuges or in hotel.
All accommodation offer hot showers (included in the tour price)

MEALS

Breakfast and dinner are provided in each accommodation.
Picnics are included and are carefully prepared daily by your mountain leader.

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

IGC Top 25 - 101 /102 et 107

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 8:15am in front of the Chamonix train station.

BY TRAIN / BUS

Inbound: departure from Paris-Gare de Lyon the day before at 12:18pm (or 2:18pm) arrival in Chamonix at 7:50pm (8:50pm).

www.oui.sncf

There are regular buses throughout the whole Chamonix valley www.chamonix.montblancbus.com/en/bus-lines .

Times given are indicative and should be verified at a train station or on the SNCF website.

BY CAR

Take the A40 motorway to 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).

CAR-SHARING

Get in touch with people to share a lift! www.blablacar.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA) - Lyon (LYS) - Paris (PAR)

End point Saturday at 4:00pm at Cogne.

RETURN TO DEPARTURE POINT

Transfer by private bus from Cogne to Chamonix SNCF station. Arrival in Chamonix estimated at 6:00 p.m.

ACCOMMODATION BEFORE AND AFTER

Les Houches Hôtel St Antoine: +33 (0)4 50 54 40 10 www.hotelsaintantoine.com

Hôtel les Campanules: +33 (0)4 50 54 40 71 www.hotel-campanules.com

Le Tour Chalet Alpin: +33 (0)4 50 54 04 16

Chamonix Tourist Office : +33 (0)4 50 53 00 24 www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley. www.chamonix.montblancbus.com/en/bus-lines

TO CONTACT US

If you are late please contact the agency as soon as possible: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- trail shorts
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper and Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Running trail socks (1 pair per day)
- Running trail 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 (2 litre minimum) (a filter flask can be very usefull)
- 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 trail backpack of 15 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. ON THE TRAIL OF THE TOR DES GEANTS® is a real trail adventure where we will also carry our essentials for 2 consecutive days (bag sheet, change of underwear, snacks for 2 days).

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 daily (except day 1 and 3) 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!

Details

HOW TO REGISTER

- By internet: www.altitude-montblanc.com

- By phone: +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 prior 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	**ON THE TRAIL OF THE TOR DES GEANTS®**
Number of days	**6**
Insurance	
Trip price	**990 €**
Estimated deposit (30%)	**297 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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