PANORAMA DE LA VANOISE

Comfortable journey in Pralognan

Reference · 85

Document generated on 15/09/2026

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

ACCOMMODATION	LEVEL	FROM
Hotel ***	**2/4 ★★☆☆**	**1 120 €**

In the heart of the Vanoise National Park lies a charming village : Pralognan-la-Vanoise.
Surrounded by majestic mountains, unforgettable glaciers and authentic mountain pastures; every day, a new trail takes us to explore a remote valley, high-altitude lakes or the balconies that embrace the valley. Discover the wild landscapes of a still unspoilt mountain.
This star-shaped route allows you to adapt the circuit and even stay and rest for a day in the cosy comfort of the 3* hotel. Relax !
The journey ends on a 2-day mini-trek. During this unforgettable adventure we spend the night in a unusual accomodation, nested between giant moutains of Vanoise.

You will love

- A wild and protected area at the heart of the Vanoise
- Star-shaped accessible hikes
- Lovely village of Pralognan
- Accommodation in a comfortable 3* hotel, with swimming pool and spa
- Ending you journey with a mini-trek adventure, in a unusual and confortable accomdation

Day-by-day itinerary

DAY 1

Check-in at 2:30pm at the Les Airelles 3-star hotel in Pralognan-la-Vanoise.

VILLAGE DISCOVERY - WATERFALL "DE LA FRAICHE"

First warm-up walk in the afternoon to the Fraîche waterfall. An introduction of the village of Pralognan and the surrounding mountains. Return via the village centre. Overnight stay at the hotel.

2h walk / Elevation : +250m ; -250m / 5km

DAY 2

SOUS LE GRAND BEC HIKE

After a short transfer to Chambéranger, departure for a circular hike to the Grand Bec refuge: walk up via Fontaine Froide, then return via Le Bois Blanc. This is your first immersion in the unspoilt natural spaces of the Vanoise National Park, where you may meet marmots and ibex. Overnight stay at the hotel.

5h walk / Elevation : +750m / -750m / 8.5km

DAY 3

GOLET PASS AND THE RIDGES OF MONT CHARVET

A route starting from the hamlet of La Croix. Discover one of the valley's most famous hikes and the surprising atmosphere of a gypsum mountain. A variety of landscapes, 360° panoramic views and a colour palette await you on this magnificent day out. Overnight stay at the hotel.

5h30 walk / Elevation : +750m ; -750m / 11.5km

DAY 4

MYSTIC HIKE TO LAC DES VACHES AND VANOISE PASS

Short transfer to the car park at the foot of the Génepy lift, which will take us to Pont de la Glière, the starting point for the walk to Col de la Vanoise via the combe de l'Arcelin. Tour of the Aiguille de la Vanoise, then descent via the famous Lac des Vaches, which we will cross on foot. Descent by chairlift to the car park. Overnight stay at the hotel.

4 hour walk / Elevation: +600m ; -600m / 9km

DAY 5

GOAL: CLIMBING THE PETIT MONT BLANC - MINI-TREK D1

Transfer to the bottom of the valley, the starting point for today's hike. Ascent to Petit Mont Blanc via the Col du Mône. The trail is very clear and offers magnificent views of the surrounding peaks, notably the Grande Casse. The final ascent is optional: those who wish to can continue to the summit.

Descent to the Roc refuge to spend the night, bedroom for 4 people, without luggage transfer.

Mône pass : 5 hour walk / Elevation: +850m ; -650m / 9.5km

Petit Mont Blanc summit : 5:30 hour walk / Elevation: +1000m ; -800m / 11km

DAY 6

BACK TO PRALOGNAN - MINI TREK J2

Return to the starting point via the Clou chalet and its charming little lake. Take one last look at the valley before leaving.

3 hour walk / Elevation: +400m ; -600m / 7km

End of the trip at around 3pm in Pralognan-la-Vanoise.

Dates and prices

THE PRICE

PACK MOBILITE OPTION : daily transfer with Alittude Mont Blanc bus from the hotel to the hike departure point, supplement of €60 per person

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunch and snacks during the day;
- 4 nights accommodation in hotels***, 1 night in a refuge and tourist taxes;
- Transfer during the journey only if you have choose the PACK MOBILITE;
- The Prioux car park if you have chosen the MOBILITY PACK option (If you have not opted for the MOBILITY PACK, the cost of parking your vehicle at Les Prioux is approximately €10 per day)

The price does not include:

- Cancellation insurance;
- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point;
- Spa extra in the refuge on night 5

The price is all inclusive from departure to end point.

The journey

LEVEL **

Elevation: +/-400m to 950m average per day.
Walking time: 4 - 6 hours average per day.
Type of trek: mountain route with no technical difficulty. The route can be modified depending on the fitness of the group and weather conditions.
A good general fitness level is required for this tour. Advance preparation is nevertheless necessary in order to appreciate the beauty of this domaine. Your physical preparation will enable you to enjoy your trek to the maximum. We advise you to frequently walk, jog, cycle or any other cardio sport to prepare for this tour.

GUIDING

Group between 6 and 14 participants 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.

To thank your guide, it is usual to tip him at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

TRANSFERS

The agency offers daily transfers to the hikes by minibus as part of the mobility package (€60 extra). If you do not choose this option, you will need to use your own car for the entire journey.

ACCOMMODATION

COMFORT:
4 nights in a 3-star hotel equiped with spa and swimmingpool, in twin/double bedroom.
1 night in a comfortable room of 4 persons in a cosy refuge equiped with saunas and a Nordic bath (extra to pay on the spot).
The stay takes place in two accommodations chosen for their warm welcome, their gourmet menu (local products), the quality of their service and their location.
Single rooms are available at an additional cost, upon request only.

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

IGN MAPS 1:25000: Les trois vallées Modane 3534OT

Practical information

ACCESS TO DEPARTURE POINT

Meet Monday at 2:30pm in front of Les Airelles Hotel in Pralognan-la-Vanoise. Plan to have lunch before meeting.

BY TRAIN
Departure: from Paris-Gare de Lyon to Moûtiers in the morning
Return journey: Departure from Moûtiers to Paris-Gare de Lyon in the late afternoon
Timetables must be checked on www.oui.sncf
Your guide will meet you in front of Moûtiers Railway Station at 1:30pm and bring you back to the same place at the end of the journey.

BY CAR
Take the A6 motorway to Lyon, then the A43 direction Chambery and Albertville. Then Moûtiers by the N90 and Pralognan-la-Vanoise by the D915. Free car park next to the hotel.

CAR-SHARING
Get in touch with people to share a lift! Here are some websites : www.blablacar.fr www.laroueverte.com www.roulezmalin.com

End of the tour at Pralognan-la-Vanoise around 3pm.

ACCOMMODATION BEFORE AND AFTER

Pralognan Tourist Office: +33 (0)4 79 08 79 08 www.pralognan.com

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
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- 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 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.

YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE TRANSFER

For your last night, 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
- 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
180, route du lac
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	**PANORAMA DE LA VANOISE**
Number of days	**6**
Insurance	
Trip price	**1 120 €**
Estimated deposit (30%)	**336 €**
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