TECHNICAL SHEET

PANORAMA OF GRAN PARADISO self-guided

Paradise at your own pace with comfortable accomodations

Reference · 246

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

ACCOMMODATION	LEVEL	FROM
Hotel ***	**2/4 ★★☆☆**	**735 €**

The Gran Paradiso National Park is still a reference in terms of nature conservation: chamois, ibex, marmots, foxes, bearded vultures, but also a magnificent flora such as the beautiful pulsatilla alpina...
We offer you a discovery at your own pace, with each day an accessible hike, or an other itinerary harder towards a big pass, a glacier or a remarkable mountain pasture for the volunteers. And even, as an option, the final ascent of the Grand Paradis summit (4061m) for the most athletic.And in the evening, return to the comfortable fold, nestled in the hollow of an alpine valley... The best of Grand Paradis!

You will love

- The alpine landscapes with large glaciers
- The crossing of pastures full of flowers
- The hike depends of your desires
- The proximity of the protected animals in the heart of park
- The charm and comfort of the italian hotels***.

Day-by-day itinerary

DAY 1

Departure of the trip at Valgrisenche, in the Aosta valley.

LAGO DI SAN GRATO - COL DU MONT

Start of the hike from the Beauregard dam, above Valgrisenche. Quickly, the view opens up on the surrounding peaks the path climbs through the alpine pastures to reach this beautiful lake, set at the foot of the Ruitor head, a glacial summit at 3486m. The return is done through the valley, close to the Rio del lago and its beautiful waterfalls. A more sportive variant by the wild crest of the Arp Vielle. Check-in at the hotel for 2 nights.

6h00 walk / Elevation: +/- 800m 14km

8h00 walk / Elevation: +/- 1200m 18km

DAY 2

ÉPÉE REFUGE - COL FENÊTRE

Cross the dam, then climb through a beautiful larch forest until you reach the alpine pastures and the Epée refuge (a family refuge, recommended stopover) and, just above, the beautiful vallon del Bouc. The volunteers can continue to the spectacular Col Fenêtre, while the others take a nap near to the river. Descend to the lake of Beauregard and back at the hotel for the night.

4h00 walk / Elevation: +/- 600m 8km

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

DAY 3

RIFUGIO BENEVOLO - LAGO DI SANT ELENA

Transfer (1 hour drive) to the Rhême Valley. Departure from the bottom of the valley and ascent through the Gran Vaudala. We reach the Basey mountain pasture through a beautiful high meadow. Crossing to the rifugio Benevolo and descent along the Dora di Rheme stream. while going up directly to the Benevolo refuge, it is possible to make a superb hike around the Truc de San eléna, up to the turquoise lake that escapes from the glacier. A very alpine atmosphere at the foot of the first summits of Tsanteleina. Descent and check-in for 2 nights at the hotel at Bruil.

5h00 walk / Elevation: +/-600m 12km

7h30 walk / Elevation: +/-1000m 19km

OPTION BY A REFUGE : LAGO DI SANT ELENA or BASSAC DÉRÉ PASS

If you want enjoy this great hiking area, we suggest that you spend the night at the Benevolo refuge. In this case, you leave in the morning with the necessary for the night. Climb up to the Benevolo refuge and hike around the Truc de San Elena, up to the turquoise lake that escapes from the glacier. Very alpine atmosphere at the foot of the Tsanteleina first summits, in an ancient glacier valley and finally the ascent of the Bassac Dere pass, at 3082m. Climbing through the glacial lake of the Goletta, then the high rocky valley until the pass, from where the immense glacial cirque of the Sassière is revealed. Some old snow could add spice to the route. Back to the refuge for the night.

6h00 walk / Elevation: +820m -450m 10km

6h30 walk / Eevation: +1250m -850m 14km

DAY 4

ENTRELOR VALLEY - ENTRELOR PASS

If you have slept at the hotel: Climb through the forest to reach a small alpine hamlet. The Gollien pass allows to go around the tête de l'Entrelor, for a wide view on the whole Val di Rhème. Descent through the Sort valley. For the sporty ones, we suggest to go up to the col de l'Entrelor, at 3007m, territory of the ibexes and panorama on the Grand Paradis summit. Return to the hotel for the night.

5h30 walk / Elevation: +/-840m 7km

6h30 walk / Elevation: +/-1280m 12km

OPTION REFUGE: LAC DE LA GOLETTA ou NIVOLETTA

If you have slept in the refuge. If you have not done the tour of the Truc de Sant Elena or the lake of La Goletta the day before, this is the time to take advantage of it, so much these landscapes of altitude are aesthetic. For the more athletic, a morning climb to the Cime de Nivoletta, then a descent around the Truc of Sant Elena. A day full of colors! Night in a hotel*** in Bruil.

5h walk / Elevation: +420m - 800m 8km

6h30 walk / Elevation: +980m - 1250m 14km

DAY 5

VALSAVARENCHE - PASTURES OF MEYES

Morning transfer to Valsavarenche (45mn). Departure from Pont, to go up in the suspended valley of Nivollet, with its river in cascades and the sight on the Grans Paradis. Panoramic crossing towards the alpine pastures of Meyes. Descent to Pont. Night in a hotel***, in a small hamlet of the valley. A more sportive hike extends the day from Meyes to the Djouan lake by the Col du Manteau (2795m). Direct descent to the hamlet of Eaux Rousses, where the hotel is located.

6h walk / Elevation: +/- 720m 11km

6h30 walk / Elevation: + 920m - 1150m 14km

DAY 6

GRAND COLLET - NIVOLET PLAIN

Short transfer by valley bus to Pont, the start of your hike. The ascent by the pass Grand Collet takes a lot of elevation but it is a rather wild pass which is worth a small detour... Chamois or ibexes are sometimes still visible in the morning. We follow the beaconing for the itinerary, to arrive at the vast pass to 2832m. Descent on the beautiful plain of Nivolet, then along the meanders of the river. We join the Cross of Nivolet passed the day before, then finally Pont, end of the hike.

5h30 walk / Elevation: +/- 850m 8km

If you have chosen the 7day option with one night at the refuge Vittorio Emanuele, with or without the Grand Paradiso ascent :

ASCENT TO THE VICTOR EMMANUEL II REFUGE

Short transfer by valley bus to Pont, the start of your hike. A leisurely ascent to the Victor Emmanuel refuge at 2710m, to enjoy the high mountain atmosphere of this base camp for the ascent of Grand Paradis.

If you have chosen the ascent : Morning rest and preparation for the ascent of Gran Paradiso. Afternoon ascent to the Victor Emmanuel II refuge. Meeting with your mountain guide and preparation of technical equipment (crampons, harness). Night in the refuge (without luggage transport).

3 hour walk / Elevation: +800 m

If you make the climb : GRAND PARADIS 4061m

Rope climb to the summit of Grand Paradis at 4061m. Return to the refuge and descent to Pont.

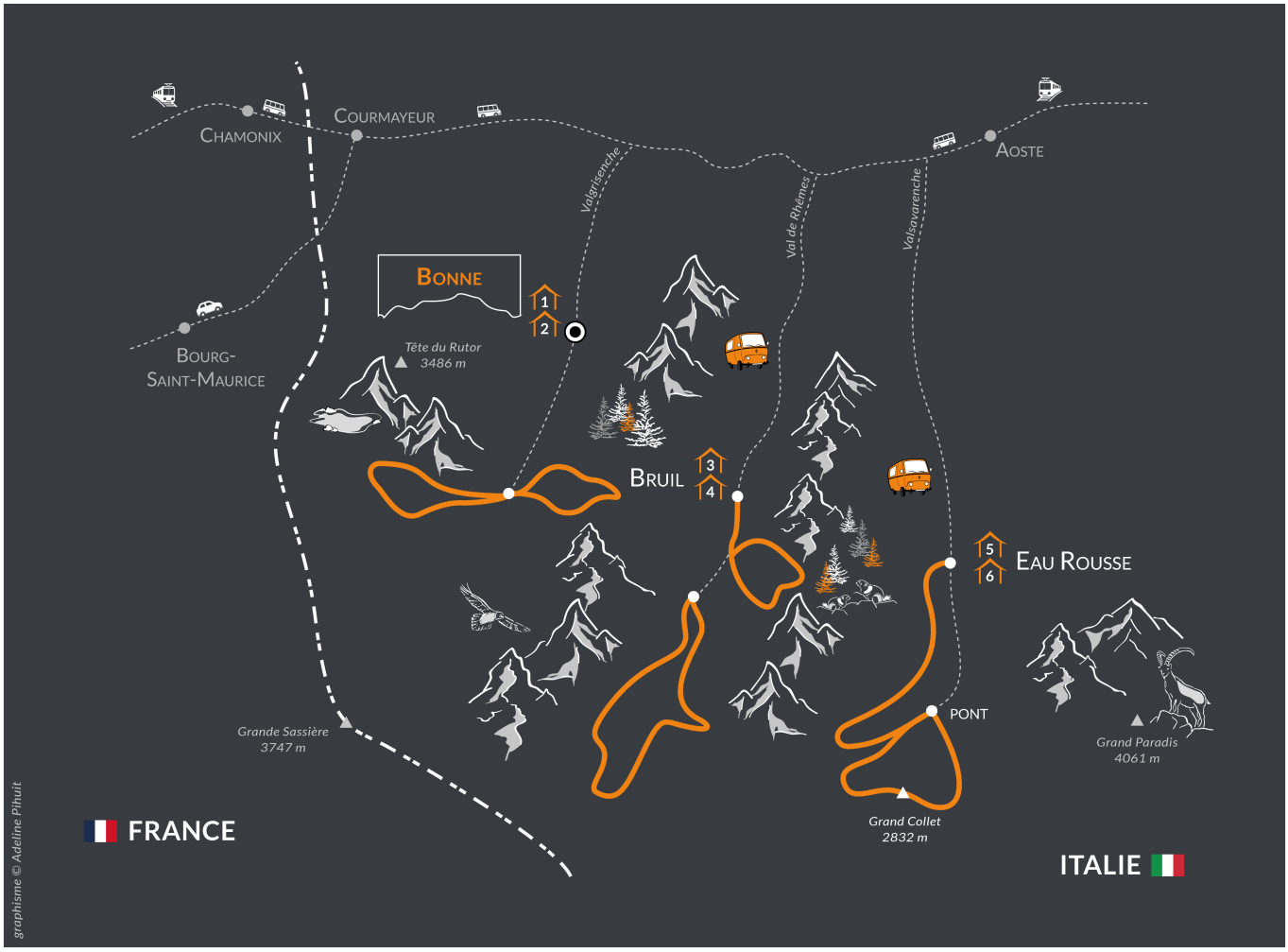
8 hour walk / Elevation : +1300 m ; -2000 m

If you don't make the climb : REFUGE CHABOD - PONT

From the refuge, way back to the Valsavarenche valley via the wild route of the Refuge Chabod. Marmots, chamois and ibex are often to be seen, bringing a gentle end to this immersion in the world of the high mountains.

4.5 hour walk / Elevation : +350m /- 1250m / 10km

End of the hike around 16h30 in Pont.



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Dates and prices

DEPARTURES AND PRICES

Departure from end of June to end of September 2025

Circuit 6 days/ 5 nights:
€735 per person in a ***hotel

Circuit 7 days/ 6 nights:
€825 per person in a ***hotel and 1 night in a refuge

Option ascent of Grand Paradis:
€500 per person for 2 people
€330 per person for 3 people
€250 per person for 4 people

Single departure on request

THE PRICE

Includes:

- Accommodation with half-board formula from dinner on first day to breakfast on last day;
- 1 road book file (paper) for a group of 1 to 4 people ;
- Organisational costs, booking fees and tourist tax.

Does not include:

- Lunchtime picnics;
- Personal expenses (drinks, visits...);
- Supervision by a mountain guide;
- Transfers between the different accommodations, which are done by personal car or by public bus, **unless a transfer option is requested at the time of registration**.
- Cancellation/ assistance insurance

For the ascent of Grand Paradis:

- Guiding by a High-Mountain leader;
- Half-board for the guide and pasta in the refuge on the way back;
- The rental of mountaineering equipment at the refuge.

The rate is all inclusive from the meeting point to the point of dispersion.

The journey

LEVEL ** TO ***

Every day, two options are possible:

Level **: Height difference : +/- 450m to 700m, walking time : 3h to 5h per day, type of walk : mountain route with no particular technical difficulty between forest and pastures.

Level *:** variants are proposed reach passes between 2800m and 3000m. Elevation: 800m to 1300m. A few steep passages are possible, secured, as well as some aerial or technical passages mainly at the beginning of the season with the crossing of residual snow. The paths are well marked or marked by cairns at the approach of some passes.

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!

For the ascent of Grand Paradis: hike on the glacier with crampons, without any particular technical difficulties, but a long day. The last 100m of crossing are aerials and can be impressive. There is a possibility to do not climb this last step.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running and cycling. 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

ROAD BOOK

Before departure, we will give you a travel pack containing:

- 1 IGC map (n°102)
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

HIKING SIGNS

The route is signposted with yellow arrows and regular markings on the ground. The paths are numbered.
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 satellite connection.

LUGGAGE TRANSFER

This tour is organised as an auto-tour, so transfers are carried out with your personal car or with a local bus. In option, we can offer taxi transfers, with additional cost. If you have chosen the 7-day option, the last night at the Victor Emmanuel refuge is without luggage.

ACCOMMODATION

For the 6-day version: 3 nights in a mountain hotel, 2 nights in a hotel***.
For the 7-day version: 3 nights in a mountain hotel, 2 nights in a hotel*** and 1 night in a refuge

MEALS

Breakfasts and dinners are provided in each accommodation. Picnic lunches are not included and can be ordered the day before in each accommodation. You can buy food in the shops in Breuil, in the Rhêmes valley. 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

Instituto Geografico Centrale:
n°102 VALSAVARENCHE, VAL DI RHEMES, VALGRISENCHE

Practical information

ACCESS TO DEPARTURE POINT

Departure in Valsavarenche, Italy.

BY TRAIN
TO AOSTA VIA TURIN OR
TO CHAMONIX VIA PARIS
Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.
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
VIA AOSTA
The Savda buses drive you 3 times a day to Pont. Departure from Aosta at 7:15am, 12:30pm and 4:50pm (1.5 hour lift).
Times given are indicative and should be verified at www.savda.it

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/Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

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 Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to the end of the valley to arrive in Pont.

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 in Pont, Valsavarenche.

Transfer to Chamonix if option chosen (1.5 hour drive).
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
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

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 (0.40L 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)
- 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.

EQUIPMENT FOR THE ASCENT OF GRAND PARADIS

Equipment for the Grand Paradis ascent is included in your package (crampons, harness, helmet and ice axe). An hike at an altitude of 4,000 m requires warm equipment in case of bad weather (tights, hat, gloves, jacket, etc.) and a good pair of hard, high shoes (no low trial-type shoes). Poles are essential.

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	**PANORAMA OF GRAN PARADISO self-guided**
Number of days	**6**
Insurance	
Trip price	**735 €**
Estimated deposit (30%)	**220,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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