TECHNICAL SHEET

PANORAMA OF GRAN PARADISO

Gran Paradiso at your own pace with comfortable accommodation

Reference · 266

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

ACCOMMODATION	LEVEL	FROM
Hotel ***	**2/4 ★★☆☆**	**1 195 €**

The Gran Paradiso National Park is still a reference in terms of nature conservation: chamois, ibex, marmots, foxes, bearded vultures, as well as magnificent flora including the beautiful sulphur anemone... You can discover the park at your own pace, with an accessible hike each day, combined with a more sporting variant to a great pass, a glacier or a remarkable alpine pasture, depending on the group. In the evening, you'll be back to your cosy accommodation, nestled in the hollow of an Alpine valley... The best of Gran Paradiso!

You will love

- Alpine landscapes bordered by vast glaciers
- Alpine pastures in bloom
- A choice of hikes to suit all tastes
- Wildlife observation, well protected in the heart of the park
- Cosy accommodations

Day-by-day itinerary

DAY 1

Meet your guide in Valgrisenche at 2.45pm. Luggage drop-off and 1h30 walk to discover Lake Beauregard and the charming village of Valgrisenche. Settle in for 2 nights.

DAY 2

LAGO DI SAN GRATO

The hike starts at the end of the Valgrisenche valley, overlooking Lake Beauregard. The view quickly opens up to the surrounding glacial peaks. Climb up through the mountain pastures to reach this beautiful lake, set at the foot of the 'Tête du Ruitor', a glacial summit at 3486m. The return route takes you through the valley, close to the Rio del lago and its pretty waterfalls. There is also a more challenging option via the wild Arp Vielle ridge.

4h30 walk / Elevation: +/- 500m / 8km

6h walkb / Elevation: +/- 900m / 15km through l'Arp Vieille

DAY 3

ÉPÉE REFUGE - COL FENÊTRE

Climb through a beautiful larch forest until you reach the mountain pastures and the Epée refuge. Just above is the beautiful vallon del Bouc. The more adventurous can continue up to the spectacular 'Col Fenêtre', while the others take a nap by the stream. Descent to Beauregard lake. Transfer (1 hour's drive) to Val di Rhème. Check-in for 2 nights in a 3-star hotel.

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

6h30 walk / Elevation: +/-1000m / 16km

DAY 4

RIFUGIO BENEVOLO - LAGO DI SANT ELENA

Depart from the bottom of the valley and climb up the Gran Vaudala. The Basey mountain pasture is reached via a beautiful high-altitude meadow. Cross over to the Bénévolo refuge and descend along the Dora di Rhème stream. If you go straight up to the Bénévolo refuge, you can enjoy a superb hike around the Truc de San Eléna, up to the turquoise lake that emerges from the glacier. A very alpine atmosphere at the foot of the Tsanteleina foothills.

5h walk / Elevation: +/-550m / 10km

6h30 walk / Elevation: +/-850m / 14km

DAY 5

VALSAVARENCHE - PASTURES OF MEYES

Morning transfer to the Valsavarenche (1 hour's drive). Depart from Pont to climb the picturesque Nivollet hanging valley, with its cascading torrent and view of Gran Paradiso. Panoramic traverse to the Meyes mountain pastures. Descend directly to the hamlet of 'Eaux Rousses', where the hotel is located.

6h walk / Elevation: +750m ; -1000m / 12km

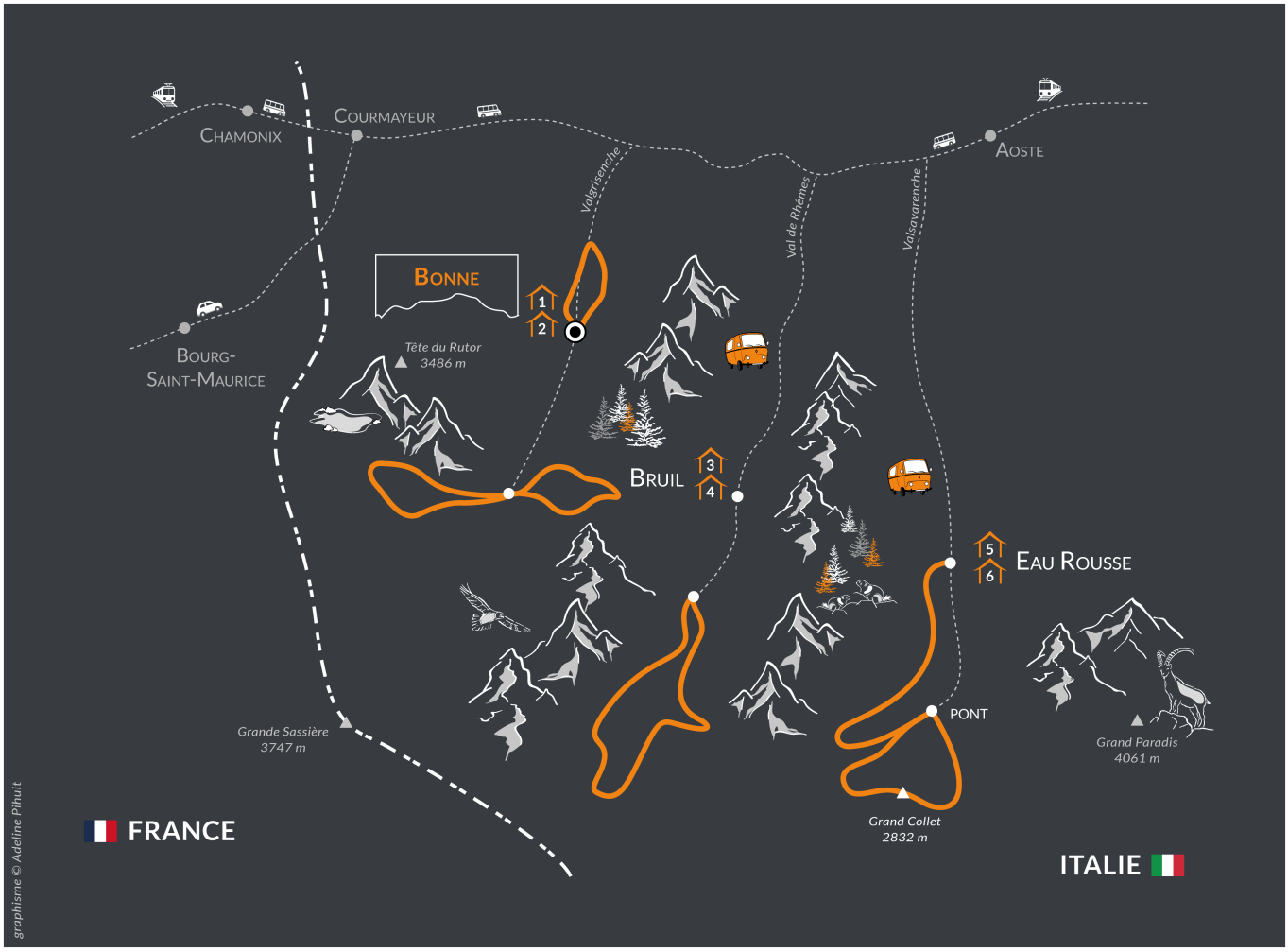
DAY 6

GRAND COLLET - NIVOLET PLAIN

The ascent via the 'Col Grand Collet' is a good climb, but it's a wild pass that's definitely worth a little detour... Chamois and ibex are sometimes still visible in the morning. Follow the route markers to reach the vast col at 2832m. Descend to the beautiful plain of Le Nivolet, then along the meandering river. Reach the 'Croix du Nivolet', passed the day before, and finally Pont, the end of the hike.

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

End of the hike at Pont and return transfer.


CHAMONIX
COURMAYEUR
AOSTE
Valgrisenche
Val de Rhêmes
Valsavarenche
BONNE
1
2
Tête du Rutor
3486 m
BOURG-
SAINT-MAURICE
BRUIL
3
4
5
6
EAU ROUSSE
PONT
Grande Sassière
3747 m
Grand Paradis
4061 m
Grand Collet
2832 m
FRANCE
ITALIE
graphisme © Adeline Pihuit

Dates and prices

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified mountain leader;
- Accommodation with half-board formula, lunch picnics and snacks during the day;
- Tourist tax;
- Luggage transfer between accommodation;
- Bus transfers as described in the technical facts.

The price does not include:

- Personal expenses (drinks, visits, etc.);
- Travel insurance;
- Your return transfert from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ** TO ***

Level **: +/- 400 to 700m ascent, 4 to 5 hours walking per day, for the most accessible walks: well-marked mountain paths between forest and high mountain pastures, with no particular difficulties.

Level *:** Alternatives allow you to climb a little higher, depending on the level of the group. Difference in altitude: +/- 800 to 900 m, up to 6 hours' walking.

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

GUIDING

Number of participants : between 6 and 8 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.

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.

ACCOMMODATION

COMFORT
In rooms for 2 to 4 people:
2 nights in a cosy** hotel
2 nights in a 3-star hotel
1 night in a small mountain hotel

MAPS

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

Practical information

ACCESS TO DEPARTURE POINT

Meet your guide at 2.45pm at Bonne (Valgrisenche), Hotel restaurant Perret (Localité Bonne, 2, 11010 Valgrisenche AO).
OR
Meet your guide at 1.30pm at free car park of Le Fayet / Saint-Gervais-les-Bains (240 rue du stade). Transfer option €50/person.

BY TRAIN
From Chamonix train station, take the SAT bus to Courmayeur www.sat-montblanc.com
Or Savda buses www.savda.it
Timetables must be verified on www.oui.sncf
In option, transfer from Chamonix or St-Gervais-le-Fayet train stations : €50/person.

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.

End point in Pont, Valsavarenche and transfert to Courmayeur.

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.

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**
Number of days	**6**
Insurance	
Trip price	**1 195 €**
Estimated deposit (30%)	**358,50 €**
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

Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR