

SKI TOURING IN GRAND PARADISO

Great skiing, sun and pasta!

Reference · 124

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|---------------------------------------|--|---|
| DURATION 3 days | TRAVEL STYLE Accompanied / guided | LUGGAGE Without luggage transfer |
| ACCOMMODATION Refuge | LEVEL 4/4 ★★★★★ | FROM 535 € |

This ski touring holiday is for skiers who want to enjoy 3 days of organised, supervised ski touring. The itinerary and safety are assured by a mountain guide who will find the best snow conditions for you, so all you have to do is follow and enjoy the skiing, the change of scenery and a friendly refuge at the end of the day.

The Gran Paradiso massif, starting from the Benevolo hut, is a treasure trove of high-altitude hikes in a major setting, with the Benevolo hut as a base camp, the warm welcome of Mathieu and his team, and Valdostan cuisine...

You will love

- A mountain range dedicated to ski touring, with major itineraries within easy reach
- Professional supervision by a High Mountain Guide
- A warm refuge, Italian cuisine and hospitality
- A 3-day break at altitude, with your head in the snow!

Day-by-day itinerary

DAY 1

Each day, the outings are adapted to the weather and snow conditions and to the level of the group. The aim is to make sure you progress safely and get the best snow for maximum enjoyment.

Meeting point at Rhêmes Notre Dame at 10:00am. Optional transfer from St Gervais-les-Bains railwail station (meet at 8am).

Plan your picnic for the first day.

CHAMONIX - REFUGE BENEVOLO

Check your gear and equipment before setting off for the Benevolo hut (2285m). After a short break, a short discovery hike in the valley and safety exercises. Overnight at the refuge.

3 hour hike / Elevation: + /-400 m

DAY 2

PUNTA CALABRE 3445M

We set off gently for our first day along the alpine pastures and glaciers that wind their way up the vast cirque on the west side, beneath the high foothills of the Tsanteleina (3601m). We reach Pointe Calabre, on the ridge between France and Italy. Exceptional panoramic views of the Vanoise, Barre des Écrins and Viso.... All that's left to do is enjoy a descent just the way you like it, on gentle slopes that give you an intense feeling of freedom. Return to the refuge for the night.

6 to 7 hour hike / Elevation: + /-1200m

DAY 3

VALLON DE LAVASSEY

Another day exploring the massif. Depending on the conditions: Roc Basagne, Col Basei, Grand Vaudala... there's no shortage of destinations in this vast playground. At the guide's discretion. Descend to the refuge where you pick up your gear, then return to the valley.

6 to 7 hour hike / Elevation: + 1000m /-1400 m

End point around 3:00pm in the Val de Rhêmes.

The programme has been drawn up on the basis of the latest information available at the time of writing; imponderables are always possible and situations beyond our control may alter its course.



Dates and prices

3-day ski trip / 2 nights in a refuge. Departure possible between 01 March and 11 May 2025.

Prices for your group of :

2 people: 1055€/person

3 people: 790€/person

4 people: 660€/person

5 people: 585€/person

6 people: 535€/person

Optional : transfer from St Gervais. Price on request, please contact us.

ALSO AVAILABLE À LA CARTE: please contact us...

THE PRICE

The price includes:

- Organisational costs and supervision by a mountain guide;
- Full-board meals and snacks;
- Safety equipment (avalanche transceiver, shovel and probe);
- Nights in mountain huts and tourist taxes;
- Return transport from Chamonix to Val Di Rhêmes.

The price does not include:

- Cancellation assistance insurance ;
- Picnic lunch on the first day;
- Personal expenses (drinks, etc...), visits;
- **Equipment hire (skis, skins, boots, poles);**

The price is all inclusive from departure to end point.



The journey

LEVEL ****

Elevation: +/- 900 to 1200m approximately per day.

Level 4: This holiday is aimed at people with previous ski touring experience, level 2 (little or no technical difficulty, maximum 35° gradient).

You need to be in good physical condition to take part.

GUIDING

Group of 2 to 6 people led by a qualified professional (high mountain guide or skiing instructor).

ACCOMMODATION

2 nights in a mountain hut, at 2300m altitude, in the heart of the vast Rhêmes cirque.

MEALS

Breakfast and diner are provided at the gite.

Picnics are included for days 2 and 3, ordered in the refuge.

MAPS

IGC N°102, Valsavarenche, Val di Rhêmes, Valgrisenche



Practical information

ACCESS TO DEPARTURE POINT

Meet at 11h à Rhêmes Notre-dame - *at 8am at St Gervais SNCF station if you have chosen the transfer option.*

BY TRAIN

Outward journey: Departure from Gare de Lyon (Paris) the day before at 12.45pm, arrival in Chamonix at 7.50pm.

Night train: Departure from Gare de Lyon (Paris) at 23:06 arrival in Chamonix at 09:50.

Return journey : Departure Les Houches at 14h32 arrival at (Paris) Gare de Lyon at 21h18.

The timetables given are for information only and must be checked with the SNCF.

www.voyages-sncf.com

BY CAR

VIA THE MONT-BLANC TUNNEL

Take the A40 motorway towards Chamonix, follow the signs for Milan and take the Mont-Blanc tunnel to Italy (€51.50 one way / €64.20 return) atmb.net

Follow the signs for Courmayeur/Aoste (signed in blue), then head for Introd and Rhêmes Notre-Dame, 3kms after the village of Arvier.

VIA THE COL DU PETIT ST BERNARD

From the south of France take the A43 motorway to Chambéry, the A30 to Albertville and follow signs for Bourg St Maurice.

Follow the signs for the Col du Petit St Bernard and Italy via La Thuile to Pré St Didier. Follow signs for Aosta (blue sign), then Introd and Rhêmes Notre-Dame, 3kms after the village of Arvier. arrive at Pont.

NEAREST AIRPORT

Geneva (GVA)

1h by car to Chamonix (also by train but not very practical)

Numerous buses and minibuses make the connection several times a day (25 to 35€ per journey)

Lyon (LYS)

2h15 to reach Chamonix by car

Train every 2 hours to Chamonix / 4h15 journey (€40 to €45 return)

Paris (PAR)

7h to reach Chamonix by car

Train every 2 hours to Chamonix / 5 to 6 hour journey (€80 to 120 return)

End of the trip around 3pm in Rhêmes Notre-Dame - around 5pm in St Gervais.

ACCOMMODATION BEFORE AND AFTER

At your request, we can book a room for you before and/or after your tour.

Les Houches - Hôtel St Antoine : 04 50 54 40 10

Chamonix - Hôtel de l'Arve : 04 50 53 02 31

Office du Tourisme de Chamonix : 04 50 53 00 24



www.chamonix.com

Rhêmes-Notre Dame - Hôtel Galisia : <http://www.albergogalisia.it/index.html> - +39 0165 936 100

Rhêmes-Notre Dame - Hôtel Granta Parey : www.rhemesgrantaparey.com - +39 165 936104 - 130

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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 : +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Equipment and luggage

EQUIPMENT LIST

Avalanche safety equipment including (transceiver, shovel and probe) is provided. However, if you have your own and would like to use them you are free to do so. Ski touring equipment can be hired in Chamonix.

<https://www.chamonix.net/francais/shopping/magasins-de-sport/fixations-dynafit>

Clothing

- Waterproof ski or ski touring trousers
- Wind stopper or Goretex jacket
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Insulating down jacket
- 2 pairs of ski gloves and a warm hat
- Walking socks (1 pair per day)

Other Equipment

- Ski touring boots, touring skis with touring bindings, skins, poles and ski crampons (equipment can be rented in Morzine)
- Rucksack minimum 40 litre capacity
- Sunglasses and ski mask
- 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
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 40 to 50 litres for your avalanche safety equipment (transceiver, shovel and probe), personal belongings for the day (warm clothes, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

Leave on your own for 2 or 3 days or more

In the 'weight is the enemy' section, here are some tips on how to save a few hundred grams. For example, for your toiletries: a simple plastic bag with a zip or a small plastic box to avoid accidental crushing.

- Hotel-size soap is generally enough for a week.
- A tube of toothpaste 3/4 full will do the trick



- Shaving foam: a small sample can
- A small microfibre towel
- A small bottle of shampoo
- A travel toothbrush

Pharmacy: in addition to your personal medicines, bring :

- Elastoplast or hook-and-loop tape
- "second skin" tape to protect against blisters, such as Compeed
- A small pair of scissors, thread and needle
- A small tube of sun cream and lip balm

Now all you have to do is apply this recipe to your entire bag!



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
180, route du lac
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 (inc. 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 **SKI TOURING IN GRAND PARADISO** _____

Number of days **3** _____

Insurance _____

Trip price **535 €** _____

Estimated deposit (30%) **160,50 €** _____

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