TOUR OF MONT VISO self-guided

Hop between France and Italy

Reference · 289

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DURATION	TRAVEL STYLE	LUGGAGE
7 days	**Self-guided**	**Without luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**590 €**

Mont Viso: the highest peak in the Southern Alps, it's also a magnificent mountain, majestic and solitary, fascinating by the height of its different faces.
Situated between Italy and France, Mount Viso will always hide a secret... This beautiful mountain itinerary allows you to discover its mineral universe, its dozens of lakes, its Italian refuges and its unique fauna.

You will love

- A hike with high passes and a myriad of high altitude lakes
- The Viso tour, with views of Mont Blanc to the Po plain
- With 300 days of sunshine a year, the laughing climate of the Southern Alps assures you sun and light
- A crossing at the foot of Mount Viso on its east face

Day-by-day itinerary

DAY 1

LA MONTA - CIABO DEL PRA

Start of your day from the upper Guil valley to finish in Ciabot del Pra. After a transfer to La Monta you reach the Val Pellice and the Pays du Viso via the Col Lacroix (2,300 m), an ancestral passage of travellers and peddlers. Overnight at the refuge in the heart of a Piedmontese hamlet.

Night and dinner in Jervis refuge.

4.30 hours walk/ Altitude difference: +600 m; -500 m

DAY 2

CIABO DEL PRA - MANZOL PASS - PIAN DER RE

Crossing to the Granero hut then the Manzol pass (2,650 m) at the foot of the proud Monte Granéro (3,050 m). Leaving the upper Val Pellice and its vast wild pastures, we reach the Armoine pass, the upper Po valley, ancestral passage of the salt road, between Provence and the Po plain.

Night and dinner in a refuge in Pian de lRé (2,000 m) at the foot of the springs of the river Po, to discover Piedmontese gastronomy.

6h00 walk / Altitude difference: + 1200m ; -950m

DAY 3

PIAN DEL RE - REFUGE ALPETTO OU QUINTINO SELLA

Hiking, between lakes and peaks, to reach the foot of the east face of the giant of the Southern Alps. Possibility to climb the Viso Mozzo (3,020 m), sumptuous and unique viewpoint on the Viso country. Night and dinner at the Alpetto hut (2,300 m) with an intimate atmosphere.

5.30 hours walk/ Altitude difference: +950 m; -250 m

DAY 4

ALPETTO - BAGNOUR

Altitude hike that allows us, through the Passo Gallarino (2,730 m), to bypass Mount Viso and reach the Valante valley. Night and dinner at the Bagnour hut, a small, friendly hut nestled in the Bosco del Allévé, the largest Cembro pine forest in Europe.

6 hour walk / Elevation: +600m -800m

DAY 5

BAGNOUR - CHIANALE

Up from the Valante valley to the Losette pass (2,800 m), west of Mont Viso. Possibility to climb to Joanne Point (3000 m), between Queyras and Viso. Descent of the Soustre valley that leads us to Chianale, one of the most beautiful villages of Italian Piedmont.

Night and dinner in gîte in Chianale (1800 m).

6.3 hour walk / Elevation: +900m -1200m

DAY 6

CHIANALE - COL BLANCHET - REFUGE DE LA BLANCHE

Return to Queyras, from Chianale to Saint-Véran, via the Blanchet pass (2,900 m) and the high valley of Saint-Véran. From Col Blanchet, on the border ridge, last look at the Viso, before reaching the refuge de la Blanche nestled against the imposing head of the Toilies. Night and dinner in refuge.

6.3 hour walk / Elevation : +1100m / -400m

DAY 7

REFUGE DE LA BLANCHE - PIC DE CARAMENTRAN - COL VIEUX - L'ECHALP

Return to the departure of the circuit by one of the last lookouts on the Viso: the peak of Caramentran more than 3000 m. This promontory easy to reach makes you tip over the Aigue Agnel and then the famous valley of lakes listed as a UNESCO World Heritage Site.

Back to the Echalp.

6 hour walk / Elevation: +850m -1450m

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

Dates and prices

DEPARTURES AND PRICES

Departures from 23rd June to 15th September 2026

Without luggage tranport:
€590 per/ person, classic accommodation
Supplement departure single person: **€55** per person

Optional extras :
With luggage transport on days 5 and 7 : **€40** per person
6 picnics: **€80** per person

Additional nights on half board:
In a shared room: **€70** per person
In a hotel: **€90** per person

THE PRICE

Includes:

- Accommodation on half board;
- The road book: description and maps (1 complete road book per person);
- Booking and organisation fees and tourist taxes.

Does not include:

- The lunch picnics;
- Drinks, possible visits;
- The transport of luggage;
- Cancellation assistance insurance ;
- The journey from your home to the place of reception and return.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Average positive altitude difference: 1100m per day
Average walking time: 6 hours
Particular difficulties: hikes on well-marked mountain paths, but which can sometimes be quite steep or rocky. Some short aerial passages. Limited mobile phone network.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week. 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

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read a 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 of the latest generation telephone with satellite connection.

Please note: some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

This trip is organised in collaboration with our local partners, who are as committed as we are to providing you with an authentic experience.

ROAD BOOK

Your road book will be sent to you by post on receipt of payment of the balance for your stay. It includes :

A route book
A set of IGN maps
The route sheet with the list of accommodation
Luggage tags (if you have chosen this option)
Access to the digital application downloadable onto your smartphone (remember to take a good external battery).

For all bookings made less than 3 weeks before departure, paper travel documents cannot be sent. Only the digital version will be made available.

ACCOMMODATION

CLASSIC: shared room for 4 to 12 people, sheets and towels are not provided, bathroom facilities are on the landing.
4 nights in Italian refuges, one night in a gîte in Chianale (Italy), 1 night in a refuge in France.

MEALS

Breakfasts and dinners are served in accommodation. Picnics are not included.

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.

Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Practical information

ACCESS TO DEPARTURE POINT

Departure from Echalp, large car park at the bottom of the hamlet.
You can leave your car here, as this is the car park for hikers starting their tour of the Viso.

BY TRAIN
Please consult the SNCF
Montdauphin-Guillestre station, Briançon line (Hautes-Alpes). Timetables can be consulted on the SNCF website.
For Montdauphin/Château-Queyras shuttle timetables, consult Zou ma Région Sud

BY CAR
In order to plan your trip, we advise you to inquire about your route at the different sites: Michelin and Mappy

END OF THE STAY

End of the hike in in Echalp on day 7.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance IMPACT EVASION that we offer is dedicated to **French speaking people living in Europe.** If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with IMPACT EVASION 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/IMPACT EVASION.

CONTACT US

In case of delay please inform us 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
- 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.

BAGGAGE TRANSPORT

If you choose the baggage transport option, your baggage is transported by a logistics vehicle on days 5 and 7.
Your baggage will be transported daily between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 10kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

YOUR PACKPACK FOR THE NIGHTS WITHOUT LUGGAGE

For the nights your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable 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 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
> 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	**TOUR OF MONT VISO self-guided**
Number of days	**7**
Insurance	
Trip price	**590 €**
Estimated deposit (30%)	**177 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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