TOUR OF THE VANOISE GLACIERS Comfort self-guided

Our flagship tour, in the heart of France's first national park... with the comfort of a bedroom !

Reference · 239

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DURATION **6 days**	TRAVEL STYLE **Self-guided**	LUGGAGE **With luggage transfer**
ACCOMMODATION **Comfort (room)**	LEVEL **3/4 ★★★☆**	FROM **665 €**

Between the high valleys of Maurienne and Tarentaise, the Vanoise massif is a condensed version of all the richness of the Alps: geological crossroads, protected climatic conditions and altitudes that range up to the 3855m of La Grande Casse allow for a magnificent diversity of landscapes, flowers and the remarkable presence of all the alpine fauna, at the limit of the "High Mountain".This is our revisited Tour des Glaciers, with accommodation in rooms and new stages. A tour for a privileged immersion in this exceptional mountain!

You will love

- The wild, unspoilt territory of France's first national park
- An exclusive route around the 'Dômes de la Vanoise' glaciers
- The typical village of Pralognan-la-Vanoise
- Accommodation in friendly refuges and hotels, in bedrooms

Day-by-day itinerary

DAY 1

TERMIGNON - AUBERGE DE BELLECOMBE

The hike starts in Termignon, along the Doron de Chavière river, by a steep path up across forests and grass fields. The effort pays off after arriving in the pastures, with a stunning scenery on mountain lakes, snowy mountain tops and stone houses. Installation for two nights in a refuge (2350m),

5 hours walk / Elevation : + 1250 m ; - 200 m / Distance : 11 km

DAY 2

TOUR DES AIGUILLES DE LANSERLIA

From the refuge, set off on a loop hike around the Aiguilles and up to the summit of the Pointe de Lanserlia, a route that will plunge you into the most secret atmosphere of the Vanoise. With the option of a tour of the wild Turc plateau from Lac de Lanserlia (2700m).

Back to the same refuge.

6 hours walk / Elevation : +/- 850 m / Distance : 15 km (with the ascent of Pointe de Lanserlia)

DAY 3

COL DE LA VANOISE - PRALOGNAN LA VANOISE

Across the vallon de la Leisse and up to the col de la Vanoise (2517m) between the Grande Casse, highest summit of the mountain range (3855m), and the Vanoise glaciers. From the pass, down to the village of Pralognan, across the famous ford of Lac des Vaches. Installation in a hotel for two nights in Pralognan.

7.5 hours walk / Elevation : + 600 m ; - 1500 m / Distance : 20 km

DAY 4

THE RIDGES OF MONT CHARVET – PRALOGNAN LA VANOISE

A gorgeous loop from Pralognan to discover one the most famous hike of the valley. Various landscapes, 360° scenery and amazing colours. The Petit Mont Blanc (2680 m) (+/- 1000 m) or the Petit and Grand Marchet circus (2554 m) (+ 1150 m / - 840 m) are other options for that day. Back to Pralognan in the afternoon for a second night in a hotel.

6.5 hours walk / Elevation : + 1050 m ; - 1050 m / Distance : 14 km

DAY 5

COL D'AUSSOIS – REFUGE LE MONTANA OR REFUGE DE PLAN-SEC

The tour of the glaciers continue with the ascension of the col d'Aussois. After a short transfer by free shuttle (in july / august) or taxi (at your charge), a quiet start in the Chavière valley and a little break for local cheese in the Ritor pasture, the path climb across a landscape that become more and more mineral, all the way to the Col d'Aussois at 2914 m ! Descent above the Maurienne valley to the dam of Plan d'Amont. Night in a refuge.

7 hours walk / Elevation : + 1350 m ; - 850 m / Distance : 17 km

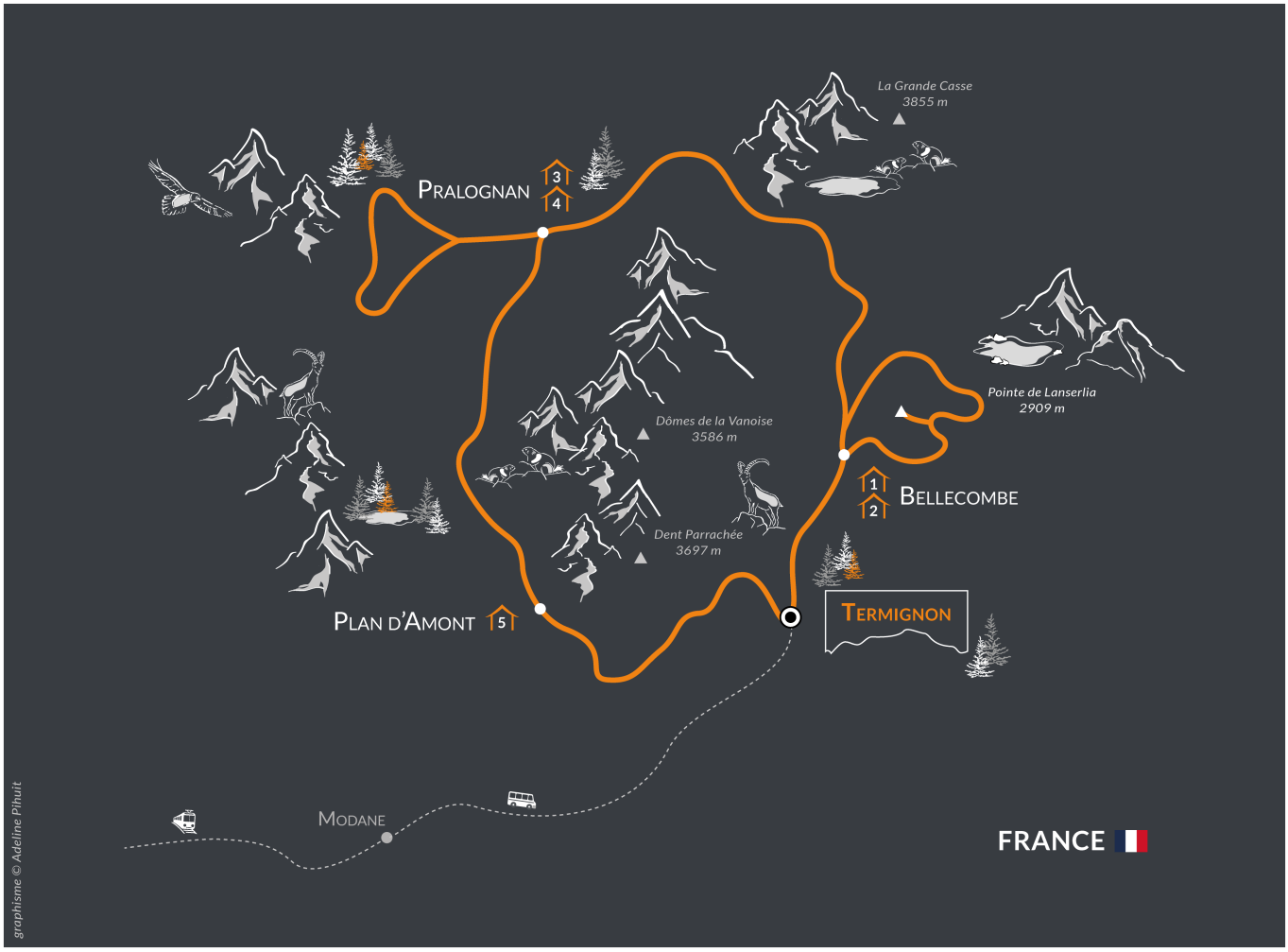
DAY 6

BALCONY PATH OF THE GENEPY – TERMIGNON

The tour ends with a gorgeous path above the valley of Maurienne and under the Dent Parrachée and the glacier of Arpont before the final descent to the village of Termignon.

7 hours walk / Elevation + 800 m ; - 1800 m / Distance : 18 km

End of the hike in Termignon around 4.30 pm.



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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

Dates and prices

DEPARTURES AND PRICES

Departure on Sunday or Tuesday, from June 20th to August 24th, 2027

Without luggage transfer

Minimum 2 people **: 665€** per person

Single supplement, with a private bedroom on nights 3, 4 and 5: **€110** (Nights 1 and 2 are in a shared bedroom for 4 people.)

With luggage transfer

From 2 to 6 people: **840€** per person

Single departure, with luggage transport: on request.

No luggage transfer on day 5 for any departure before 2 July.

Extra Picnic : €85 / person (5 picnic)

THE PRICE

Includes :

- Half-board formula from dinner on the first day to breakfast on the last day;
- Accommodation in refuges and hotels, in rooms for 2/4 people;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request.
- Daily luggage transfer, if you have chosen the option ;
- Organization fees and tourist taxes.

Does not include :

- Lunchtime picnic ;
- **Luggage transfer on day 5 for departures before 2 July.**
- Shower tokens in the accommodations ;
- Possible transfer ;
- Personal expenses (drinks, visits...) ;
- Guiding : your are responsible for your own safety ;
- The journey from your home to the departure point and back ;
- Cancellation & repatriation insurance.

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

The journey

LEVEL ***

Height difference : +/- 450m to 1350m
Walking time : 4h to 6h30 per day
Type of walk : mountain hike on marked trails including gravel paths. Some variants are proposed with steeper passages requiring a sure footing.

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

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 a satellite connection.

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

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:
- 2 IGN TOP 25 maps with the route
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

LUGGAGE TRANSFER

There are 2 options:
Without luggage transfer: you carry all your luggage.
With luggage transfer: your luggage is delivered to your accommodation each day. This tour takes you between the Maurienne and Tarentaise valleys. This means long distances to carry your luggage.
No luggage transfer on day 5 for departures before 2 July.

ACCOMMODATION

COMFORT :
2 nights in a refuge, in a room for 2 to 4 persons,
2 nights in a hotel, in a 2-person room,
1 night in a refuge, in a room for 2 to 4 persons.

Bed linen is provided in each accommodation; please bring your own bath towel. All accommodations have hot showers (during the first two nights, shower time is limited).

With sustainability in mind, the refuge used during the first few days offers showers with limited usage time and dry toilets. It is a former alpine mountain chalet that has been renovated to provide the comfort of a very recently built 4-person dormitory. The sanitary facilities are shared.
The accommodation for nights 2 and 3 offers full hotel-style comfort, equivalent to a 2-star hotel.
The accommodation for night 5 is a refuge resembling a high-altitude chalet hotel, with 2-person rooms and private bathrooms.

All accommodations offer an authentic setting and a warm welcome!

THE MEALS

Breakfast and dinner are provided in each accommodation. For lunch, your guide will prepare a picnic based on salads of regional 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.

Practical information

ACCESS TO DEPARTURE POINT

Start of the hike in Termignon.

BY TRAIN

Departure (the day before) : departure from Paris Gare de Lyon, arrival in Modane. Then bus from Modane to Termignon.

Return : bus from Termignon to Modane. Then train: departure from Modane, arrival Paris Gare de Lyon.

All train timetables must be checked on SNCF.

BY CAR

Motorway to Modane then follow Termignon. Free car park in the city center of Termignon.

End of the tour in Termignon.

ACCOMMODATION BEFORE AND AFTER

OT Termignon : +33 (0)4 79 20 51 67 Hotel** La Turra : +33 (0)4 79 20 51 36

TO CONTACT US

If you are late, please call the agency: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT

Clothing

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable" or merino wool T-shirts
- Breathable" or merino wool long johns
- Fleece or jumper
- Windbreaker or Goretex jacket
- Lightweight down jacket
- Rain cape + gaiters or Goretex trousers + a bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with loops...1 pair per day)
- Hiking shoes already broken in and with well-spiked soles
- 1 change of clothes for the evening
- A change of shoes for the evening

Miscellaneous equipment

- Toilet bag
- Towel (quick-drying, available in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics (0,4 to 0,5L)
- Coffee cup
- Small personal first aid kit (painkillers, bandages, etc.)
- Survival blanket
- Headlamp or torch
- A sheet and a pillowcase (the gîtes provide blankets)
- Two telescopic poles (highly recommended)
- Valid identity card or passport

BACKPACK

A comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and some space for a picnic and snacks.

LUGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your baggage will be transported daily between accommodation by our logistics vehicle where access is not always easy.

Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!

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Details

REGISTRATION AND PAYMENT METHODS

- By post: form to be filled in below.

- By internet

- By phone : +33 (0)4 50 79 09 16

Please specify if you wish to take out cancellation insurance

We will then send you, by e-mail, a proforma invoice (per couple) with a request for a 35% deposit, together with the details of your account with Altitude Mont-Blanc ("my account" section). You can pay by credit card, bank transfer, cheque or holiday vouchers. You will then receive confirmation of your registration.
The balance of the stay must be paid 1 month before departure, without any reminder from us. Following your payment, we will send you your roadbook file.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.

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 THE VANOISE GLACIERS Comfort self-guided**
Number of days	**6**
Insurance	
Trip price	**665 €**
Estimated deposit (30%)	**199,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

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