VANOISE HIGH PASSES

High altitude trek, crossing the glacier

Reference · 137

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**4/4 ★★★★**	**1 260 €**

An amazing trip!
In our section "High passes", we have conceived several treks in Vanoise including some of them with glacier summit at the end. However, it would have been a shame to step on the Dômes de la Vanoise without crossing the ice cap, unique in Europe!
Here is the program for this colourful week: 4 days of wild, high-level hiking between "Col du Ravin Noir", "Col du Soufre", "Col Rouge", "Petit and Grand Marchet" ... and one day in the "great white", a traversee of the Icy Domes of Vanoise with the ascension of the Pointe du Dard over than 3000m!
Small group of 8 to 9 people maximum, with a mountain leader and a high-mountain guide for the mountaineering day.

You will love

- A journey off the beaten track
- Passing by high passes and the proximity to the glaciers
- 1 day crossing the ice cap with a guide
- Accommodation in mountain huts
- Small group of 9 persons max

Day-by-day itinerary

DAY 1

Meet at 13:30 at Aussois (or at Modane train station at 13:15). Make sure you have had lunch.

AUSSOIS - FOND D'AUSSOIS

After a short debrief, littlle warm-up climbing to Fond d'Aussois refuge by the lakes of Plan d'Aval and then Plan d'Amont.

2.5 hour walk / Elevation: +900m / 8 km

DAY 2

COLS DE LA MASSE, DU RAVIN NOIR ET DE CHAVIÈRE

1 day, 3 passes! Climb to "Col de la Masse", then cross off-trail to "Col du Ravin Noir" (2940m), wild. On the Orgère side, several routes bring you to find the path of the last pass, at 2796m, making sure not to disturb the shepherd, his sheep and his dog. From there, descend to Peclet-Polset refuge.

6.5 hour walk / Elevation: +1050m -950m / 11 km

DAY 3

COL DU SOUFRE - COL ROUGE

Here are two neighboring and yet very different passes. The "Col du Soufre" is really original, with a little Icelandic air. The crossing from one to another allows you to explore a wild area, along the Lakes of "Mont Coua". Reaching the "Col Rouge" via the "Passage des Eaux Noires"! Then descend into the large valley of Chavière, stopping at the Ritord farm to taste the best of Beauforts cheese. Night in a lodge, in a dormitory, with luggage.

7 hour walk / Elevation: +820m -1570m / 17 km

DAY 4

PETIT ET GRAND MARCHET - COL DE LA VANOISE

A good climb takes us to the Valette hut. Crossing two cirques, under the waterfalls of the ice cap. A final climb leads to the "Col de la Vanoise", along the spire, at the foot of the famous Grande-Casse summit. Alternatively, it is also possible to go through the "Col Noir" and the Patinoire lake, a beautiful getaway with a wide view over the "Aiguille de la Vanoise" and "Grande-Casse". In the evening, meeting with the guides for the next day's race. Night in refuge, in dormitory.

7 hour walk / Elevation: +1750m -950m / 15 km

5 hour walk / Elevation: +1250m -350m / 13km by the Patinoire lake

DAY 5

POINTE DU DARD - COL DU PELVE - REFUGE DE L'ARPONT

The highlight of the trip! The climb up the rocky slabs soon gives way to the glaciers. This is where the traverse begins, with crampons on your feet and ice axe in hand, as you cross from one side to the other. A short diversions to the Pointe du Dard (3204m) offers a 360° panorama of the cap and the high peaks in the distance. Descend to Arpont and spend the night in a dormitory at the refuge.

6.5 hour walk / Elevation: +800m -1000m / 11km through La Pointe du Dard summit

DAY 6

MAURIENNE BALCONY - AUSSOIS

A final, more leisurely stage, albeit a little longer, brings this tour to a close: a balcony crossing overlooking the Maurienne valley, in an area much appreciated by large birds of prey!

6.30 hour walk / Elevation: +700m -900m / 17km

End of the tour around 15:00 in "Plan d'Amont" and taxi transfert to Aussois or Modane.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc. (depending on the natural conditions and the fitness of the group).

Dates and prices

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader ;
- All meals including picnic lunch and simple snacks during the day ;
- Accommodation in gites, refuges and small hotels, shower tokens in accomodation if required ;
- Tourist tax ;
- The luggage transport night 3 ;
- Guiding for crossing the glacier and equipment.

The price does not include:

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

The price applies from departure to end point.

The journey

LEVEL ****

Elevation: +/- 1100m approximately per day.
Walking time: 7 hours per day.
Type of trek: mountain route for trained hikers, with off-trail sections. The glacial crossing requires specific equipment but does not present any technical difficulties. It is necessary to arrive well trained to be able to take full advantage of the journey. In case of bad weather, there are optional routes.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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

GUIDING

Between 6 and 9 participants supervised by qualified professionals.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.

GLACIATE CROSSING

The equipment (helmet, harness, crampons) is delivered on day 3 at Pralognan, with the luggage.
The High Mountain guides join the group on evening 4, at the Col de la Vanoise refuge.
The glacier hike between the Dômes de la Vanoise has no technical difficulty. Only the exit of the glacier can be a little tricky.
Guiding: 1 guide for 4 persons maximum (except at the start of the season, 1 guide for 5 persons).

ACCOMMODATION

CLASSIC: 5 nights in dormitory, in refuge.
All accommodation offers hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

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.

LUGGAGE TRANSPORT

The luggage transport is provided on day 3, at the refuge above Pralognan. You will be able to change your clothes, and get mountaineering equipment for the following days (see "Equipment" section).

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

Meet Sunday at 13:30 in Aussois (tourist point) or in front of the train station in Modane at 13:15. Plan to have lunch before.

BY TRAIN
Inbound: Depart from the Gare de Lyon train station (Paris) at 6 :44am arrive in Modane at 10:52am.
Return: Depart from Modane at 7:12pm arrive in (Paris) Gare de Lyon train station at 11:26pm.
Times given are indicative and should be verified at a train station or at www.voyages-sncf.com

BY CAR
Take the A6 motorway to Lyon, then the A43 direction Chambery and Modane.
At Modane follow direction Aussois via the D215. Free car-park at Aussois.

End of trek at 15:00 at Aussois.

ACCOMMODATION BEFORE AND AFTER

Tourist Office Aussois: +33 (0)4 79 20 30 80 www.aussois.com

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 EUROP ASSISTANCE 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 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 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
- Lightweight down 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

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

Mountaineering equipment

- Sturdy walking boots, already broken in with a good sole and stiff enough to support crampons (no trail running shoes or flexible hiking shoes).
- Hiking poles
- Warm clothing adapted to the chilly conditions of the high mountain (goretex, warm fleece, long calecons and choker, warm hat, gloves, technical socks, etc.).
- Technical equipment is provided (crampons, helmet, etc.).

BAGGAGE TRANSPORT

Your baggage and mountaineering material will be transported on day 3 at your accommodation by our logistics vehicle. You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person.**

BACKPACK

Leave on your own for 2 or 3 days and 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

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	**VANOISE HIGH PASSES**
Number of days	**6**
Insurance	
Trip price	**1 260 €**
Estimated deposit (30%)	**378 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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