VANOISE, JEWEL OF THE ALPS

7 days of immersion around the Vanoise domes

Reference · 325

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

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**1 110 €**

From the picturesque village of Pralognan, this tour offers an insight into the natural wonders of the Vanoise massif. From the iconic 'Lac des Vaches' to the spectacular 'Dent Parrachée'; from the Beaufort cheese-making process to the rare Bearded Vulture, the Vanoise hides countless treasures that you will discover as you walk. 7 days at an altitude of 2,000 metres, enjoying all that France's 1st National Park has to offer.

You will love

- The wild, unspoilt landscape of France's first national park
- An exclusive tour of the 'Dômes de la Vanoise' glaciers
- A wildlife paradise that's easy to spot
- Visit the traditional village of Pralognan-la-Vanoise
- Friendly refuges and hotels

Day-by-day itinerary

DAY 1

Meet on Sunday at 1:30pm at Pralognan-la-Vanoise tourist point. Plan to have lunch before.

PRALOGNAN-LA-VANOISE - LES BARMETTES

Starting from the centre of Pralognan for a relatively short first day immersing you in the mountains. Passing through the waterfall and under the 'Grand Marchet', the goal is to reach the top of the Pralogan-la-Vanoise ski area for a cosy first night in the mountains. Night in a refuge.

2.5 hour walk / Elevation: +650m -50m / 4,5 km

DAY 2

COL DE LA VANOISE - ARPONT REFUGE

From the refuge, climb to the 'Col de la Vanoise' (2517m). Stunning views of the 'Aiguille de la Vanoise' and the 'Grande Casse' (3855m), the highest peak in the massif. Cross 'Lac des Vaches' and its famous ford, then 'Lac Long' and 'Lac Rond' to reach the 'Vallon de la Leisse'. Below the 'Dômes de la Vanoise', after a final gentle ascent, the cosy Arpont refuge welcomes the group for an evening cut off of the world! Night in refuge, **without lugggage transfer.**

7 hour walk / Elevation: +950m -650m / 19km

DAY 3

THE GENEPI BALCONY TRAIL - UNDER THE DENT PARRACHEE

Today, the path leads beneath the foothills of the 'Dent Parrachée'. After a long day, this third stage offers a peaceful view over the Maurienne valley and the Arc torrent. Night in a refuge.

5.5 hour walk / Elevation: +650m -800m / 15km

DAY 4

THE DISCOVERY TRAIL SENTIER DU BARBIER - ORGERE REFUGE

Above the impressive dam lakes of 'Plan d'Amont' and 'Plan d'Aval', cross the Aussois valley. Today's agenda includes a balcony walk along the 'Parc de la Vanoise' nature trail to the 'Col du Barbier'. Next comes a beautiful forest downhill to the Orgère refuge. Depending on the group's fitness level and the weather conditions, an alternative route may be via the 'Col Alpin de la Masse' (2923m). Night in refuge.

5.5 hour walk / Elevation: +600m -850m / 14km (through the Barbier pass)

6 hour walk / Elevation: +950m -1200m / 13km (through the Masse pass)

DAY 5

COL DE CHAVIERE AND COL DU SOUFRE - LE SAUT

This is the big stage of the week! A truly memorable and mineral stage! First up to the 'lunar' Col de Chavière (2796m), then in a colourful atmosphere to the Col du Soufre (2817m) and along the Gébroulaz glacier. This is a unique stage that will live long in the memory. Overnight in a refuge, **without luggage transfer.**

8 hour walk / Elevation: +1350m -1150m / 17km

DAY 6

COL DE CHANROUGE AND COL DES SAULCES - PRALOGNAN-LA-VANOISE

Starting with the ascent of the 'Col de Chanrouge' (2529m), before heading under the 'Aiguille du Rateau' and finally reaching the 'Col des Saulces' (2456m). The 'Petit Mont Blanc' dominates the view, offering a perfect panorama over the Pralognan valley. A long descent takes you back to Pralognan and its lively village centre. Night in a cosy mountain hotel.

7 hour walk / Elevation: +700m -1400m / 16km

DAY 7

THE CRESTS OF MONT CHARVET (2362m) - PRALOGNAN-LA-VANOISE

A looping route from Pralognan to discover one of the valley's most famous hikes and the unusual atmosphere of a gypsum mountain. A variety of landscapes, 360° panoramas and a colourful array of colours are on the agenda for this magnificent day.

6.5 hour walk / Elevation: +1050m -1050m / 14km

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

2026 : From €1110 per personn for a minimum of 6.
Departure on request for your group.

THE PRICE

Includes:

- Organisation and booking fees;
- Guiding by a qualified mountain leader;
- Accommodations with half-board formula from dinner on day 1 to breakfast on day 7;
- Lunchtime picnic, snacks;
- Shower tokens and tourist tax;
- Luggage transfer between accommodations (except on days 2 and 5);

Does not include:

- Personal expenses (drinks, etc.);
- Luggage transfer on days 2 and 5 ;
- Lunch on day 1;
- Touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/- 900m approximately per day.
Walking time: 5 to 7 hours per day.
Type of trek: mountain route on marked, often rocky paths.

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: level of difficulty

GUIDING

Group between 6 and 14 people supervised by a qualified 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 tour, based on your level of satisfaction. This is not mandatory, but it is very much appreciated.

ACCOMMODATION

CLASSIC: 5 nights in refuge, in dormitory and 1 nigth in hotel, in a 2 to 3-person bedroom.
All accommodation offers hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfasts and dinners are provided in each accommodation. Picnics are carefully and daily prepared by your mountain leader, comprising a variety of a healthy salads and local products (except day 1).
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.

MAPS

IGN maps 1:25000 : Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

Practical information

ACCESS TO DEPARTURE POINT

Meet Monday at 1:30pm in front of Aussois tourist office. Plan to have lunch before meeting.

BY TRAIN
Departure: from Paris-Gare de Lyon to Moûtiers in the morning
Return journey: Departure from Moûtiers to Paris-Gare de Lyon in the late afternoon
Timetables must be checked on www.oui.sncf
Bus Moûtiers - Pralognan-la-Vanoise / Pralognan - Moûtiers ; timetables must be checked on vente.cars-region-savoie.fr

BY CAR
Take the A6 motorway to Lyon, then the A43 direction Chambery and Albertville. Then Moûtiers by the N90 and Pralognan-la-Vanoise by the D915. Free 'Bouquetin' car park: just off the main street, parking is free and unrestricted. However, if you are leaving your car for several days, check the events programme to see when the car park is closed.

CAR-SHARING
Get in touch with people to share a lift! Here are some websites : www.blablacar.fr www.laroueverte.com www.roulezmalin.com

End of the tour at Pralognan-la-Vanoise around 4pm.

ACCOMMODATION BEFORE AND AFTER

Pralognan Tourist Office: +33 (0)4 79 08 79 08 www.pralognan.com

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.

LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your baggage will be transported daily, except day 1 and 5) between accommodation by our logistics vehicle where access is not always easy. **Baggage which is too heavy won't be accepted by the drivers, please think of their backs!**

BACKPACK FOR THE NIGHT WITHOUT LUGGAGE TRANSFER

On nights 2 and 5, your luggage won't be delivered 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 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, JEWEL OF THE ALPS**
Number of days	**7**
Insurance	
Trip price	**1 110 €**
Estimated deposit (30%)	**333 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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