


GRAN PARADISO SUMMIT (4061m)


Ideal first 4000m




The Gran Paradiso massif and its eponymous summit (4061 m) are located in the western Alps. A Royal reserve in 1856, it became a National Park in 1922. The first national park in Italy and Europe, the Gran Paradiso National Park defines an impressive high mountain range furrowed by deep valleys. Created on the initiative of King Victor Emmanuel II to protect ibex, the park remains a safe haven and protective area for animals including chamois, ibex, marmot, fox and vultures.

This route ascends the Gran Paradiso summit via gentle gradient slopes without technical difficulty. The ideal first 4000m summit! From the summit the panorama embraces the Mont Blanc, Matterhorn and with the Alpine arc extending as far as the eye can see.

 3 days

 Guided / with a guide

 Without baggage transport

 Accommodation : Classic (dormitory)

 Level : ****

 From : 670€

You will like

- One of the most beautiful and accessible 4000m peaks in the Alps
- The ascent of Gran Paradiso (4061m)
- Depending on the weather, 2 summit attempts are possible
- Maximum of 4 people with each high mountain guide

The route

Day 1

Meet on Wednesday at 11:00am in Pont in the Valsavarenche valley. Please bring your own picnic for the 1st day.

PONT - VICTOR EMMANUEL REFUGE (2734m)

Welcome at Pont, Valsavarenche and a little technical practice to get used to walking with alpine boots. Depart from the hamlet of Pont. A good part of the hike is through a nice larch forest with frequent sightings of ibex! Arrival at the Vittorio Emanuele refuge (2734m) in a high mountain setting with breathtaking views of the Piccolo Paradiso (3868m), the Herbetet (3778m) and the Mont Tresenta (3609m).

Elevation: +800m

Day 2

GRAN PARADISO (4061m) - VICTORIO EMANUELE REFUGE

Set off early in the night. We climb up the Gran Paradiso glacier to join the climbers arriving from the route from the Chabod refuge at 3600m. A magnificent, easy ridge leads to the summit of Gran Paradiso (4061m). The panorama from the summit of Grand Paradiso is dazzling. From Mont Rose to the Matterhorn, from Mont Blanc to the Ecrins and even Mont Viso and the Mercantour in the distance!

From the top is a taster of tomorrow's view! Descend via the same route to the Vittorio Emanuele refuge for lunch and overnight.

Elevation: +1300m

Day 3

REFUGE CHABOD or second chance for GRAND PARADISO - PONT

From the refuge, return to the Valsavarenche valley via the wild route of the Refuge Chabod. Marmots, chamois and ibex are often to be seen, providing a gentle end to this immersion in the world of the high mountains. Depending on the group's level of fitness and desire, there is also the option of climbing the Tresenta peak (3609m).

Elevation: +350m /- 1250m

End point at Pont, Valsavarenche.

This is an example of a mountaineering program for climbing the Gran Paradiso via the normal route. The weather, snow and mountain conditions, as well as the level of the participants could obligate the guide to modify the program or to take different routes.

The trip

LEVEL ****

Physical level:

High level of fitness required, people who train regularly in endurance sports (cycling, hiking, running, cross-country skiing, swimming) several times a week for at least 6-12 months before departure. Minimum preparation is for example, twice a week, one hour of jogging (10km/h) and once a week an endurance sport for several hours.

Good fitness is vital to appreciate this tour. Please arrive well-rested and prepared for this mountain tour to maximise your enjoyment of reaching a 4000m peak!

Technical level:

No particular difficulty, mainly walking on snow. An initiation of walking in crampons on snow will be given along with walking with a rope, however it is essential to have a habit of walking (off-trail) in the mountains with a backpack of several kilos. Accessible to good walkers who have walked up above 3000m and used to walking 8 hours a day.

GUIDING

A qualified high mountain guide per four people for the duration of the tour.

The guide may modify the itinerary at any time or cancel the tour for a participant who does not have the required level for their own safety and that of the group. In this case, the participant cannot claim any refund. In the event of very bad weather and always to ensure the safety of the participants, the tour may be cancelled. In this case, we will examine the reimbursement requests according to the number of days spent on the tour.

ACCOMMODATION

2 nights half-board accommodation in a refuge dormitory, blankets provided, *bed linen and towels are NOT provided, you must carry your own lightweight sleeping sheet, shared bathroom *no shower. Possibility to dry wet clothes in a drying room. For your personal purchases, credit cards are not accepted, cash only.

MEALS

Breakfasts and dinners are provided in the refuge.

Picnics are not included. Possibility to order them at the refuge or have lunch thereon your return from Grand Paradis ascent.

MAPS

1/25000 Val Savarenche-Val de Rhême-Val Grisenche N102
Edition Instituto Geografico Centrale

Practical information

ACCESS TO DEPARTURE POINT

Meet Wednesday at 11:00am at Pont Valsavarenche.

Return transfer from Chamonix to Pont possible: contact us.

Please note: the tunnel can be very busy in summer. Allow extra time if you need to book a bus or train from Chamonix.

BY CAR

VIA THE MONT BLANC TUNNEL

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

Follow signs for Courmayeur/Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to to the end of the valley to arrive in Pont.

VIA THE COL DU PETIT ST BERNARD

From the southern regions of France take the A43 motorway to Chambéry, the A30 to Albertville and follow direction Bourg St Maurice. Follow signs to Col du Petit St Bernard and Italy (a very good mountain road) passing through La Thuile to Pré St Didier. Follow signs for Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to to the end of the valley to arrive in Pont.

BY TRAIN/BUS

Arrival by train in Chamonix. Then take 3 successive buses to get to Pont/ Valsavarenche:

Bus [Chamonix – Courmayeur](#)

Bus [Courmayeur – Villeneuve](#)

Bus [Villeneuve – Valsavarenche \(Pont\)](#)

End point Friday in the afternoon in Pont, Valsavarenche.

ACCOMMODATION BEFORE AND AFTER

Hôtel de l'Arve: +33 (0)4 50 53 02 31

Vallée Blanche Hotel: +33 (0)4 50 53 04 50

Chamonix Tourist Office: +33 (0)4 50 53 00 24

www.chamonix.com

TO CONTACT US

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

Dates & prices

Groups of 2 to 4 people

minimum of 2 people

Departure with 2 persons: 1045€/person

Departure with 3 persons: 790€/person

Departure with 4 persons: 670€/person

Private departure at the date of your choice for your group > please contact us!

From 29/06/24 to 01/07/24	Last places available	670 €
From 13/07/24 to 15/07/24	Last places available	670 €
From 20/07/24 to 22/07/24	Last places available	670 €
From 27/07/24 to 29/07/24	Last places available	670 €
From 03/08/24 to 05/08/24	Last places available	670 €
From 10/08/24 to 12/08/24	Last places available	670 €
From 23/08/24 to 25/08/24	Full	670 €
From 31/08/24 to 02/09/24	Last places available	670 €
From 07/09/24 to 09/09/24	Last places available	670 €

THE PRICE

The price includes:

- Organisation and booking fees;
- 2 nights accommodation in half-board in a refuge;
- Lunches of days 2 and 3 ;
- Supervision by a high mountain guide (1 guide per 4 people);
- Rental of technical equipment (ice axe, crampons, harness, helmet).

Does not include:

- First day lunch and snacks ;
- Personal expenses (drinks, water is *NOT included in the refuge);
- Touristic visits;
- Cancellation insurance;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from the meeting point to the point of dispersal.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Breathable or merino wool t-shirts
- Fleece or jumper
- Waterproof Gore-Tex jacket
- Warm down or synthetic fibre jacket
- Waterproof Gore-Tex over trousers (simple and light)
- Gaiters
- Pair of mountaineering gloves, pair of lightweight fleece or wool gloves
- Sun hat or baseball cap + warm headband + warm hat
- Walking socks (1 pair per day)
- Trail type running shoes for the climb to the first refuge (and especially much appreciated for the descent!)
- Mountaineering boots warm and suitable for use with crampons

Other Equipment

- Toilet bag with the bare minimum
- Small quick drying towel
- Glacier sunglasses with side protection, level 3-4 lenses
- Ski mask (in case of bad weather or strong winds)
- Sun cream factor +50
- Water bottle (size depending on how much you normally drink) *warning Camelback style water bags can freeze!
- Flask (size depending on how much you normally drink)
- Multi use knife (always useful)
- Small First Aid kit (vitamin C, antihistamine, ibuprofen, Compeed type blister pads, etc...)
- Survival blanket
- Head torch, spare batteries or recharge cable, replacement bulbs
- Sleeping bag liner sheet (blankets provided at refuge)
- Identity card or passport

TECHNICAL EQUIPMENT

- Comfortable 40-50 litre backpack
- Ice axe (adapted to your size) (provided)
- Pair of telescopic walking poles
- Pair of crampons already adjusted + must be "antibott" system (to stop the snow sticking) (provided)
- Climbing harness (provided)
- Climbing safety carabiner
- Lightweight climbing helmet (provided)

BAGGAGE TRANSPORT

You will be carrying your own kit and snack supplies for several days (avoid anything unnecessary).

If you wish to prolong your holiday, we can safely hold another bag for you which you may leave with us at the departure point clearly marked with a name tag and it will be deposited at the end of your stay.

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
62 passage du Nant Devant
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 (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.

Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE