

ON THE TRAIL OF THE TOR DES GEANTS®, TRAIL VERSION self-guided

6 days of intense trail adventure in the heart of the Italian Val d'Aosta, from the Mont Blanc massif to Cogne



The TOR des Géants® is a unique trail competition, combining long distance and autonomy for runners. From the Mont Blanc massif to the charming village of Cogne, through Italy's first National Park: Gran Paradiso, 170km and 11500m of positive and negative gradient will be covered. In a wild, mineral landscape with a succession of passes over 3000 m high, the feeling of freedom is increased tenfold by the sheer size of the mountains. From the Ruitor massif to the foot of Gran Paradiso, from the Gliairetta glacier to the Lauzon pass (3299m), this is a grandiose experience where adventure is the very essence of the trail.

🕒 6 Days

👤 Self-guided / without guide

🧳 With or without luggage transportation

🏠 Accommodation : Classic (dormitory)

🔧 Level : ****

🏠 From : 575€

You will like

- An original itinerary, using a large part of the official TOR des géants® and TOR des glaciers® routes;
- 170 Kilometers & 11500 meters of positive and negative elevation gain in 6 exceptional stages;
- Your proximity to the fabulous display of glaciers;
- The complete crossing from west to east of the Gran Paradiso national park.

The route

Day 1

Meet on Sunday at 8:15am at the Chamonix train station

LA VISAILLE PIED DU MONT BLANC - COL DU PETIT SAINT BERNARD (2188m)

A relatively easy first step to acclimatize well and gain height gently. Go up from Val Veny first by a small road to Lake Combal before tackling the first pass of the week, the Col des Chavannes (2592m). What follows is a long rolling descent into the Chavannes valley. Finally, a final gradual ascent allows you to return to the Petit Saint Bernard hospice (on the Franco-Italian border). Night in hostel, **with your luggage**.

Distance : 26km / Elevation : +1500 m ; -900 m

Day 2

PASSO ALTO (2860m) & COL DE LA CROSATIE (2826) – VALGRISENCHÉ

The serious stuff begins! After a gentle ten kilometres or so to reach La Thuile, a sublime sequence at the foot of the Rutor glacier awaits the group. The first long ascent leads to the Albert Deffeyes refuge and then on to the Passo Alto... But that's not all for today! The demanding KV climb of La Crosatie is just around the corner. On the descent, we pass through the lago di fond before reaching Valgrisenche. From Planaval, a short transfer by valley shuttle to Valgrisenche. Overnight in a hotel, **with your luggage**.

Distance : 35km / Dénivelé : +2400 m ; -2950 m

Day 3

LAGO DI SAN GRATO – RIFUGIO MARIO BEZZI

Today's main objective is to reach the sublime lac de Saint Grat (Lago di San Grato) perched at an altitude of around 2470m in the heart of a small, wild mountain cirque. It's a long climb, but there's a great view of the other main lake in the valley: the Lac de retenu de Beauregard. In the second half of the day, a descent takes you back to the Valgrisenche torrent before a final, gentle climb to the typical Mario Bezzi rifugio. Overnight in a refuge, **without your luggage**.

Distance : 21km / Dénivelé : +1700 m -1100 m

Day 4

COL BASSAC DERE & COL ROSSET – VALSAVARENCHÉ

An incredible stage with a sharp gradient! First 800m positive on the edge of the Gliairretta glacier to reach the breathtaking Col de Bassac Dere (3083m). From the pass, we discover another glacier, the Goletta glacier and the lake of the same name. Here, the atmosphere is ultra-alpine. The first part of the descent is technical and stony; then the mountain pastures reappear near the Benevolo refuge... But the day isn't over yet! The Col Rosset (3023m) and the Grand Collet (2832m) must be crossed to reach the Valsavarenche, its many lakes and the foot of Gran Paradiso... a memorable stage!

Overnight in a refuge, **with your luggage**.

Distance 29km / Dénivelé : +2200 m ; -2500 m

Day 5

COL MANTEAU & PUNTA PERCIA (3212m) – EAUX ROUSSES

After a day that couldn't be more mineral, there's a more varied atmosphere, with the impressive larch forests making a comeback. Of course, the big passes remain on the programme, including the climb up the Entrelor. The stage ends with the sound of marmots and a gentle forest trail to the hamlet of Eaux Rousses. Overnight in a hotel, **with your luggage**.

Distance 24km / Dénivelé : +1450 m -1750 m

Day 6

COL DU LAUSON - COGNE

One last stage to complete and one last mythical pass to climb (Col du Lauson - 3299m) to feel the thrill of the challenge! Reaching Cognes after 6 days of intense adventure in the heart of this wild Valle d'Aosta promises to be an emotional experience.

Distance : 26km / Dénivelé : +1700 m ; -1800 m

End of the trail day in the afternoon.

The program was established according to the latest elements known at the time of its writing; imponderables are always possible and situations beyond our control can modify the course.

The trip

LEVEL ****

Elevation: +/- 2500m approximately per day.

Running time: 7 to 9 hours per day.

Type of trek: ON THE TRAIL OF THE TOR DES GEANTS® is a mountain route presenting no particular technical difficulty but stages that are very (or too long) for most hikers.

This trip is aimed at a well trained public who regularly practice trail running.

You must be able to easily do 50km of trail running (in the plains) and have already experienced trails in the mountains.

ROAD BOOK

One month prior to departure, we will send you your travel documents.

The "paper" version we send by post:

- Tabacco maps
- 1 card holder.
- The list of accommodations.
- The GPX tracks by mail.

ACCOMMODATION

5 nights in dormitory, in gites, refuges or in hotel.

All accommodation offer hot showers (included in the tour price)

MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are included and are carefully prepared daily by your mountain leader.

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 Top 25 - 3630 OT - Chamonix and Top 25 - 3531 ET - Saint Gervais (1/25 000)

Practical information

ACCESS TO DEPARTURE POINT

The adventure starts at the La Visaille bus stop in Val Veny, Italy.

To reach this bus stop from Courmayeur: Free shuttle bus between Piazzale Monte Bianco and La Visaille (regular departures throughout the morning from June to September)

Every day during the summer, buses run between Chamonix and Courmayeur. A single ticket costs around €20 per person.

A pick-up service from Chamonix (return) can also be arranged on request. The price varies depending on the number of people travelling:

- 2 participants = €125 per person
- 3 or 4 participants = €90 per person
- 5 or 6 participants = €70 per person

BY TRAIN / BUS

Departure from Paris-Gare de Lyon to Chamonix (oui.sncf ou sbb.ch/fr), then by bus to Courmayeur (SAT Mont Blanc)

Buses and trains serve the entire Chamonix valley (montblancbus.transdev.com/ligne/les-horaires-de-chamonix-bus/) as well as the Courmayeur valley (ARRIVA.it)

BY CAR

Take the A40 motorway to Chamonix, then go through the Mont Blanc Tunnel to reach Courmayeur, or travel via Bourg-Saint-Maurice and the Petit Saint Bernard Pass.

If you would like to leave your car in a covered parking area (max. price: 20€/day) (info +39 0165 841612 – park@csc.vda.it) :

- Piazzale Monte Bianco car park
- Viale Monte Bianco car park
- Tzan de Blà P3: strada Tzan de Blà

Free, unmonitored parking:

- Entrèves football stadium car park (Campo Sportivo) (bus stop right next to it to reach Courmayeur town centre), 2.5 km from the centre
- Piazzale Sogno car park (next to the Sogno Helipad - Helimontblanc) at the southern exit of Courmayeur, 1.5 km from the centre

Car parks in Chamonix : <https://www.chamonix.com/infos-et-services/transports/parkings-tous>

CAR-SHARING

Get in touch with people to share a lift! www.blablacar.fr www.laroueverte.com www.roulezmalin.com

CLOSEST AIRPORTS

Geneva (GVA) - Lyon (LYS) - Paris (PAR)

End point at 4:00pm at Cogne.

RETURN TO DEPARTURE POINT

Regular bus service between Cogne and Aosta, then Aosta, Courmayeur and Chamonix (SVAP and SAT routes)

Private coach transfer from Cogne to Courmayeur for stays including luggage transport.

For the optional pick-up at Chamonix SNCF station (return journey), the estimated return time is 6.00 pm / 6.30 pm.

ACCOMMODATION BEFORE AND AFTER

Hôtel Maison Saint Jean**** - Courmayeur : +39 165 842880 / www.msj.it

Les Houches Hôtel St Antoine: +33 (0)4 50 54 40 10 www.hotelsaintantoine.com

Hôtel les Campanules: +33 (0)4 50 54 40 71 www.hotel-campanules.com

Le Tour Chalet Alpin: +33 (0)4 50 54 04 16

Chamonix Tourist Office : +33 (0)4 50 53 00 24 www.chamonix.com

If you book a night in the Chamonix valley, ask the hotel reception for a bus/train pass to use public transport for free in the Chamonix valley. www.chamonix.montblanctbus.com/en/bus-lines

TO CONTACT US

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

Dates & prices

DEPARTURES AND PRICES

Tarifs 2026

Sans transport de bagages : 575€/personne

Avec transport de bagages (sauf le J3) :

2 personnes : 975€/personne
3 personnes : 840€/personne
4 personnes : 785€/personne
5 personnes : 750€/personne
6 personnes : 725€/personne

Departure on request for your group

THE PRICE

Price 2026

Without luggage transfer : 575€/person

With luggage transfer :

2 people : €975 per person
3 people : €840 per person
4 people : €785 per person
5 people : €750 per person
6 people : €725 per person

The price includes:

- Accommodation on half board ;
- GPX tracks (GPX tracks for use on your smartphone with the app of your choice or on a hiking GPS device) ;
- Return transport to Courmayeur if you have chosen the luggage transport option ;
- Daily baggage transport **except day 3**, if you have chosen this option ;
- Organisation, booking fees, and tourist tax.

The price does not include:

- Picnic lunches ;
- Personal expenses (drinks, etc.) ;
- Touristic visits ;
- Guiding: you are responsible for your own safety ;
- The optionnal transfer service from Chamonix (return) ;
- Your return journey from home to the point of departure/end point ;
- Cancellation insurance.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- Trail shorts
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper and Gore-Tex jacket
- Waterproof poncho + gaiters or Gore-Tex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Running trail socks (1 pair per day)
- Running trail 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 (2 litre minimum) (a filter flask can be very useful)
- 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 trail backpack of 15 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. **ON THE TRAIL OF THE TOR DES GEANTS®** is a real trail adventure where you will also carry your essentials for 2 consecutive days (bag sheet, change of underwear, snacks for 2 days).

BAGGAGE 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 (except day 3) 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!

Details

HOW TO REGISTER

- By internet: www.altitude-montblanc.com
- By phone: +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
62 Passage du nant Devant
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 prior 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:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

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