



VANOISE HIGH PASSES

High altitude trek, crossing the glacier





An amazing trip !


In our section "High passes", we have created several tours in Vanoise, crossings, with glacial summit at the end. But it was a shame to step on the Dômes de la Vanoise without crossing the ice cap, unique in Europe!


Here is the program for this great week: 4 days of high hiking, between "Col du Ravin Noir", "Col du Soufre", "Col Rouge", "Petit and Grand Marchet" ... and one day in the "great white", a crossing of the Glacial Domes of Vanoise with summits over than 3000m!

Small group of 8 to 9 people, with a High-Mountain guide for the alpinisme day !


 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ****

 From : 1130€

You will like

- 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

The route

Day 1

Meet at 1:30 p.m. at Aussois (or at Modane train station at 1:15pm).

AUSOIS - FOND D'AUSOIS

After a short debrief, little 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: +860m / 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 -930m / 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 -960m / 15 km

5 hour walk / Elevation: +1230m -360m / 13km by the Patinoire lake

Day 5

ACROSS THE NORTH GLACIERS

To walk on a glacier, you have to wake up early! So start will be very early from the refuge by a path in the rocky terrain, to the "glacier de la Réchasse" where the glaciers walk begins. The next step is the "col du Dard", then we descend behind the "Mont Pelve" to the pass of the same name. The landscape is changing, between glaciers and rocky summits, wonderful. Descent to the "refuge de l'Arpont", by the glacier or by the "dôme de Chasseforêt" summit if the group is in good day! Night in refuge, in dormitory.

6.5 hour walk / Elevation: +900m -1150m / 13km by the Réchasse summit

Day 6

COL DE LABBY - ACROSS SOUTH GLACIERS

Let's go, the last one before the sunset! The route continue to the "glacier de la Mahure", the way of "col de Labby" (3324m), near to the "Dent Parrachée". A very nice high mountain atmosphere for the last day! After the pass, we just have to go down to the Génépy lake and then the "refuge de la Dent Parrachée" for a last blueberry cake!

7 hour walk / Elevation: +1120m -1400m / 14km

End of the tour at 2pm in "Plan d'Amont" and taxi transfert to Aussois.

The trip

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.

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 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).

Practical information

ACCESS TO DEPARTURE POINT

Meet Sunday at 13:30 in Aussois (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 Chambéry and Modane.

At Modane follow direction Aussois via the D215. Free car-park at Aussois.

End of trek at 4 p.m. 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

Dates & prices

From 07/07/24 to 12/07/24	Open departure	1130 €
From 21/07/24 to 26/07/24	Open departure	1130 €
From 04/08/24 to 09/08/24	Open departure	1130 €
From 18/08/24 to 23/08/24	Open departure	1130 €
From 14/09/24 to 19/09/24	Last places available	1130 €

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.

Equipment and baggage

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
- 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
- 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.

BAGGAGE TRANSPORT

Your baggage will be transported daily between accommodation by our logistics vehicle. You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person.**

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!

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 (3.8% 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:

A large, light gray rectangular box intended for the user's signature.

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