

AOSTA VALLEY GRAN PARADISO


The pearl of the Italian Alps...




Founded 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.

We propose an unusual circuit crossing some of the finest high mountain passes between the Valgrisenche and Valsavaranche. Seven days of trekking, escaping civilisation to discover a universe shared with wildlife in valleys, traditional pastures and a high mountain wilderness.


 7 days

 Guided / with a guide

 With baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 760€

You will like

- Alpine scenery alongside vast glaciers
- Crossing high mountain passes and colourful flowery meadows
- The presence of an active pastoral farming culture
- Wildlife easily visible and well protected in the heart of the park
- The warm hospitality of Italian mountain refuges
- A departure from Chamonix or from Pont

The route

Day 1

Meeting on Sunday at 11:45am in Pont, picnic and departure of trek.

PONT - VALSAVARENCHÉ - VALLON DE NIVOLE

Enter into the Gran Paradiso National Park by the pastures of Nivolet to the mountain pass Col de Nivolet. An immediate immersion into the world of this mountain range, between the peak of Galisia and the summit of the Gran Paradiso (4061m). Night in a refuge on the shores of Lake Nivolet (without your baggage).

3 hour walk / Elevation: +700m -100m

Day 2

LAKES LEITA AND COL ROSSET - REFUGE BENEVOLO

Starting out on a wide plateau punctuated by a dozen lakes including Lake Rosset and Lieta, creating memorable images. Crossing the Col Rosset mountain pass at 3023m, descend through meadows to the Gran Vaudala valley, then traverse to the Benevolo bowl-shaped glacial amphitheatre. Possible variant by the Basei pass to walk closer to the glaciers. Night in refuge Benevolo.

5.5 hour walk / Elevation: +500m -750m

Day 3

COL BASSAC DÉRÉ AND LAKE GOLETTA - REFUGE BEZZI

Climb to the Col de Bassac Déré at 3082m, under the summit of Grande Sassièrè. Following along the Goletta Glacier, its glacial lake with a small sandy beach! Descend alongside the terminus of the Gliaretta Glacier. At a bend in the path, lying peacefully on rocks, ibex may await our passage. Night in refuge Bezzi.

6.5 hour walk / Elevation: +800m -800m

Day 4

INVERGNAN AND SAN MARTINO GLACIERS - REFUGE DE L'ÉPÉE

Long traverse overlooking Lake Beauregard, facing the Ruitor mountain range. This panoramic trail passes at the foot of a multitude of small glaciers including the San Martino Glacier. Small detour to Lake San Martino at 2770m. Night in refuge Epée.

5 hour walk / Elevation: +600m -500m

Day 5

COL DE FENÊTRE AND BRUIL VILLAGE

Climb to the Col de Fenêtre (2840m) passing by Lake Tei. These quiet unfrequented spots allow us the perfect opportunity to observe the wildlife. A beautiful descent, steep at the start, meanders into a large pasture amongst chamois and ibex. Night in a hotel in the typical village of Bruil in the Val de Rhême.

5.5 hour walk / Elevation: +500m -1100m

Day 6

COL DE L'ENTRELOR AND LAKES DJOUAN AND NERO - EAUX ROUSSES

Easy gradual climb through the Entrelor valley. Cross the mountain pass, facing the Gran Paradiso summit, descend from the mountain pastures passing by Lakes Djouan and Nero to the village of Eaux Rousses. Possible encounters with chamois, ibex, marmots and soaring vultures. Night in a gîte.

6.5 hour walk / Elevation: +1280m -1300m

Day 7

LA COMBE DE MEYES - PARADIS AND PONT VILLAGES

A small forgotten path leads us to the Meyes valley dotted with dry stone built hamlets, then onwards to the small Lake Aouillier reflecting the snow topped Gran Paradiso. Descend to Paradise and Pont. A quieter variant is possible to reach the valley directly from the hamlet of Meyes Desot.

4.5 hour walk / Elevation: +900m -600m

End point Saturday at 2:00pm in Pont.

Transfer with our logistics vehicle if you have chosen this option - arrival in Chamonix around 4:30pm.

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.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 750m approximately per day. Day 6 +1300m.

Walking time: 5 to 6 hours per day.

Type of trek: rocky trails to high mountain passes between 2800m and 3000m with some steep and technical sections, especially in the early season with residual snow.

GUIDING

Number in a group between 6 and 14 people supervised by a qualified professional mountain leader. At the beginning of the season group numbers may be reduced depending on snow conditions.

ACCOMMODATION

5 nights in dormitories in mountain refuges and gîtes.

1 night in a cosy hotel bedroom for 2-4 people.

All accommodation offers hot showers.

YOUR BACKPACK FOR THE NIGHT WITHOUT YOUR BAGGAGE

For the night without your baggage at the accommodation (you will get it back the night after), here are the things to add to your backpack (about 2 kilos are enough!):

- small toilet bag
- sleeping bag liner sheet
- change of clothes (bare necessities!)

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.

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

1/25000 Val Savarenche-Val de Rhême-Val Grisenche N102

Edition Instituto Geografico Centrale

Practical information

ACCESS TO DEPARTURE POINT

Meet on Sunday at 11:45am in the carpark in Pont, in the Valsavarenche, Italy.

A return transfer option may be reserved with Altitude Mont Blanc in our logistics vehicle (1.5 hour journey), supplementary charge on registration, 45€ per person.
Meet at 10am in front of the train station in Chamonix.

BY TRAIN

TO AOSTA VIA TURIN OR
TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.

Return train: depart Chamonix at 6:00pm arrive in Gare de Lyon (Paris) at 00:13am.

Times given are indicative and should be verified in a train station or on

www.oui.sncf

BY BUS

VIA CHAMONIX

From Chamonix to Aosta with SAT bus.

www.sat-montblanc.com

VIA AOSTA

Inbound: depart Aosta at 7:15am, 12:30pm and 4:30pm by bus to Pont, Valsavarenche.

Return: depart Pont at 2:00pm arrive in Aosta at 3:15pm.

Times given are indicative and should be verified on www.savda.it

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 (58€ return)

www.atmb.net

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

If you have chosen the return transfer option from Chamonix:

Free parking: Chemin du Biolay, opposite the Montenvers train station in Chamonix.

If you wish to leave your car in a covered garage, contact:

Chamonix Auto Park: 04 50 53 65 71 (40 to 50€ per week).

End point Saturday at 2:00pm in Pont.

Transfer to Chamonix if you have chosen this option (90 mins transfer).

Warning: the tunnel may be very busy on Saturday. Think of a little bit more time if you need to book a bus or train from Chamonix.

ACCOMMODATION BEFORE AND AFTER

Chamonix - Hôtel de l'Arve: +33 (0)4 50 53 02 31

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

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

www.chamonix.com

Pont, Valsavarenche - Hotel Gran Paradiso: +39 01 65 95 454

Hotel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +39 01 65 23 66 27

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. In no case can we be responsible for your own Personal Liability. 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

THE PRICE

The price includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches and snacks during the day;
- Accommodation in gîtes, refuges and small hotels;
- Shower tokens in accommodation if required;
- Baggage transport between accommodation (except Day 1);
- Bus transfers.

The price does not include:

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

The price is all inclusive 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 (except Day 1) between accommodation by our logistics vehicle. You are allowed 1 soft, sports type bag with all your possessions inside, **no heavier than 12kg**. Your bag has to be carried everyday by the driver, where access is not always easy, please think of their backs! **Baggage which is too big and too heavy won't be accepted by the drivers!**

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 and it will be deposited at the end point with your other baggage.

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 (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 (inc. 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