




## GRAN PARADISO AND SUMMIT (4061m)

Edelweiss, ibex, glaciers... and mountaineering!




The Gran Paradiso National Park, the first nature park in Italy and Europe, borders a high massif with deep valleys. Created in 1922 on the initiative of King Victor Emmanuel II to protect the ibex, it is still a reference for nature conservation: chamois, ibex, marmots, foxes, bearded vultures... This is an original tour, taking in some of the most beautiful mountain passes between Valgrisenche and Valsavarenche. The highlight of this trek is the ascent to the summit of Gran Paradiso, which offers a panoramic view of the entire massif, crossing the mythical 4,000m mark. A journey through alpine pastures and high mountains, to discover one of the jewels of the Italian Alps...

 7 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 1270€

### You will like

- Crossing major mountain passes and pastures full of flowers
- Easy wildlife watching, well protected in the heart of the park
- Climbing one of the most accessible 4000m peaks in the Alps
- The hospitality of Italian refuges
- Departure from Chamonix (France) or Pont (Italy)

# The route

## Day 1

Meet at 11.45am on Sunday at Pont, departure of the trek (picnic lunch will be taken at the start of the walk).

### PONT - VALSAVARENCE - VALLON DE NIVOLE

Entering the Gran Paradiso National Park via the Nivolet mountain pasture to the 'Col de Nivolet'. This route immediately immerses you into wilderness, between 'Pointe Galisia' and the summit of Grand Paradis (4061m). Night in a refuge on the banks of 'Lac de Nivolet', **without luggage transfer**.

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

## Day 2

### COL ROSSET - REFUGE BENEVOLO

The walk begins on a wide plateau punctuated by a dozen lakes: Rosset, Lieta... leaving unforgettable images. After the 'Col Rosset' at 3023m, descend into the pastures to reach the Gran Vaudala valley, then cross over to the Benevolo cirque. An alternative route is via the 'Col Basei' to get closer to the glaciers. Night in refuge.

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

## Day 3

### COL BASSAC DERE - REFUGE BEZZI

Climb to the 'Col de Bassac Déré' at 3082m, below the Grande Sassiére. This high altitude stage runs alongside the Goletta glacier, its glacial lake and a small sandy beach! Descent along the Gliaretta glacier. Out there on the trails, ibex sometimes lurk, lying peacefully on the rocks.

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

## Day 4

### COL DE FENETRE - VILLAGE DE BRUIL

A long crossing over 'Lac de Beauregard', facing the Ruitor massif, to reach the refuge de l'Epée. Climb to the 'Col de Fenêtre' via the 'Lac de Tei', a wild valley where wildlife may still be present. Descent to the typical village of Bruil in Val de Rhône. Here in summer, shepherds live at the pace of their flocks. Night in gîte.

8 hour walk / Elevation: +1350m -1800m

## Day 5

### COL DE L'ENTRELOR - PONT

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 then up to the Col di Manteau to finally go down to the village of Pont. Possible encounters with chamois, ibex, marmots and soaring vultures. Night in a gîte.

8.5 hour walk / Elevation: +1560m -1320m

## Day 6

### CLIMB TO THE BASE CAMP AT REFUGE VICTOR EMMANUEL II FOR THE SUMMIT

Morning rest and getting ready for the ascent of Grand Paradis. Climb to the Victor Emmanuel II refuge in the afternoon. Meet your mountain guide and prepare your gear (crampons, harness). Night in gîte, **without luggage transfer**.

3 hour walk / Elevation: +800m

## Day 7

**GRAN PARADISO 4061M**

Rope climb to the summit of Grand Paradis at 4061 m. Back to the refuge and descent to Pont.

8 hour walk / Elevation: +1300m -2000m

**End point Saturday around 4:30pm in Pont. Return transfer if you have chosen the option - arrive in Chamonix around 6:30pm.**

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: +/-1100 to 1300m approximately per day.

Walking time: 6 to 8 hours per day.

Type of trek: Stony paths that cross passes at altitudes of between 2800m and 3000m on a daily basis. Some pass crossings are steep, as are several aerial or technical paths, mainly at the start of the season with the crossing of residual snow. The paths are relatively well marked, except on the approach to certain passes.

Snow and névés will be present on the paths until end of June at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared!

Climbing to the Gran Paradiso summit involves walking with crampons without any major technical difficulty, however it is a long glacial walk. The last 100m to the summit are steep and more technical and may induce vertigo in those sensitive to heights. It is always possible to not carry out this stage.

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: [levels of difficulty](#)

## GUIDING

Number in a group between 6 and 12 people supervised by a qualified professional mountain leader and high mountain guide.

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.

As a thank you, it is usual to tip your guide at the end of the trek, depending on your satisfaction. It is not mandatory but, it is very much appreciated.

## ACCOMMODATION

5 nights in dormitories in mountain refuges and gîtes and 1 night in a cosy hotel bedroom for 2-4 people. All accommodation is equipped with 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.

## MAPS

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

## Practical information

### ACCESS TO DEPARTURE POINT

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

**Optional return transfer organised by Altitude Mont-Blanc in minibus, to be booked at registration, €60 per person.**

Meet at 9:45am in front of Chamonix SNCF train station and transfer to Pont (1h30 journey).

If you are coming by car, there are several free car parks in the village of Les Houches, in the Prarion sector. Meeting point 9.15am in front of the Jacquier bakery at Le Prarion, Les Houches. Your driver will meet you there.

If you wish to leave your car in a secure covered car park, please contact: [Chamonix Auto Park](#) at 04 50 53 65 71.

**From 1 September, as the Mont Blanc tunnel is closed, the transfer to Pont, the departure point for your hike, will be at 9.45 am in Bourg-Saint-Maurice (instead of Chamonix). Free parking next to the Bourg-Saint-Maurice funicular.**

#### BY TRAIN

TO AOSTA VIA TURIN OR  
TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:18pm arrive in Chamonix at 7:10pm.

*Times given are indicative and should be verified in a train station or on [www.oui.sncf](http://www.oui.sncf)*

#### BY BUS

VIA CHAMONIX

From Chamonix to Aosta by SAT bus.

[www.sat-montblanc.com](http://www.sat-montblanc.com)

VIA AOSTA

The Savda buses drive you 3 times a day to Pont. Departure from Aosta at 7:15am, 12:30pm and 4:50pm (1.5 hour lift).

*Times given are indicative and should be verified at <https://aosta.arriva.it/area/alta-valle/>*

#### 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](http://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 for 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 chose the return transfer option Chamonix/Pont

Free parking: several free car parks in the village of Les Houches, Prarion sector. Meet at 9:15 a.m. in front of the Jacquet bakery in Le Prarion, Les Houches. You will meet your driver there.

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 of the hike Saturday at around 4:30pm in Pont Valsavarenche. Transfer to Chamonix if you have chosen this option (90 mins transfer).** Please note: the tunnel may be very busy on Saturday. Allow an extra time if you have to take 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](http://www.chamonix.com)

Pont, Valsavarenche - Hôtel Gran Paradiso: +39 01 65 95 454  
Hôtel Genzianella: +39 01 65 95 393  
Aosta Tourist Office: +39 01 65 23 66 27  
[www.aoste.ialpes.com](http://www.aoste.ialpes.com)  
[www.lovevda.it](http://www.lovevda.it)

## 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**

## Dates & prices

**From 1 September, as the Mont Blanc tunnel is closed, the transfer to Pont, the departure point for your hike, will be at 9.45 am in Bourg-Saint-Maurice (instead of Chamonix). Free parking next to the Bourg-Saint-Maurice funicular.**

From 15/06/25 To 21/06/25	Full	1270 €
From 22/06/25 To 28/06/25	Guaranteed departure	1270 €
From 29/06/25 To 05/07/25	Full	1270 €
From 06/07/25 To 12/07/25	Last places available	1270 €
From 13/07/25 To 19/07/25	Guaranteed departure	1270 €
From 20/07/25 To 26/07/25	Guaranteed departure	1270 €
From 27/07/25 To 02/08/25	Full	1270 €
From 03/08/25 To 09/08/25	Guaranteed departure	1270 €
From 10/08/25 To 16/08/25	Full	1270 €
From 17/08/25 To 23/08/25	Guaranteed departure	1270 €
From 24/08/25 To 30/08/25	Guaranteed departure	1270 €
From 31/08/25 To 06/09/25	Guaranteed departure	1270 €
From 07/09/25 To 13/09/25	Guaranteed departure	1270 €
From 14/09/25 To 20/09/25	Open departure	1270 €

## THE PRICE

### The price includes:

- Booking fees and supervision by a qualified mountain leader and a qualified mountain guide for the Grand Paradis ascent;
- Half-board accommodation, picnic lunches and snacks;
- Tourist tax and shower tokens;
- Climbing equipment hire (helmet, crampons and harness);
- Luggage transfer (except on days 1 and 6).

### The price does not include:

- Personal expenses (drinks, etc.), visits ;
- The transfer Chamonix-Pont-Chamonix (60€);
- Luggage transfer on Days 1 and 6;
- Cancellation insurance;
- Airport taxes and other exclusions clearly and duly described on the corresponding data sheet;
- Your return journey from home to the point of departure/end point.

**The price is all inclusive from departure to end point.**

# 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, already broken in with a good sole stiff enough to support crampons (no trail running shoes or flexible hiking shoes). Crampons to suit all types of hiking boots will be available, it is not necessary to have glacier mountaineering boots.
- 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 for the climb to the summit)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of about 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.

## EQUIPMENT FOR THE SUMMIT

Crampons, harness, helmet and ice axe for climbing the Gran Paradiso summit are provided. An ascension at 4000m requires warm clothing in case of deterioration in the weather (**thermal leggings, warm hat, waterproof gloves, waterproof jacket and supplementary warm layers to add if necessary**). High rising walking boots with a good rigid sole are mandatory. Poles are essential.

## LUGAGGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your luggage will be delivered daily, except on days 1 and 6. Access is not always easy. **Baggage which is too heavy won't be accepted by the drivers, please think of their backs!**

## YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE TRANSFER



For nights 1 and 6, you won't have your luggage at the accommodation (you'll find it the next day). Here's some advice on what to bring (around 2 kg is enough!):

- a small toilet bag
- your sheet-bag
- a change of clothes for the next day (just what you need!) and comfortable clothes/shoes for the evening.

## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](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  
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:

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