

GRAN PARADISO self-guided

You, your hiking boots and your map, we take care of the rest...



Founded in 1922, the first natural 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 with the imposing summit of the Gran Paradiso (4061m) in view. Seven days hiking, escaping civilisation to discover a universe shared between valleys, traditional pastures and high mountain wilderness.

🕒 7 days

👤 Self-guided / without a guide

🧳 With baggage transport

🏠 Accommodation : Classic (dormitory)

🧭 Level : ***

💰 From : 580€

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 in Italian mountain refuges

The route

Day 1

Departure from Pont, Valsavarenche, in the Aosta Valley.

PONT - VALLON DE MEYES - EAUX ROUSSES

Climb to the dry stone built hamlet of Paradis and Meyes then descend to the village Eaux Rousses. Night in a gîte, in dormitory.

4.5 hour walk / Elevation: +650m -900m

Day 2

LACS DJOUAN ET NERO - COL DE L'ENTRELOR - BRUIL

Long steady climb without difficulty to Col de l'Entrelor (3023m) via the pastures and Lakes Djouan and Nero. From the mountain pass, view over the Grand Paradiso summit. Descend to Bruil village. Night in a gîte, in dormitory.

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

Day 3

VALGRISENCHÉ - REFUGE DE L'ÉPÉE - COL FENÊTRE

Taxi transfer in the Valgrisenche to Refuge de l'Épée. Leave your baggage at the refuge, climb to Lake Tei then to Col Fenêtre (2873m). Return to the refuge.

4.5 hour walk / Elevation: +1100m ; -550m

Day 4

LAKE SAN MARTINO - REFUGE BEZZI

Traverse above Valgrisenche along the balcony trail opposite the Ruitor chain of mountains. Small detour possible to Lake San Martino at 2770m. Descend to the refuge Bezzi, at the foot of the glaciers. Night in a refuge.

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

Day 5

COL BASSAC DÉRÉ - LAKE GOLLETA - REFUGE BENEVOLO OR FOND

Trek alongside the Gliairetta Glacier. Climb to the Col Bassac Déré (3083m) and descend to Lake Goletta, under the Goletta Glacier then on to the refuge Benevolo.

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

Day 6

COL ROSSET - LAKES CHAVANEY - LAKE NIVOLET

Traverse the pastures and ascend to the Col Rosset (3023m). Descend to the Plateau Rosset via the lakes Chavaney and Lieta. Night in a refuge **without your baggage**.

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

Day 7

VALLEY OF NIVOLET - PONT

An easy traverse through pastures opposite the snow topped Gran Paradiso summit. Descend to Pont by the "Sentier des alpagistes" trail or via the Col du Grand Collet at 2800m.

3.5 hour walk / Elevation: -650m

5.5 hour via the Grand Collet / Elevation : +400m / -1050m)

End point in Pont during the afternoon.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 500 to 1300m average per day.

Walking time: 5 - 7 hours average per day.

Type of trek: Stony trails that daily reach high passes between 2800m and 3000m above sea level. The route has a few aerial passes or passages across snowfields. Trails are well marked, except at the approach of some passes. Good map reading skills are highly important especially in times of bad weather.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 1 IGC map (nb 102)
- 1 road-book containing all the information necessary for the trek.
- 1 waterproof map holder.
- Accommodation list.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

The route is marked with a yellow arrow and regular ground markings (in both directions).

The trails are identified with numbers.

It is preferable to know how to read a topographical map at 1/25000.

BAGGAGE TRANSPORT

Two options:

without baggage transport: you carry your own bag.

with baggage transport: your baggage is transported daily (except day 6) by our logistics vehicle.

ACCOMMODATION

2 nights in a gite in a dormitory of 2 to 8 people.

4 nights in refuge in a dormitory of 4 to 10 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 not included and can be pre-ordered at each accommodation in the evening.

Possibility to buy picnic supplies in small local shops (on day 2 in Breuil).

FITNESS LEVEL

Ability to easily walk 20km (on flat trails) in a maximum of 4 hours.

If this is not the case, we recommend that you train during the three weeks prior to departure, for example running 4-5km or hiking/cycling 3-4 hours, 2 to 3 times per week. Your physical preparation will enable you to enjoy your trek to the maximum.

PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

MAPS

Instituto Geografico Centrale:

n°102 VALSAVARENCHÉ, VAL DI RHEMES, VALGRISENCHÉ

Practical information

DEPART

From mid June to mid September.
Departures every Saturday and Sunday, option with baggage transport.
Daily departures for groups of minimum 6 persons, option with baggage transport.
Daily departures (except Saturday and Sunday), option without baggage transport.

ACCESS TO DEPARTURE POINT

Meeting point at the parking in Pont to collect your baggage.

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.

Night train: depart Gare de Lyon (Paris) at 11:06pm arrive in Chamonix at 09:50am.

Return night train: depart Chamonix at 6:14pm arrive in (Paris) Gare de Lyon at 06:18am.

Times given are indicative and should be verified at a train station or at www.oui.sncf

BY BUS

VIA CHAMONIX

From Chamonix to Aosta by SAT bus.

www.sat-montblanc.com

VIA AOSTA

Inbound: Depart Aosta at 7:15am, 12:30pm and 4:50pm on bus to Pont, Valsavarenche.

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

Times given are indicative and should be verified at 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 (49€ 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-SAINT-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 to the end of the valley to arrive in Pont.

End point at the parking in Pont to collect your baggage.

ACCOMMODATION BEFORE AND AFTER

Chamonix, France

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

Hôtel de

Pont, Valsavarenche, Italy

01 65 95 454

Hôtel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +39 01 65 23 66 27

www.aoste.ialpes.com

www.lovevda.it

Hôtel Gran Paradiso: +39

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: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Dates & prices

DEPARTURES AND PRICES

Departure from end of June to mid September 2020

7 day tour, classic.

Without baggage transport

580€ per person, classic accommodation.

Single person supplement: **+90€**

Daily departures.

With baggage transport (except on Day 6)

780€ per person, 6 nights classic accommodation.

Groups 2-3 persons, daily departures.

695€ per person, 6 nights classic accommodation.

Groups of 4-5 persons, daily departures.

665€ per person, 6 nights classic accommodation.

Groups of 6+ persons, daily departures.

Information and reservation is simple by telephone or email.

THE PRICE

The price includes:

- Half board from dinner the first evening to breakfast of the last day;
- A road book: description and IGC map (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€);
- Daily baggage transport between accommodation if you have chosen this option (except Day 6);
- Taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Baggage transfer at the Nivolet Pass (Day 6);
- Return transfer Chamonix/Pont;
- Cancellation insurance (4.2% of total tour cost).

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 6) 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