

LAKES AND HIGH PASSES OF VANOISE

6 days at the heart of France's first National Park



The first of its kind in France, the Vanoise National Park was established in 1963. A vast territory where flora, fauna and a rocky mineral world are all preserved. Between the Maurienne and Tarentaise valleys, its borders meet the Gran Paradiso massif in Italy forming the largest nature reserve in Europe. At the centre of this mountain range lays the icecap of the Dômes de la Vanoise, extending over twenty kilometres.

This journey, at the heart of the park, takes a route via high mountain passes which connect Aussois, Pralognan and the Haute Maurienne. Trails at high altitude in a fragile mineral world, through vast mountain pastures of the Vanoise where dry-stone buildings punctuate this beautiful route.

🕒 6 days

👤 Guided / with a guide

🚚 With baggage transport

🏠 Accommodation : Classic (dormitory)

🔪 Level : ***

🏠 From : 720€

You will like

- The wild and protected area of the first National Park in France
- A route over high mountain passes along glacier of Dômes de la Vanoise
- A great variety of landscapes between Maurienne and Tarentaise
- 6 days of total immersion in the mountains
- Accommodation in gîtes, refuges and small friendly hotels

The route

Day 1

Meeting point on Sunday at 2:15pm at Aussois tourist point (or in front of Modane train station at 2:00pm). Plan to have lunch before.

AUSSOIS - PLAN D'AMONT LAKE

Cross Aussois village, climb up to Côtes hamlet and continue to Aval and Amont lakes to Plan Sec refuge. Night in a dormitory in the refuge.

3 hour walk / Elevation: +850m

Day 2

AUSSOIS PASS - LES PRIOUX

Start from Chapelle Notre Dame des Anges. Climb to Aussois pass (2914m) with its backdrop of Dôme of Vanoise, Dent Parrachée and Mont-Blanc. From the pass, possible to continue to the Observation Point at 3015m. Descend through the Ritor valley to Prioux. Night in refuge.

6.5 hour walk / Elevation: +750m -1300m

Day 3

CIRQUES DU PETIT AND DU GRAND MARCHET - LES BARMETTES

After a small climb to reach the foothills of the Dôme de Chasseforêt, the route takes place on the balcony trails above the valley of Pralognan: Lake Valletta, Cirques du Petit and Grand Marchet, Cirque du Dard and Combe de l'Arcelin, for a magnificent wild stage. Night in a refuge.

7 hour walk / Elevation: +1500m -1200m

Day 4

VANOISE PASS - ENTRE DEUX EAUX or PLAN DU LAC

From the refuge, climb to the Vanoise pass (2517m). Amazing views over Aiguille de la Vanoise and Grande Casse (3855m), highest point of the mountain range. Passing Lac des Vaches and its famous ford, follow Long and Rond lakes to arrive in Leisse valley and Entre Deux Eaux or Plan du Lac refuges. View over the Dômes de la Vanoise. Night in a refuge.

5.5 hour walk / Elevation: +900m -520m

Day 5

ROCHEURE LAKE - FOND DES FOURS

Departure towards Rocheure valley, climb up to the lake and to the mountain pass at 2900m high. Cross the desert and wild Méan Martin high glacial plateau to reach the foot of the north face and the Fond des Fours refuge. Night in a refuge (*No luggage transport).

6.30 hour walk / Elevation: +900m -800m

Day 6

COL DES FOURS - BONNEVAL SUR ARC

Climb to Col des Fours (2976m), then descend to Pont de la Neige below the Iseran mountain pass. Cross mountain pastures to arrive at the very pretty Bonneval-sur-Arc village.

5.5 hour walk / Elevation: +500m -1200m

At the end of the tour, taxi transfer to Aussois or Modane arriving at 4:30pm.

The itinerary is established according to the latest information available, unknown factors and situations beyond our control can affect this itinerary and may change the route, timings etc.

Personalised tour available, contact us...

The trip

LEVEL ***

Elevation: +/- 900m approximately per day.
Walking time: 5 to 7 hours per day.
Type of trek: mountain trail with no technical difficulty.

GUIDING

Group between 6 and 14 people supervised by a qualified mountain leader.

ACCOMMODATION

CLASSIC: 5 nights in refuge, in dormitory.
All accommodation offers hot showers except on day 5 at Fond des Fours refuge.

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

Breakfasts and dinners 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 (except Day 1).

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 maps 1:25000 : Les Arcs 3532ET, Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

Practical information

ACCESS TO DEPARTURE POINT

Meeting point Sunday at 2:15pm in front of Aussois tourist office (or in front of Modane train station at 2:00pm). Plan to have lunch before.

BY TRAIN

2019 timetable. Inbound: depart from the Paris-Gare de Lyon at 6:27am or 7:53am, arrive in Modane at 10:47am or 1:56pm.

Return: depart from Modane at 5:50pm or 6:04pm arrive in Paris-Gare de Lyon at 10:14pm or 00:11am.

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

www.oui.sncf

BY CAR

Take the A6 motorway to Lyon, then the A43 direction Chambéry and Modane.

At Modane follow direction Aussois via the D215.

Free parking next to the tourist office.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr www.covoiturage-libre.fr www.laroueverte.com www.roulezmalin.com

At the end of the tour, taxi transfer to Aussois or Modane arriving at 4:30pm.

ACCOMMODATION BEFORE AND AFTER

Aussois Tourist Office: +33 (0)4 79 20 30 80

www.aussois.com

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 19/06/22 to 24/06/22	Open departure	745 €
From 26/06/22 to 01/07/22	Guaranteed departure	745 €
From 03/07/22 to 08/07/22	Guaranteed departure	745 €
From 10/07/22 to 15/07/22	Open departure	745 €
From 17/07/22 to 22/07/22	Guaranteed departure	745 €
From 24/07/22 to 29/07/22	Guaranteed departure	745 €
From 31/07/22 to 05/08/22	Guaranteed departure	745 €
From 07/08/22 to 12/08/22	Guaranteed departure	745 €
From 14/08/22 to 19/08/22	Guaranteed departure	745 €
From 21/08/22 to 26/08/22	Guaranteed departure	745 €
From 28/08/22 to 02/09/22	Open departure	745 €
From 04/09/22 to 09/09/22	Guaranteed departure	720 €

THE PRICE

Includes:

- Organisation and booking fees, guiding by a qualified and insured mountain leader;
- All meals including picnic lunches (from the dinner of day 1 to the picnic lunch of day 6) and snacks;
- Accommodation in gîtes and refuges ;
- Shower tokens if required;
- Baggage transport between accommodations (except on Day 5);

Does not include:

- Personal expenses (drinks, etc.);
- Luggage transport on Day 5 ;
- Lunch on day 1;
- 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 on Day 4) 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!**

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 (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:

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