




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 or without baggage transport

 Accommodation : Classic (dormitory)

 Level : ***

 From : 805€

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, **without luggage**.

3 hour walk / Elevation: +850m / 6km

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.

7hour walk / Elevation: +750m -1450m / 16km

Day 3

VALLON DE CHAVIÈRE - LES BARMETTES

Smaller hike through the Chavière valley to the lovely village of Pralognan la Vanoise. Going up in the Arcelin circus, below the Aiguille de la Vanoise, before crossing the Col de Moriond and its amazing scenery. Down to the Barmettes, at the top of the Pralognan ski area. Night in a refuge.

Depending on the weather and the group, a longer hike is possible by the Petit Mont Blanc or the Mont Charvet ridges.

5 hour walk / Elevation: +850m -450m / 13km

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.

6 hour walk / Elevation: +900m -520m / 14km

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, **without luggage**.

7 hour walk / Elevation: +900m -800m / 18km

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 / 11km

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 hike on marked trails including gravel paths.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 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: [Level of difficulty](#)

GUIDING

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

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.

ACCOMMODATION

CLASSIC: 5 nights in refuge, in dormitory.

All accommodation offers hot showers except on day 5 at Fond des Fours refuge. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfasts and dinners are provided in each accommodation. Picnics are included. They are carefully and daily prepared 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.), but we ask you to bring extra food for your picnic lunches.

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

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

Practical information

ACCESS TO DEPARTURE POINT

Meet Monday at 2:30pm in front of Aussois tourist office (or in front of Modane train station at 2:15pm). Plan to have lunch before meeting.

BY TRAIN

Timetables must be checked 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 websites : www.blablacar.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 24/06/24 to 29/06/24	Guaranteed departure	830 €
From 01/07/24 to 06/07/24	Guaranteed departure	830 €
From 08/07/24 to 13/07/24	Open departure	830 €
From 15/07/24 to 20/07/24	Guaranteed departure	830 €
From 22/07/24 to 27/07/24	Guaranteed departure	830 €
From 29/07/24 to 03/08/24	Guaranteed departure	830 €
From 05/08/24 to 10/08/24	Open departure	830 €
From 12/08/24 to 17/08/24	Guaranteed departure	830 €
From 19/08/24 to 24/08/24	Guaranteed departure	830 €
From 26/08/24 to 31/08/24	Open departure	830 €
From 02/09/24 to 07/09/24	Guaranteed departure	830 €
From 09/09/24 to 14/09/24	Open departure	805 €

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 Days 1 and 5);

Does not include:

- Personal expenses (drinks, etc.);
- Luggage transport on Days 1 and 5 ;
- Lunch on day 1;
- Touristic visits;
- 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

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily, except day 1 and 5) between accommodation by our logistics vehicle where access is not always easy.

Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

On nights 1 and 5, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- Small toiletries bag
- Sleeping bag liner sheet
- Change of clothes for the day after (bare necessities!) and comfortable for the evening

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:

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