

Self-guided GRAN PARADISO AND SUMMIT (4061 m)

To go even higher...



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 at 4061m in view. Seven days of trekking, escaping civilization to discover a universe shared with wildlife of valleys, traditional pastures and high mountain wilderness.

🕒 7 days

👤 Self-guided / without a guide

🚚 With baggage transport

🏠 Accommodation : Classic (dormitory)

🧗 Level : ****

🏠 From : 760€

You will like

- Crossing high mountain passes and colourful flowery meadows
- Climbing one of the most accessible 4000m summit in the Alps
- Wildlife easily visible and well-protected in the heart of the park
- The warm hospitality of 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 hamlets Paradis and Meyes then descend to the village Eaux Rousses. Night in a gîte.
4.5 hour walk / Elevation: +650m -900m

Day 2

LAKES DJOUAN AND 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 on the Gran Paradiso summit. Descend to the village Bruil. Night in a gîte.
7 hour walk / Elevation: +1300m -1280m

Day 3

LAKE SAN MARTINO - REFUGE BEZZI

Taxi transfer to the Valgrisenche and climb to refuge Epée. Balcony trail between the Grande Sassièrè and the Ruitor to reach refuge Bezzi.
5.5 hour walk / Elevation: +950m -600m

Day 4

COL BASSAC DERE - LAKE GOLLETA - REFUGE BENEVOLO

Trek close alongside the Glairèta Glacier. Climb to the Col Bassac Dèrè (3083m) and descend to Lake Goletta, under the Goletta Glacier, then on to refuge Benevolo.
6.5 hour walk / Elevation: +/-800m

Day 5

COL ROSSET - PONT

Cross through mountain pastures and climb to Col Rosset at 3023m. Descend to the Rosset plateau passing numerous lakes including lake Chavaney, Lieta... Dreamlike landscape! A last easy traverse through pastures facing the Gran Paradiso summit. Descend to Pont via the shepherds trail. Night in Pont in a comfortable refuge.
6.5 hour walk / Elevation: +750m -1050m

Day 6

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

Rest morning to prepare for climbing the Gran Paradiso summit. Climb to refuge Victor Emmanuel II in the afternoon. Meet your high mountain guide and prepare technical equipment including crampons and harness. Night in refuge (*without baggage).
3 hour walk / Elevation: +800m

Day 7

GRAN PARADISO 4061M

Roped climb to the Gran Paradiso summit at 4061 m. Return to the refuge and descend to Pont.
8 hour walk / Elevation: +1300m -2000m

Endpoint Saturday around 4:30pm in Pont.

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: mountain trails, often rocky with a few exposed sections, well-marked except at the approach to certain cols but with no technical climbing or glacier crossings. A good fitness level is required.

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

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 not to carry out this stage.

ROAD BOOK

Before departure, we send you a travel folder containing:

- 1 IGN TOP 25 with the route highlighted.
- 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 numbered.

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 bedroom or dormitory of 2 to 8 people.

4 nights in refuge in a dormitory of 4 to 8 people.

All accommodation offers hot showers.

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.

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!)

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

ACCESS TO DEPARTURE POINT

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

BY TRAIN

To Aosta via Turin. From Aosta, Savda buses run 3 times a day to Pont. Departures from Aosta at 7:15am, 12:30pm, 4:30pm (1.5 hour lift).

www.savda.it

From Chamonix, join Aosta with SAT buses

www.sat-montblanc.com

For trains in France: <https://www.oui.sncf/>

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 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-Saint-Maurice. Follow signs for "Col du Petit Saint Bernard" and Italy (a very good mountain road) passing through La Thuile to Pré Saint 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 - 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 - 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

www.lovevda.it

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

DEPARTURES AND PRICES

Departure from end of June to mid September 2022

7 day tour, classic, daily departures.

Without baggage transport

985€ per person, from 2 people, classic accommodation

845€ per person, for a group of 3 to 6 persons, classic accommodation

With baggage transport

1220€ per person, from 2 people, classic accommodation

990€ per person, groups of 3-4 persons, classic accommodation

950€ per person, groups of 5-6 persons, classic accommodation

Information and booking by phone 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€);
- Guiding by a qualified and insured high mountain guide for the ascension to the summit;
- Equipment rental for the ascension of the summit including harness and crampons;
- Daily baggage transport between accommodation (except Day 6) if you have chosen this option;
- Taxes;
- Organisation and booking fees.

The price does not include:

- Picnic lunches;
- Personal expenses, drinks, touristic visits, etc.;
- Bus transfers;
- 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, 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
- 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 40 to 50 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, gloves, waterproof jacket and supplementary warm layers to add if necessary). High rising walking boots with a good rigid sole are mandatory.

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: <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
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