



## GRAN PARADISO AND SUMMIT (4061 m), self-guided

To go even higher...




Created in 1922, the first national park in Italy and Europe, the Gran Paradiso National Park marks a high massif crisscrossed by deep valleys. Established at the initiative of King Victor Emmanuel II for the protection of the ibex, it remains a reference today in terms of nature conservation: chamois, ibex, marmots, foxes, bearded vultures... We offer you here an unusual route, taking you through some of the most beautiful high-altitude passes, between Valgrisenche and Valsavaranche, with the summit of Gran Paradiso at 4061m in view. Seven days of hiking to escape civilization and discover a world shared between valleys, traditional alpine pastures, and wild high mountains.

 7 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Classic (dormitory)

 Level : \*\*\*\*

 From : 895€

### 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 room, in a small mountain hotel.

4.5 hours walk / Elevation: +650m ; -900m / 11km

## 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 room, in a small mountain hotel.

7 hours walk / Elevation: +1300m ; -1280m / 14 km

## Day 3

### **REFUGE DE L'EPEE - 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, **without luggage transfer**.

7 hours walk / Elevation: +950m ; -600m / 16km

## Day 4

### **COL BASSAC DERE - LAKE GOLLETA - REFUGE BENEVOLO / REFUGE DE FOND**

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

5 hours walk / Elevation: +/-800m / 10km

## 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 a dormitory refuge.

7.5 hours walk / Elevation: +850m ; -1200m / 18km

## Day 6

### **CLIMB TO REFUGE VICTOR EMMANUEL II - BASE CAMP 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 luggage transfer**.

2.5 hours walk / Elevation: +700m / 4km

## Day 7

**GRAN PARADISO 4061M**

Roped climb to the Gran Paradiso summit at 4061 m. Return to the refuge and descend to Pont.

9 hours walk / Elevation: +1300m -2100m

**Endpoint 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:** Stony trails that take daily passes located between 2800m and 3000m altitude. Some passes are steep as well as several aerial or technical paths, mainly at the start of the season with the crossing of residual snowfields. The trails are relatively well marked except when approaching certain passes.

The route in general is well indicated, and the roadbook provided sufficiently complete to allow you to hike in complete safety. However, it is essential to be able to read a 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

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.

**Climbing to the Gran Paradiso summit:** it 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.

You need a good endurance level and a mental capacity for long-term efforts. An experience in hiking is required. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 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: [levels of difficulty](#)

## ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 2 IGN TOP 25 maps with route layout
- 1 road book with all the necessary information for the hike
- 1 card holder
- The list of accommodations

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

## TRAIL MARKERS

The trail is marked with yellow signs and regular ground markings. The paths are identified by numbering. It is essential to be able to read a topographical map at 1/25000.

## LUGGAGE TRANSFER

Two options:

**without luggage transfer:** you carry your luggage.

**with luggage transfer:** your luggage is delivered each day to your accommodation (except on day 6) by our logistics vehicle.

## ACCOMMODATION

2 nights in a mountain hotel in room for 2 to 4 people.

4 nights in refuge in a dormitory. 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 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. 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.

## 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](http://www.savda.it)

From Chamonix, join Aosta with SAT buses [www.sat-montblanc.com](http://www.sat-montblanc.com)

For trains in France, please consult SNCF website : <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](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-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 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

Tourist office [Chamonix](http://Chamonix) : +33 (0) 4 50 53 00 24

Hostellerie du Paradis, Eaux Rousses : +39 0165 90 59 72

Hôtel camping Grivola : +39 01 65 90 57 43

Tourist office Aoste : [lovevda.it](http://lovevda.it) and [aoste.ialpes.com](http://aoste.ialpes.com)

## 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

## DEPARTURES AND PRICES

Departure from June 22 to September 14, 2025

### **Without luggage transfer**

**1140€/ person, for 2 people**, classic accommodation  
**980€/ person, for 3 people**, classic accommodation  
**895€/ person, for 4 people**, classic accommodation  
**1045€/ person, for 5 people**, classic accommodation  
**980€/ person, for 6 people**, classic accommodation

### **With luggage transfer (except on Day 3 and Day 6)**

**1295€/ person, group of 2 persons**, classic accommodation  
**1130€/ person, group of 3 persons**, classic accommodation  
**1060€/ person, group of 4 persons**, classic accommodation  
**1130€/ person, group of 5 persons**, classic accommodation  
**1060€/ person, group of 6 persons**, classic accommodation

Information and booking by phone or email.

## THE PRICE

### The price includes:

- Accommodation with half board formula from dinner the first evening to breakfast of the last day;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request.
- 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;
- Luggage transfer between accommodations (except on day 3 and day 6), if you have chosen this option;
- Taxi transfer on day 3 ;
- Tourist Tax;
- Organisation and booking fees.

### The price does not include:

- Picnic lunches;
- Personal expenses (drinks, touristic visits...);
- Luggage transfer on day 3 and day 6;
- Optionnal bus transfer;
- Supervision by a mountain guide;
- Return transfer Chamonix-Pont;
- Cancellation insurance.

**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
- 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)
- 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

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 nights 3 and 6, between accommodation by our logistics vehicle where access is not always easy.

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

## YOUR BACKPACK FOR THE NIGHTS WITHOUT LUGGAGE



**On nights 3 and 6**, 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: <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