


## TOUR DES GLACIERS DE LA VANOISE Comfort


Enjoy the unspoilt nature of the National Park without sacrificing comfort!




Between the high valleys of Maurienne and Tarentaise, the Vanoise massif is a condensed version of all the richness of the Alps: geological crossroads, protected climatic conditions and altitudes that range up to the 3855m of La Grande Casse allow for a magnificent diversity of landscapes, flowers and the remarkable presence of all the alpine fauna, on the limit of the "High Mountain".

This is our revisited Tour des Glaciers, with accommodation in rooms and new stages. A tour for a privileged immersion in this exceptional mountain!

 6 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : \*\*\*

 From : 880€

### You will like

- The wild and preserved territory of France's first national park
- An original itinerary around the glaciers of the Dômes de la Vanoise
- A visit to the typical village of Pralognan-la-Vanoise
- Accommodation in friendly refuges and hotels, in rooms.

# The route

## Day 1

Meet at 10:30am in front of the tourism office in Termignon.

### **TERMIGNON - AUBERGE DE BELLECOMBE**

The hike starts in Termignon, along the Doron de Chavière river, by a steep path up across forests and grass fields. The effort pays off after arriving in the pastures, with a stunning scenery on mountain lakes, snowy mountain tops and stone houses. Installation for two nights in a refuge (2350m).

5h walk / Elevation : +1250 m -200 m / 11km

## Day 2

### **LES AIGUILLES DE LANSERLIA**

From the refuge, departure for a loop around the Aiguilles and to the top of the Pointe de Lanserlia, a secret hike across the wild atmosphere of the Vanoise. Possible to make it longer, across the plateau du Turc. Back to the same refuge.

6h walk / Elevation : +850 m -850 m / 15km (with the ascent of Pointe de Lanserlia)

## Day 3

### **COL DE LA VANOISE - PRALOGNAN LA VANOISE**

Across the vallon de la Leisse and up to the col de la Vanoise (2517m) between the Grande Casse, highest summit of the mountain range (3855m), and the Vanoise glaciers. From the pass, down to the village of Pralognan, across the famous ford of Lac des Vaches. Installation in a hotel for two nights in Pralognan.

7h30 walk / Elevation : +600 m -1500 m / 20km

## Day 4

### **THE RIDGES OF MONT CHARVET (2362m) – PRALOGNAN LA VANOISE**

A gorgeous loop from Pralognan to discover one of the most famous hikes of the valley. Various landscapes, 360° scenery and amazing colours. The Petit Mont Blanc (2680m)(+1250/- 950m) or the Petit and Grand Marchet circus (2554m) (+1150m / - 840m) are other options for that day. Back to Pralognan in the afternoon for a second night in a hotel.

6h30 walk / Elevation : 1050 m -1050 m / 14km

## Day 5

### **COL D'AUSSOIS – REFUGE LE MONTANA OR REFUGE DE PLAN-SEC**

The tour of the glaciers continues with the ascension of the col d'Aussois. After a quiet start in the Chavière valley and little break for local cheese in the Ritor pasture, the path climbs across a landscape that becomes more and more mineral, all the way to the Col d'Aussois at 2914m ! Descent above the Maurienne valley to the dam of Plan d'Amont. Night in a refuge.

7h walk / Elevation : +1320 m -860 m / 17km

## Day 6

### **BALCONY PATH OF THE GENEPY – TERMIGNON**

The tour ends with a gorgeous path above the valley of Maurienne and under the Dent Parrachée and the glacier of Arpont before the final descent to the village of Termignon.

6h30 walk / Elevation + 600 m -1500 m / 16km

End of the hike in Termignon around 16h30.



# The trip

## LEVEL \*\*\*

Height difference : +/- 600m to 1350m

Walking time : 4h to 6h30 per day

Type of walk : mountain route with no technical difficulty. Some variants are proposed with steeper passages requiring a sure footing.

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: [levels of difficulty](#)

## GROUP

Number of participants : between 6 and 12 people supervised by a qualified professional (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.

## LUGGAGE TRANSPORT

With luggage transport: your luggage is transported to your accommodation each day by a logistics vehicle.

## ACCOMMODATION

### COMFORT :

2 nights in refuge, in a 4-person bedroom,

2 nights in hotel in a 2-person bedroom,

1 night in refuge in a 2-person bedroom.

All accommodation is equipped with hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

The accommodations that welcome us on the first and last days of this tour offer the comfort of very recent rooms, from 2 to 4 people, which allow more privacy than in a dormitory, with shared sanitary facilities.

These are mountain refuges and not high altitude hotels. One is a former mountain pasture chalet and the other is a refuge of the Vanoise Park. They compensate for a certain rusticity with an authentic setting and a warm welcome!

Special on Sundays evenings at Bellecombe refuge (nights 1 and 2)

Massage possible on Sundays evenings at Bellecombe refuge, please book with Véronique at 07 86 63 87 97 or [contact@soifdebienetre.fr](mailto:contact@soifdebienetre.fr) (a minimum of registrants is required).

## MEALS

Breakfast and dinner are provided in each accommodation. For lunch, your guide will prepare a picnic based on salads of regional products. 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.*

# Practical information

## ACCESS TO DEPARTURE POINT

**Start of hike in Termignon.**

### BY TRAIN

Arrival at Modane train station and then bus from Modane to Termignon.  
Timetables must be checked on [SNCF](#).

### BY CAR

Motorway to Modane then follow Termignon. Large free car park in Termignon in the centre of the village.

**End of trek in Termignon.**

## ACCOMMODATION BEFORE AND AFTER

[OT Termignon](#) : +33 (0)4 79 20 51 67  
[Hotel\\*\\* La Turra](#) : +33 (0)4 79 20 51 36

## CONTACT US

If you are late, contact the agency: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

## Dates & prices

From 23/06/24 to 28/06/24	Last places available	930 €
From 30/06/24 to 05/07/24	Guaranteed departure	930 €
From 07/07/24 to 12/07/24	Guaranteed departure	930 €
From 14/07/24 to 19/07/24	Guaranteed departure	930 €
From 14/07/24 to 19/07/24	Guaranteed departure	930 €
From 21/07/24 to 26/07/24	Full	930 €
From 28/07/24 to 02/08/24	Guaranteed departure	930 €
From 04/08/24 to 09/08/24	Last places available	930 €
From 11/08/24 to 16/08/24	Guaranteed departure	930 €
From 18/08/24 to 23/08/24	Guaranteed departure	930 €
From 25/08/24 to 30/08/24	Last places available	930 €
From 01/09/24 to 06/09/24	Guaranteed departure	930 €
From 08/09/24 to 13/09/24	Open departure	880 €

## THE PRICE

### Includes :

- Supervision by a qualified mountain leader;
- Full board meals, snacks;
- Nights in huts and hotels, in rooms for 2 to 4 people;
- Tourist tax;
- Daily luggage transport between accommodations;
- Organisation and booking fees.

### Does not include :

- Personal expenses (drinks, visits...);
- The journey from your home to the reception area and back;
- Cancellation assistance insurance 4.2% of the price of the stay.
- The rate is all inclusive from the meeting point to the point of dispersion.

# Equipment and baggage

## RECOMMENDED EQUIPMENT

- Clothing
- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable" or merino wool T-shirts
- Breathable" or merino wool long johns
- Fleece or jumper
- Windbreaker or Goretex jacket
- Rain cape + gaiters or Goretex trousers + a bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with loops...1 pair per day)
- Hiking shoes already broken in and with well-spiked soles
- 1 change of clothes for the evening
- A change of shoes for the evening

### Miscellaneous equipment

- Toilet bag
- Towel (quick-drying, available in specialist shops)
- Sunglasses and sun cream
- Water bottle or thermos (1.5 litre minimum)
- Knife and cutlery
- An airtight plastic box as a plate for your picnics
- Coffee cup
- Small personal first aid kit (painkillers, bandages, etc.)
- Survival blanket
- Headlamp or torch
- Two telescopic poles (highly recommended)
- Valid identity card or passport

## BACKPACK

A comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, picnic box and cutlery, sun protection and identity papers) and some space for a picnic and snacks.

## LUGGAGE 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 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!**

## Details

### REGISTRATION AND PAYMENT METHODS

- By post: form to be filled in below.
- By internet: <http://www.altitude-montblanc.com/>
- By phone : +33 (0)4 50 79 09 16

Please specify if you wish to take out cancellation insurance (4.2% of the price of the trip).

We will then send you, by e-mail, a proforma invoice (per couple) with a request for a 30% deposit, together with the details of your account with Altitude Mont-Blanc ("my account" section). You can pay by credit card, bank transfer, cheque or holiday vouchers. You will then receive confirmation of your registration.  
The balance of the stay must be paid 1 month before departure, without any reminder from us. Following your payment, we will send you your roadbook file.

The conditions of sale, cancellation etc. are available on our website.

We remain at your disposal for any information.



## 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