





TOUR OF THE VANOISE GLACIERS 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 luggage transportation

 Accommodation : Comfort (room)

 Level : ***

 From : 990€

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 tourist 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 4:30pm.

The itinerary is established according to the latest information available, the possibility of unknown factors affecting this itinerary is possible including situations beyond our control which may change the route, timings etc. (depending on the natural conditions and the fitness of the group).

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 need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: [levels of difficulty](#)

GROUP

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

The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.

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 TRANSFER

With luggage transfer: your luggage is delivered to your accommodation each day.

ACCOMMODATION

COMFORT :

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

2 nights in hotel, in a 2-person bedroom,

1 night in refuge, in a 2-person bedroom.

Bed linen is provided in each accommodation. Please bring your own towel. All accommodation is equipped with hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

The refuge that hosts us for the first few days, a former alpine chalet, offers the comfort of very recently renovated rooms/dormitories for 2 to 4 people, with shared bathroom facilities. Accommodation on nights 2 and 3 offers all the comfort of a 2-star hotel. The accommodation on night 5 is a refuge similar to a high-altitude chalet-hotel, with rooms for 2 to 4 people and private bathrooms.

All accommodations offer an authentic setting and a warm welcome!

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

TO CONTACT US

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

Dates & prices

From 29/06/25 To 04/07/25	Last places available	990 €
From 06/07/25 To 11/07/25	Guaranteed departure	990 €
From 13/07/25 To 18/07/25	Guaranteed departure	990 €
From 20/07/25 To 25/07/25	Guaranteed departure	990 €
From 27/07/25 To 01/08/25	Guaranteed departure	990 €
From 03/08/25 To 08/08/25	Guaranteed departure	990 €
From 10/08/25 To 15/08/25	Last places available	990 €
From 17/08/25 To 22/08/25	Full	990 €
From 24/08/25 To 29/08/25	Last places available	990 €

THE PRICE

Includes :

- Supervision by a qualified mountain leader;
- Accommodation with half-board formula, lunch picnic and snacks ;
- Tourist tax;
- Daily luggage transfer between accommodations;
- Organisation and booking fees.

Does not include :

- Personal expenses (drinks, visits...);
- Travel from your home to the meeting point and back;
- Cancellation insurance;

The rate is all inclusive from the meeting point to the point of dispersion.

Equipment and luggage

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
- Lightweight down jacket
- 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:

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