Compagnie des Guides de Chamonix

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PREMIUM HIKING - THE WONDERS OF VALLE D'AOSTA

Duration: 6 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 2 155 €

The Aosta Valley, the smallest region of Italy, is located in the northwest of the country and shares borders with France and Switzerland. This predominantly mountainous region is home to majestic peaks, including the highest in the Alps: the Matterhorn (14,692 ft), Monte Rosa (15,200 ft), Gran Paradiso (13,287 ft), and Mont Blanc (15,781 ft). Its exceptional natural environment is a major draw, attracting visitors from around the world thanks to its geographical and cultural richness.

This "light pack" trip offers a unique way to explore the Aosta Valley through a selection of the region's most beautiful hikes, especially in the Mont Avic Natural Park and the preserved Ruitor massif. We will also enjoy the warm hospitality of the Valdostani people and the delights of their regional cuisine. Highlights include Fontina, an iconic cheese used in the traditional fondue, and Jambon de Bosses, aged in the heights of the region. These delicacies pair perfectly with local wines like Torrette and Blanc de Morgex and La Salle, grown in Europe's highest vineyards.

You will have a minibus at your disposal for the entire duration of your stay. You will stay in small local hotels and enjoy the experience of spending a night in a mountain refuge.

ITINERARY

Day 1

Val d'Ayas

Early departure from Chamonix for a two-hour transfer to Val d'Ayas. Our hike begins above Brusson, a route with stunning views of the low Aosta Valley. After an hour of walking in the forest, we reach the Chamen valley and its eponymous lake. A final ascent takes us to a very picturesque pass beneath the Valnira peak. We go down to the Arp refuge and meet with our vehicle. A one-hour transfer takes us to Champ de Praz, where we spend the night at the Parc du Mont Avic hotel.
Elevation gain: 2,650 feet - Elevation drop: 2,650 feet - Distance : 7 miles

Day 2

Mount Barbeston

Today's hike circles around Mont Avic Park. As we leave the hamlet, the trail starts climbing and enters the forest, while our presence is nicely welcomed by a delightful pine scent ! Once we've hiked passed the hamlet of Arp, the trail continues onto a shoulder, getting progressively narrow until it forms an easy ridge all the way to the summit of Mount Barbeston (8,143ft). The view rewards our efforts magnificently ! The descent leads to the "English alpine pastures", and then to the hamlet of La Veula, where we spend another night at our hotel.
Elevation gain: 4,200 feet - Elevation drop: 4,200 feet - Distance : 8 miles

Day 3

Barbustel refuge

With our rucksacks packed for 2 days, we leave the hotel and head out towards the Pessy pine forest, until we reach the creek, that springs out of the lake de Leser. The landscape becomes more alpine and we can soon see Barbustel hut (7,218ft), nestled between mountain lakes and surrounded by glacier-eroded labs, commonly called whales backs ! After we've dropped our packs off at the hut, we can hike a little more above the hut or go for a dip in the lake to enjoy this beautiful alpine environment. We spend the night at the hut. **No access to our luggage.**
Elevation gain: 3,300 feet - Elevation drop: 3,300 feet - Distance : 4 miles

Day 4

Médzove peak

Medzove peak

After a rewarding sleep at the hut, we chose to leave early so to enjoy a long day around mountain lakes. The terrain gets rockier as we approach the summit of Medzove peak (9,334ft), the highest point of our day. Mount Iverta (9,620ft) is not far … We enjoy a wonderful view over the remote and preserved Clavalité valley. Then we start our descent and hike under Mont Avic, following the old minors trail until the valley bottom. A 1h30 ride with our minivan takes us to la Thuile in Val d'Aosta. We spend the night at the hotel.

Elevation gain: 2,674 feet - Elevation drop: 5,069 feet - Distance : 8 miles

Day 5

Croix peak | Arpy lake

We transfer to San Carlo mountain pass (6,463ft). We hike through the beautiful larch pine forest and easily reach Col de La Croix. A few minutes later we reach the old military barracks on the ridge leading to the summit of Tête de la Croix. From this strategic military lookout point, the view over the sunny sides of the Mont-Blanc range is magic ! We can also see Col du Petit St Bernard, a historical passageway between the Italian Aosta valley and the Savoyan region of Tarentaise. On the way back we will enjoy a nice view on the superb Arpy Lake. It takes only 10 min to transfer to the village of La Thuile, where we stay for the night.

Elevation gain: 1,700 feet - Elevation drop: 1,700 feet - Distance : 7 miles

Day 6

The waters of Ruitor

Our hiking day starts from the hamlet of La Joux. Along the creek, the trail follows a series of spectacular waterfalls. We continue on with a final uphill section. The imposing Ruitor Glacier and Peak appear just in front of us ! On the way back down, we make a halt at the Deffeyes hut, then we follow down the trail to an alpine lake and later the switch backs all the way back to La Joux. We transfer back to Chamonix where we arrive one hour later.

Elevation gain: 3,000 feet - Elevation drop : 3,000 feet - Distance : 7 miles

GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

T*he trip will be confirmed if the minimum number of participants (5 people) is reached by the trip confirmation date.*

Price 2027 : 2155 € per person

This price includes:
- the organization of the trip
- the supervision by a state qualified trekking guide
- half-board accommodation in either hotel or refuge
- picnic lunches
- lift passes
- transfers throughout the hike
- transportation of one piece of luggage throughout the trek : soft bag, no hard suitcase. **Max 15 kg, in case of excess weight, your luggage will not be transported by our provider**

This price does not include:
- Transportation to the starting point of the hike
- Accommodation before and after the hike
- Personal expenses: souvenirs, drinks, etc.
- Ski lifts or taxi transfers in case of personal inability to complete the planned stage
- Mandatory repatriation insurance. Cancellation insurance is strongly recommended. *(Residents of the following countries—Andorra, Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Ireland, Italy, Liechtenstein, Luxembourg, Monaco, Netherlands, Norway, Portugal, San Marino, Spain, Sweden, Switzerland, and the United Kingdom—can purchase repatriation and cancellation insurance at the same time as their trip registration. This insurance is non-refundable in case of cancellation.)*
- Booking fees
- Anything not mentioned under "This price includes"

PRIVATE BOOKING

Want to go hiking with family or friends? Want the freedom to choose your departure dates*, enjoy a tailor-made itinerary adapted to your desires, and benefit from guidance specifically suited to your level? Choose the private package!
This is the traditional relationship between a guide and their clients. It allows you to be alone or in a group with your guide, who will respond to your specific needs. The ideal package for realizing your plans, as it guarantees maximum comfort.

Discounted rates based on the number of participants.
*Subject to availability of accommodation.
Contact us for a quote.

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the guides' tips. They share their expertise and recommendations, ensuring you have a great experience.

Meeting point : At 7.00 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix Mont-Blanc.

Ability level : 3/5 - The Wonders of Vallee d'Aosta hiking trip is a moderate trek. A minimum of 700m (2350ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including easy out-of-trail sections. For active people who don't mind training to prepare for the hike. A great multiday hike for people with trekking experience.

Itinerary: The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the group

Guiding policy : by a state qualified trekking guide with a maximum of 8 people in the group. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Accomodation :
- 1 night in a hut (small dorm), and 4 nights in a hotel *** (twin and double room).
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

Documentation :
- Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Preparing for the trip : There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

EQUIPMENT

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip

Your gear
-A 30L backpack
-A soft travel bag, maximum 15 kg
-A pair of top quality hiking boots
-A pair of telescopic poles
-A hat or cap
-A warm hat
-Category 3 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser

- A Gore-Tex waterproof trouser
- A short
- A pair of gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
ID, money for personal expenses
- Spare shoes
- Spare clothes as per your preference

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price Millet (excluding crampons, ice axes and helmet), Sanglard Sports, Ravanel & Co & Concept Pro Shop
Our Equipment Partners : Millet, Dynastar, Julbo, Grivel & Monnet