



# Compagnie des Guides de Chamonix

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## HIKING - GRAN PARADISO NATIONAL PARK

Duration: 6

Level: ▲▲▲▲▲

Price from: 1 130 €

The Compagnie des Guides de Chamonix shares its favourite destinations in Switzerland and Italy with you. These tours are a must and guarantee a total escape. Here you can discover the local natural and cultural heritage, while admiring the most famous peaks in the Alps:

- Chamonix to Zermatt, 6 days: Hike the famous Haute Route
- [Verbier to Zermatt](#), 7 days: Discover the wonders of the Valais mountain range
- [Gran Paradiso National Park](#), 7 days: Immersion an the heart of the Valle d'Aosta

Grand Paradiso is an exceptional mountain range. It is home to the first Italian national park, created in 1922. In 1850, the King of Sardinia declared the area as a "Royal Hunting Reserve", giving birth to alpine wildlife protection in Europe. A well-established trail-network allows hikers to access wild mountain passes and summits.

This trip offers breath-taking views over pristine snowy peaks. During the hike we will discover a beautiful open larch forest, alpine meadows and tundra, as well as turquoise mountain lakes. Welcome to the mountain wildlife heaven, hosting 6000 chamois and 4500 ibexes according to the latest counting. The latter was chosen as the Park's emblem long time ago. Our Valdotain cousins speak French elegantly with a hint of an accent that adds incomparable charm to this week of hiking.

Benefit from the knowledge of our mountain leaders without worrying about the logistics. Luggage transport is provided throughout the hike, except on the fourth evening since we sleep in a refuge. Food for picnics is found either in the villages crossed throughout your hike, or in the refuges.

### ITINERARY

#### Day 1 : Pila-Col de Tza Setze- Cogne

We depart from Aosta and take the ski lift to reach an altitude of 6,561ft. After this gentil start, the ascent to the Tza Sete Pass (9,416ft) is a good way to get into the rhythm of the hike. From the pass the view is magnificent from all sides, The summits of the Grand Paradis, Mont Rose, Mont Blanc ...

We take a long gradual descent to the Val de Cogne and the Gimilan village (5,862ft). We take a short transfer to Cogne where we will spend the night.

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

#### Day 2 : Lac le Loie-Vallon de Bardonney

We start todays hike in the village of Lillaz (5,305ft) in the Cogne valley where we hike up to the Lac de Loire (7,723ft). We take our time along this steep trail. Once at the lake, we cross along the riverbank to emerge above the vast Baronney valley (7,322ft). A true postcard image ! We descend through the Larch trees into the valley. We take a 1-hour transfer to the small hamlet of Eaux Rousses (5,439ft) where we will spend the night in the Valsavarenche.

*Elevation gain: 3000 feet - Elevation drop: 3000 feet - Distance : 7 miles*

#### Day 3 : Les Pravieux - Pont

After a short morning transfer to the locality of Pravieux (6,138ft) we start our hike along the trail to the Chabod Refuge (9,022ft) under the shade of the Larch trees. Just under the refuge, we cross over the Polis Glaciers under the majestic summit of the Grand Paradis. We then start our descent to the Pont village where we will spend the night.

*Elevation gain: 4,000 feet - Elevation drop: 3,000 feet - Distance : 9 miles*

#### Day 4 : Pont - Refuge Savoia

We leave the village of Pont (6,430ft) for a quiete day with the Chamois. We steadily climb to the Gran Collet (9,291ft). After a short descent under the pass, we leave the trail and cross-mountain pastures and sheep covered rocks towards the Col du

Nivolet and the Savoia Refuge (8,307ft). **No access to your luggage.**  
*Elevation gain: 3,000 feet - Elevation drop: 1,000 feet - Distance : 6 miles*

### Day 5 : Refuge Savoia - Val de Rhêmes

We climb above the refuge and quickly reach grassy slopes and the lakes that reflect mirror like images of the surrounding peaks. We continue our ascent to the Col Rosset (9,917ft), where we discover another valley and new peaks including that of the Grande Traversières (11,469ft). We begin our descent into the Val di Rhêmes until Thumel (6,233ft) where we will spend the night in the hamlet of Bruil.

*Elevation gain: 2,000 feet - Elevation drop: 4,000 feet - Distance : 9 miles*

### Day 6 : Vallon de Sort

Leaving Bruil (5,652ft), we climb the beautiful wild valley of Sort until we reach the mountain pastures of the same name (8,031ft). After crossing the small pass (8,398ft), we descend through the Combe d'Entrelor. Here we find the Alta Via n°2 trail, which we have in part taken this week.

*Elevation gain: 3,000 feet - Elevation drop: 3,000 feet - Distance : 6 miles*

*The guide may have to adapt the route to weather conditions and/or to group physical and/or technical ability.*

## 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

**Price 2024 :** 1130€ per person - based on a minimum of 7 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation (dinner, breakfast and night) in mountain huts and basic hotels (twin room or quadruple room)
- picnic lunches
- lift passes
- transfers throughout the hike
- luggage transportation throughout the trek - **except night 4** (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase)

**WARNING : Bags weighing more than 15KG cannot be transported under the terms of the legislation applicable to the transport code.**

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

## PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula to realise your projects because it guarantees you a maximum amount of comfort. You are free to choose your departure date (subject to the availability in the accommodation). Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

**Prices 2024 :**

- 1 person : 6405€ per person | 7 people : 1505€ par person
- 2 people : 3545€ par person | 8 people : 1405€ par person
- 3 people : 2595€ par person | 9 people : 1325€ par person
- 4 people : 2120€ par person | 10 people : 1260€ par person
- 5 people : 1835€ par person | 11 people : 1210€ par person
- 6 people : 1640€ par person | 12 people : 1130€ par person

The price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation (dinner, breakfast and night) in mountain huts and basic hotels (twin room or quadruple room)
- picnic lunches
- lift passes

- transfers throughout the hike
- luggage transportation throughout the trek - **except night 4** (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase)

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## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** Meet at 7.30 am in front of the Compagnie des Guides in Chamonix.

**Ability level : 4/5** - The Gran Paradiso national park hike is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 900m (2952ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

**Guiding policy :** minimum 7 and maximum 12 people per guide. 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.

*Important: Registration possible from 16 years of age. Registration is not permitted to anyone under the age of 18 without a legal guardian.*

### Accommodation :

- During the trip : 3 nights in refuge and 2 nights in small hotel (double/twin or quadruple room\*). Luggage transported by a taxi along the trip except on day 4.

*\* For people signing up alone, we cannot guarantee that you will share your room with a person of the same gender.*

- 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 sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. 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

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing. It is not uncommon to have snow in the middle of summer, do not skimp on warm clothes even if the weather seems favourable. Contrarily, the sun can be scorching hot. Without weighing too much, you should always have sufficient equipment in your backpack to deal with the capricious and severe weather.

### Equipment

- A backpack with a capacity of at least 30 litres (better too big than too small). Make sure you have enough space for the picnic. A small tip in case it rains : even if you have a backpack cover, always protect your belongings in a plastic bag (a big rubbish bag) inside your backpack.

- A compact and solid travel bag, maximum 15kg.

- A pair of top-quality hiking boots with Vibram soles. For new shoes, we strongly suggest that you wear them beforehand to mold them to the shape of your foot. If you are prone to blisters : talcum powder applied to dry feet and in your shoes before you start your days hiking.

### Clothing

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

For the day :

- 1 short-sleeved t-shirt
- 1 long-sleeved t-shirt (technical fabric)
- 1 polar fleece
- 1 light down jacket (or a second fleece)
- 1 pair of shorts
- 1 pair of hiking trousers
- 1 pair of hiking socks (technical fabric)
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of waterproof trousers (although light Gore-tex trousers are expensive, other types of light waterproof trousers will do)
- Sun hat or baseball cap
- 1 warm hat
- 1 pair of gloves

For the entire trip :

- At least 2 changes of clothes - t-shirt, underwear & socks (technical fabric)
- 1 pair of long underwear (technical fabric)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- optional : short gators (start of the season)

### **Accessories**

For the day :

- Sunglasses
- Sun cream and lip salve
- 1 water bottle (minimum 1 litre but 1.5 litres is better)
- 1 knife
- 1 fork (type "spork")
- 1 pair of telescopic poles

For the entire trip :

- 1 sleeping bag liner
- Flashlight or headlight
- Personal pharmacy : elastoplast, (stretchable strapping tape), band-aids "second skin" kit, compresses, medicines for common ailments : diarrhea, constipation, sore throat, headaches, pain relief, allergies and any prescribed medication. The mountain leader always carries a first aid kit with them. Remember that packing light is essential.
- Toiletries, hand towel, earplugs
- Identification (passport or ID card)
- Money for your personal expenses
- A bit of soap for laundry

**Our Rental Partners** : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

**Our Equipment Partners** : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)