Compagnie des Guides de Chamonix

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LIGHT PACK HIKING - GRAN PARADISO NATIONAL PARK

Duration: 6 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 150 €

The Gran Paradiso massif, classified as a Royal Hunting Reserve in 1856, became Europe's first national park in 1920. This natural gem offers contrasting landscapes, mixing larch forests, green alpine meadows, and snow-capped peaks. Each hike is an immersion in wild nature, where fauna and flora thrive in complete tranquility. This park is a prime location where you can observe the Alpine ibex (Capra ibex), saved from extinction thanks to conservation efforts. Encounters with the local flora add a touch of magic to your experience. Another asset: the hospitality of the region's inhabitants, who will welcome you with a unique charm, mixing the Aosta Valley accent with the French language. During this unforgettable hike in the Heart of the Gran Paradiso, your luggage will be transported for you, except for the nights spent in a refuge. You will thus be able to fully enjoy the superb panoramas and authentic encounters throughout your stay.

This journey is part of a collection of unique circuits taking place in natural reserves and national parks. In the heart of the Sixt-Passy, Aiguilles Rouges, and Vallon de Bérard natural reserves, treat yourself to a night under the stars in a bivouac, embark on the Tour des Fiz or for the ascent of Mont Buet. Finally, explore the mythical Valleys of Savoie in the French Vanoise National Park.

ITINERARY

Day 1

Tour of the Truc de Tsanteleina - Refuge Bénévolo

Your adventure begins in Thumel, in the heart of the Val di Rhêmes (1880m). You will take a path to the majestic glacial cirque of Tsanteleina, with the spectacular Granta Parei (3386m) as a backdrop. Night at the Refuge Bénévolo (2287m), **No access to luggage.**

Elevation gain: 3000 feet - Elevation drop: 1700 feet - Distance : 6.8 miles

Day 2

Col Rosset (3023m)

Cross the Gran Vaudala valley where the colours of the mountain pastures contrast with the dark scree. The ascent of Col Rosset offers breathtaking views. Night at the Tétraz-Lyre refuge.

Elevation gain: 3000 feet - Elevation drop: 4300 feet - Distance : 10.6 miles

Day 3

The balconies of the Grand Paradis

You will reach the Vittorio Emanuele refuge, with a crossing offering a spectacular panorama of the Grand Paradis range. Descent to the hamlet of Eaux Rousses and night at the Hostellerie du Grand Paradis.

Elevation gain: 3300 feet - Elevation drop: 3800 feet - Distance : 7.5 miles

Day 4

Col Lauson - Refuge Sella

The Col Lauson (3296m), the highest non-glaciated pass in the park, is a must-see to admire the ibex. After a steep descent, arrival at the Vittorio Sella refuge (2584m). ***No access to luggage.***

Elevation gain: 5600 feet - Elevation drop: 2700 feet - Distance : 10.6 miles

Day 5

Val di Cogne
A balcony route will take you to the Cirque de l'Herbetet, offering a view of the glaciers on the eastern slope of the Gran Paradiso. You will spend the night in the picturesque village of Cogne.
Elevation gain: 1150 feet - Elevation drop: 4300 feet - Distance : 9.3 miles

Day 6

Lac de Loie
From Lillaz (1617m), you will walk under the larches to Lac de Loie (2354m), a true natural painting. Return to Lillaz and return to Chamonix at the end of the afternoon.
Elevation gain: 2800 feet - Elevation drop: 2800 feet - Distance : 7.5 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 (7 people) is reached by the trip confirmation date.*

Price 2027 : 1150 € per person

This price includes:
- the organization of the trip
- the 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
- 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. No luggage access on night 1 and 4**

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 : Meet at 7.30 am in front of the Compagnie des Guides in Chamonix

Ability level : 4/5 - The Gran Paradiso National Park is a hike of sustained difficulty. More than 1000m of elevation gain for 7 to 9 hours of walking on average per day. Hike on mountain terrain that can be difficult with committed passages requiring very good experience of alpine hiking. Program intended for experienced hikers in very good physical shape.

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

Accomodation :
- 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 1 and 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 : An information meeting with your guide is scheduled the day before departure at 6pm at the Compagie des Guides office. We highly recommend your participation, as this meeting provides an opportunity to fine-tune your preparation.

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 compact and sturdy 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
- Hiking trousers
- A Gore-Tex waterproof trouser
- Shorts
- 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
- A sleeping bag liner
- 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