Compagnie des Guides de Chamonix

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SNOWSHOEING - THE VANOISE FRENCH NATIONAL PARK

Duration: 6 | Fitness: ▲▲▲▲▲ | Technique: ▲▲▲▲▲ | Price from: 1 200 €

The Vanoise National Park provides an exceptional setting for snowshoeing in the high mountains. We invite you to explore a hidden gem by discovering the area around the Pointe de la Sana (3436 m) above Val d'Isère. This trek unfolds in a wild and preserved high mountain environment, offering an immersive experience without a return to civilization. Over 6 days, we will stay in well-maintained and heated mountain refuges, living a true mountain adventure, far away from it all, in line with our vision of the authentic spirit of snowshoeing! Our snowshoeing trips are designed with small groups, limited to a maximum of 8 people. Your guide will be attentive, ensuring a high-quality experience.

This trip is part of a selection of our favorite journeys, offering unique destinations to explore local heritage and provide you with a genuine change of scenery. Enjoy two discovery trips, one located in the heights of Vallorcine and the other in the Giffre Valley, near Samoëns. Immerse yourself in vast open spaces, whether it's in the Contamines Montjoie reserve or at the Grand Saint Bernard Hospice. Lastly, explore the Italian Val Ferret in the Aosta Valley.

ITINERARY

Day 1

Val d'Isère - Fond des Fours Refuge

We begin our trek south of Val d'Isère at an altitude of 6135.43 feet. We ascend the valley, following the Carabourdane stream, until we reach the hamlet of Manchet. We circumvent Roche des Fours (9077.43 feet) to reach the Fours chalets (7545.93 feet). Beautiful slopes lead us to the traditional Fond des Fours Refuge (8326.77 feet).

Day 2

Fond des Fours Refuge - Femma Refuge

A grand and magnificent day. We ascend the valley above the refuge to access the stunning cirque of the Fours Glacier, located under the north face of Pointe de Méan Martin, which rises to 10925.20 feet. An unnamed pass (9941.27 feet) allows us to cross onto the plateau bordered by Aiguille de Méan Martin (10726.25 feet) and Pointe des Léchours (10678.77 feet). A wonderful and playful descent takes us to the very comfortable and delightful Femma Refuge (7710.63 feet). You'll want to stay there for several days!

Day 3

Femma Refuge - Lanserlia Pass - Plan du Lac Refuge

We warm up in the valley along the Rocheuse stream. We leave the main valley to climb slopes that lead us under the Pointe de Lanserlia (9544.95 feet), offering a magnificent view with the Grande Casse (12647.64 feet), the highest peak in the Vanoise, in the background. A playful descent takes us to the fantastic Plan du Lac Refuge (7755.91 feet).

Day 4

Plan du Lac Refuge - Femma Refuge

We treat ourselves to a potentially easier day to take a breath. We explore the Plateau du Plan du Lac, as the name suggests, dotted with lakes: Bellecombe, Blanc, and du Lait. We overlook the Maurienne and Termignon. Returning through the Rocheuse valley, we find our way back to the Femma Refuge.

Day 5

Femma Refuge - Rocheuse Pass - Fond des Fours Refuge
From the refuge, we head northeast along the foothills of Pointe de Sana (11272.31 feet), passing the Roches Blanches Lakes (9297.25 feet) and the Rocheuse Lake. Rocheuse Pass (9297.25 feet) beckons to us. Crossing it, we discover the vast spaces located under Pointe Nord des Lorès (9527.56 feet). An ingenious and playful route allows us to return to the Fond des Fours Refuge.

Day 6

Fond des Fours Refuge - Val d'Isère
For our final high-altitude exploration, we visit Plan des Fours. We will choose the best descent option based on conditions before returning to civilization in Val d'Isère. Happy adventures!

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 2027 : 1200 € per person - based on a minimum of 4 participants

This price includes :
- the organization and supervision by a state qualified trekking guide
- 5 nights half-board accommodation (including dinner, breakfast, and overnight stay) in mixed dormitories at the mountain huts
- picnic lunches and trail snacks.
- The loan of snowshoes, poles, Avalanche Victim Detector (AVD), shovel, and probe.

Not included in the price :
- drinks and personal expenditure (souvenirs…)

- repatriation insurance (compulsory). Cancellation Insurance highly recommended
- Transportation to the meeting point is not included
- Anything not included in "this price includes"

PRIVATE BOOKING

Private booking is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

For more information about our rates for private booking, please contact us

FURTHER INFORMATION

Find in this section all the information regarding this activity. For additional information, please contact our advisors (contact details above).

Meeting Point: Chamonix at 7:30 AM or Val d'Isère at 10:30 AM Once the departure is confirmed, we will provide you with the contact information of the participants if you wish to organize carpooling.

Level: 4/5 - Good physical condition is desired. Average elevation gain of 600m to 900m and 5 to 7 hours of walking. Previous snowshoe hiking experience is requested

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

Guidance: Led by a mid-mountain guide, with a minimum of 4 and a maximum of 8 participants. The guiding standards are specific to the Compagnie des Guides de Chamonix and among the strictest in the market. Children minimum age: 12 years old, accompanied by a parent

Accommodation:
- During the trip : halfboard in mixed dormitory in mountain huts. Heated and guarded mountain huts. Only the Plan du Lac and La Femma huts may offer showers

- Before & after the trip: we have some hotel partners in Chamonix with special prices for our customers

Requirements: Mandatory assistance-repatriation insurance. If you are not insured, we offer a "repatriation and cancellation" insurance that you can subscribe to at the time of your registration. Mandatory identification document.

Organization: A few days before your departure, the guide in charge of the group will contact you to answer all your questions.

EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise. In a general way, it is better to pile up several light coats rather than wear one big clothing.

Hiking boots
- Boots for snowshoeing should be warm and waterproof. They should also provide high ankle support. New boots should be worn a couple of times before.
- If your feet tend to get blisters easily, you can apply baby talc on dry feet in the morning before wearing your socks.

Back-pack
- Minimum size 35 L (a back-pack with extra room is better than too small).
- Once everything is packed, make sure there is enough room to fit your picnic lunch.
- Although backpack covers are very convenient in bad weather, we recommend using a very large plastic bag as a pack-liner to protect your personal belongings from getting wet.

Clothing
Underwear : avoid using cotton. Compared to technical synthetic material, it is heavier and it dries slowly. Wool is also getting popular amongst sportswear brands. Synthetic and wool are warmer ; they dry fast, and allow you to pack light.

Carrying weight
Taking enough time to pack is essential, as you are going to carry every item for several days in a row. Avoiding extra weight can easily be done by packing your clothes tightly, placing heavy items at the bottom of the pack, and avoiding empty spaces. As a result weight is better spread throughout your back and weight impression diminished).

Daily needs
- 1 synthetic long-sleeve shirt,
- 1 light polar fleece,
- 1 pair of Goretex pants, 1 long synthetic underwear to wear under your trousers,
- 1 a pair of wool socks,
- 1 Goretex jacket,
- 1 pair of fleece gloves, 1 pair of mittens, 1 pair of silk gloves,
- 1 warm hat, a scarf or neck warmer,
- 1 water bottle (1.5 quart, to 2 quarts minimum) isothermal if possible,
- 1 pocket knife + 1 « spork »,
- Cap or sun-hat and sunglasses (category # 3 minimum), sunscreen (face and lips),
- a camera and a pair of binoculars (optional).

What you need for the entire trip
- Down jacket or warm polar fleece,
- long underwear or sweat pants for the evening,
- changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton,
- Pocket light or head lamp,
- Individual first aid kit *,
- Ultra-light shower kit (feel free to customize …) + synthetic « dry fast » towel,
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest),
- ID card or passport + spare change for personal expenses + paper tissues and toilet paper,
- gaiters (recommended if your Goretex pants don't have a boot-skirt).

** Elastoplast (stretchable strapping tape), band-aids, second skin, medicine for common aches and pains (diarrhea, headaches, sore throat…). Don't forget to bring personal prescription treatment if you have one. Mountain leaders also carry a complete first aid kit.*

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