Compagnie des Guides de Chamonix

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AUTHENTIC HIKING - THE GLACIERS OF VANOISE

Duration: 6 | Fitness: ▲▲▲△△ | Technique: ▲▲▲△△ | Price from: 930 €

Embark on a unique immersion in the heart of the Vanoise National Park. Created in 1963 and spanning over 500 km², it shelters an exceptional diversity with over a thousand different flower species and hosts an impressive population of 2000 ibex, 5000 chamois, along with pairs of royal eagles and bearded vultures. Peaks soar to over 3500 meters, offering magnificent glacial landscapes. Starting from Aussois, our itinerary traverses the heights of the iconic valleys of Savoie, Maurienne, and Tarentaise, in a captivating quest for local treasures. Throughout the journey, exceptional viewpoints unfold, providing incomparable perspectives to contemplate the Glaciers de la Vanoise. This trip is a true favorite, a promise to embark on a breathtaking adventure to discover a marvel of nature. Benefit from the knowledge of a mountain guide without worrying about logistics. Simply carry your essentials in your backpack for a fully immersive mountain experience. Accommodation is in mountain huts with dormitory nights, and provisions are ensured directly from the refuges.

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, savor the Italian Dolce Vita in the Grand Paradis National Park.

ITINERARY

Day 1

Aussois - Orgère Refuge

We depart from Aussois to ascend towards Col du Barbier. The ascent starts in a forest and then through alpine pastures, gradually revealing panoramic views. The balcony trail leads us to Barbier, from where we will begin our descent to Orgère Refuge, the gateway to the Vanoise National Park, where we will spend the night.

Elevation gain: 3,100 feet - Elevation loss: 1,650 feet - Distance: 7 miles

Day 2

Orgère Refuge - Roc de la Pêche Refuge

From Orgère Refuge, the trail ascends in switchbacks through a Swiss pine forest. At the Estiva chalets, we cross through the alpine meadows, home to marmots. To reach Col de Chavière (9,169 feet), clearly visible, we must traverse a rocky meadow. The descent on the Tarentaise side starts in a scree field inhabited by ptarmigans. The trail gradually descends along the Lauzes stream and then the Doron de Valpremont. Night at Roc de la Pêche Refuge.

Elevation gain: 3,000 feet - Elevation loss: 3,000 feet - Distance: 10 miles

Day 3

Roc de la Pêche Refuge - Pralognan la Vanoise

Shortly before Pont de la Pêche, the trail ascends steadily to Col du Mône. From there, the trail becomes steeper to reach Petit Mont Blanc (8,777 feet), with its unique atmosphere due to the exposed gypsum. It is an essential and exceptional viewpoint to admire the Glaciers de la Vanoise and the surrounding peaks. The descent can be done via Col des Saulces if we are tired or by passing through the west face of Aiguille de Mey via Col de la Grande Pierre. We will reach Pralognan la Vanoise by late afternoon.

Elevation gain: 2,700 feet - Elevation loss: 4,100 feet - Distance: 9 miles

Day 4

Pralognan la Vanoise - Entre Deux Eaux Refuge

Pralognan la Vanoise - Entre Deux Eaux Refuge
After taking the Mont Bochor Cable Car (6,594 feet), the ascent to Col de la Vanoise (8,261 feet) follows the path along Lac des Vaches and then Lac Long. From the col, the trail gradually descends, passing by Lac Rond and Lac du Col de la Vanoise. The view opens up to the Leisse valley, where we descend to cross the stream of the same name. We'll ascend again to Entre Deux Eaux Refuge, where we will spend the night.
Elevation gain: 2,400 feet - Elevation loss: 2,100 feet - Distance: 8 miles

Day 5

Entre Deux Eaux Refuge - Arpont Refuge
This morning, we retrace our steps on the trail from the previous day to reach the path leading to the Lozières Lakes. Here, the geology is remarkable, and the ibexes are very close. We embark on a two-day traverse that will take us back to our starting point. In the afternoon, short ascents and descents allow us to cross scree slopes, moraines, and torrents. A final descent through rocky scree brings us to Arpont Refuge, where we will spend our last night.
Elevation gain: 2,000 feet - Elevation loss: 1,300 feet - Distance: 7 miles

Day 6

Arpont Refuge - Aussois
The Dent Parrachée invites us to circumvent it on this last day of trekking. After passing near the Saint-Laurent Chapel, we cross the Combe d'Enfer. The trail, perched on the slopes of Dent Parrachée, offers a view that extends over the Maurienne valley and the Thabor massif. In the distance, we can see La Meije, Les Écrins, and Albaron. We descend from La Turra to reach the heights of Aussois by late afternoon, where we will rejoin civilization, marking the end of the journey.
Elevation gain: 1,500 feet - Elevation loss: 4,100 feet - Distance: 10.6 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

The departure is guaranteed with a minimum of 6 registered participants

Price 2026 : 930 € per person - based on a minimum of 6 participants.

This price includes:
- logistical organization of the trip
- guiding by a certified mountain guide
- nights in mountain huts (dormitory style). Each hiker carries all their personal belongings and picnic for the entire trek.
- meals: breakfast, packed lunch, and dinner from day 1 to day 6

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 : Departure at 9am from the village of Aussois (73500)

Level : 3/5 - The Tour des Glaciers de la Vanoise is a moderately difficult hike. With an elevation gain of between 500 and 1000 meters per day and a distance of between 11 and 17 km, equating to an average of 5 to 7 hours of walking per day, this route requires a good level of fitness. The mountain trails are generally well-maintained, although the route may occasionally include off-trail sections. Prior experience with multi-day mountain hikes is necessary.

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 6 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.*

Accommodation :
During the trip : 5 nights half board in mixed dormitories.

Luggage:
Each hiker carries all of their belongings for the entire duration of the trek.

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 : Your guide will contact you a few days before departure to give you the final details of the organization.

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. The weight of your backpack, including all your belongings, should not exceed 9kg

Your gear
- A 40L backpack
- 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
- 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
- Flip flops for the hut
- 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