



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix - France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

HIKING - MOUNTAINS & PROMISES IN VAL D'AOSTA

Duration: 6 days

Level: ▲▲▲▲▲

Price from: 840 €

Located in the northern part of Italy, bordering with France, the alpine Val d'Aosta is the smallest region of Italy yet it embraces the highest peaks of the Alps. It presents a marvellous natural environment, enlightened by the Matterhorn, Gran Paradiso and the king of them all, Mont Blanc. That is why it attracts visitors from all over the world year round.

Join us to live an incredible adventure, hiking through preserved wildlife parts in the Mont Avic and Rutor range. The region has much more to offer thanks to a strong local tradition that promotes culinary specialties, and warm hospitality.

Group transfers, luggage transportation and lunches are taken care of by the mountain leader team. Bring just the hiking necessary and fully enjoy the hike.

ITINERARY

Day 1 : Val Clavalité

We meet in Chamonix early in the morning, and leave at 7.30am for a 1.5 hour-drive to Val Clavalité. Nestled between the Mont Avic wildlife sanctuary and Val de Cogne, this alpine valley has so much to offer ! We leave from the hamlet of Robbio (1510m). The beginning of our hike follows a wild trail to reach the alpine, and later on an easy section leads to the pastures (2250m). From there, we can admire the beautiful peaks of Valpeline and Les Combins group ! After one more climb, we finally reach a rewarding viewpoint and highest point of the day (2422m). Our descent will follow a different route, through alpine grazing fields of "Grand Bella Lana" (2324m), leading towards the valley bottom and its many traditional-looking stone houses. Then we transfer by minivan to the Chalamy valley, and spend the night in a hotel in the Mont Avic Regional Park.

Elevation gain: 915m - Elevation drop: 915m

Day 2 : Mont Barboston

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 Barboston (2482m). 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: 1260m - Elevation drop: 1260m

Day 3 : Refuge Barbustel

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 (2200m), 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: 1000m - Elevation drop: 1000m

Day 4 : La Pointe de Médzove

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 (2845m), the highest point of our day. Mount Ivorta (2933m) 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 the village of La Salle in Val d'Aosta. We spend the night at the hotel.

Elevation gain: 815m - Elevation drop: 1545m

Day 5 : Pointe de la Croix - Lac d'Arpy

We transfer to San Carlo mountain pass (1971m). 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 foot dip in 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: 500m - Elevation drop: 500m

Day 6 : Les Eaux du 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: 1000m - Elevation drop : 1000m

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

GROUP BOOKING

This hiking tour is accessible only on private booking. No collective group.

FURTHER INFORMATION

Meeting point : at 6.00 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix Mont-Blanc.

Ability level : 3/5 - Mountains & Promises in Val 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.

Guiding policy : by a state qualified trekking guide with a maximum of 12 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.

Accommodation :

- 1 night in a hut (small dorm), and 4 nights in a hotel (twin and double room).
- Before & after the trip : we have some hotel partners in Chamonix with special prices for our customers.

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 : you are welcome to come and meet your guide the evening before at our office at 6 pm.

EQUIPMENT

Hiking boots

- Ankle supporting boots with notched technical rubber sole (i.e. VIBRAM).
- We strongly recommend wearing new boots to break them in before the hike.
- To avoid blisters, try rubbing baby talc on dry feet before using boots (sprinkling talc inside boot works too).

Back-pack

- Minimum size recommended 30 L (bigger is better than too small).
- Take out lunch should still fit after packing for the day.
- Bad weather precaution: pack covers are great to protect pack from rain or snow. We also recommend packing your belongings in a large and solid plastic bag (i.e. garbage bag) for a better protection in case of heavy rainfall.

Luggage

A solid travel bag (suitcase, framed duffle bag), weighing 33 lbs (15 kg) at the most.

Clothing

Avoid using cotton underwear. 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 (you can easily wash a piece of underwear in the sink as you arrive at the mountain inn/hut. It will be dry before you finish your first beer!).

DAILY NEEDS

- 1 long-sleeve shirt + 1 T-shirt (both synthetic)
- 1 polar fleece + 1 light down jacket (or a second fleece)
- 1 pair of shorts + 1 pair of hiking pants
- 1 pair of synthetic hiking socks
- 1 Gore-tex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover
- 1 pair of rain pants (although light Gore-tex pants are expensive, other types of light rain pants work too)
- 1 water bottle (1.5 quart, to 2 quarts minimum) 1 pocket knife + 1 « spork »
- Sun hat or ball cap, sunscreen, sun glasses, lip protection
- 1 warm hat and a pair of gloves
- 1 pair of telescopic poles

FOR THE ENTIRE HIKE

- 2 changes of clothes: (T-shirt, underwear and socks) prefer synthetic to cotton
- 1 pair of long underwear (synthetic recommended)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- 1 pocket light or head-lamp
- Personal first aid kit **
- 1 one-person sleep-sheet (silk is the most comfortable and remains the lightest)
- Ultra-light shower kit (feel free to customize ...) + synthetic « dry fast » towel
- ID card or valid passport + small change/ bills for personal expenses
- A small amount of laundry detergent
- Optional : low gaiters (early season trekking), camera, binoculars, umbrella, etc ...

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

PRIVATE BOOKING

Private guiding is the historic relationship between a guide and their clients. It allows you to be alone or in a group with your trekking guide where the guide organizes your outing to suit your specific needs. It is undoubtedly the ideal formula with which you can realize your projects and you are guaranteed a maximum of comfort. You are free to choose your departure date (depending on availabilities in the accommodation).

Dates 2021 : Your choice, depending on availabilities in the accommodations.

Price 2021 : On request, depending on the number of people in the group.

Included in the package:

- The organization and supervision of each tour by a state qualified trekking guide/s
- Half-board accommodation in mountain hut and hotel (double shared room / quadruple /dormitory)
- Picnic lunches
- Transfers throughout the trek
- Luggage transportation throughout the trek

Not included:

- Drinks and personal expenditure (souvenirs...)
- Repatriation insurance (mandatory).

For any further information, please contact **our hiking department :**

Tel : +33 (0)4 50 53 92 78 or email : rando@chamonix-guides.com

Compagnie des Guides de Chamonix Mont-Blanc. 190, place de l'église 74400 Chamonix
SAS au capital social de 364 400€ - R.C.S Annecy - SIRET 448 519 306 000 14 - Code APE 7911 Z
TVA intracommunautaire FR 23 448 519 306 - Immatriculation ATOUT France IM074 150011

Responsabilité civile professionnelle : MMA IARD - 14 Bd Marie et Alexandre Oyon - 72 000 Le Mans - Police 125 901 025
Garantie financière : GROUPAMA ASSURANCE - 5, rue du Centre - 93199 Noisy le Grand Cedex - Contrat #4000713874/1