



Compagnie des Guides de Chamonix

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HIKING - THE RUITOR TOUR HUT TO HUT

Duration: 5 days

Level: ▲▲▲▲▲

Price from: 600 €

Located amidst Mont-Blanc, Vanoise and Gran Paradiso massifs, the Ruitor range (3486m) is a discrete and often forgotten mountain. As a result, it has kept an intimate character, abled the preservation of its beautiful landscapes, attracting the most curious of us. The difficulty of its various summits remains modest, with gently flowing glaciers and slopes, sunlight bathed landscapes that give life to a harmonious and silent alpine environment. Here, nature blossoms peacefully allowing mankind to rejuvenate himself, and to hikers to enjoy simple pleasures in a superb hiking terrain. A beautiful playground for those who enjoy wilderness, crystalline lakes, contemplation of alpine wildlife ... for those who love peace, quiet, nature in its most beautiful simplicity, that is hiking in natural environment !

We carry all our belongings in our backpacks for the week, and use local buses for transfers. Accommodation in hostels, or huts. Nights in dormitories. Food and snack supplies are available from mountain villages and huts.

ITINERARY

Day 1 : Colle San Carlo (la Thuile) - Deffeyes hut

We transfer to San Carlo pass upstream from the village of La Thuile in the Aosta Valley. Our hike begins on a gentle trail up to Arpy lake and then to La Croix pass (2379m) up the Arpy valley. From there, the panoramic views and landscapes are simply amazing! The Italian side of the Mont-Blanc massif appears to us majestically. Our trail continues on with a long and pleasant traverse to Bec de l'Aille, before reaching the huge glacier circus of the Ruitor peak. The spectacle is harmoniously magnificent! Just below Testa del Ruitor, a ridge line splits perfectly the large circus, showing on each side tumbling glaciers continuing on a gentle slope for a thousand meters before giving birth to beautiful turquoise lakes.

Elevation gain : 1200m - Elevation drop : 510m

Day 2 : Col de Planaval - Planaval Village in Valgrisenche

It is time to get closer to the ice and enjoy its cool breeze. We head out towards Planaval pass (3009m). The trail cuts through alpine meadows and glacier lakes, before it reaches moraine scree and a predominantly rocky terrain, where boulders sit in a harmonious mineral chaos. As we hike right under Pointe du Flambeau, the trail leads up the slopes towards the pass. Sometimes, working out in such a magnificent setting generates as much pleasure as the hike itself ... Valgrisenche welcomes our steps just over the pass, and our trail leads to the alpine valley of Les Fonds. The descent to reach the hamlet of Planaval is long and we can't wait to enjoy a rewarding local Moretti beer after the hike!

Elevation gain : 540m - Elevation drop : 1480m

Day 3 : Degli Angeli hut

For this beautiful hiking day, the trail takes us along the eastern slopes of Ruitor peak. The path continues across the hill meandering through cliff bands until it reaches wider grassy slopes allowing comfortable switch backs again. If we feel like it, we can add a short additional hiking time and reach a superb lunch spot on Bec de l'Aouille. The Degli Angeli hut is within reach. The trail zig zags through boulders and we finally reach the hut at 2915m. We are getting ready for an unforgettable evening in this remote eagle's nest!

Elevation gain : 1480 m - Elevation drop : 100 m

Day 4 : Col du Mont - Archeboc hut

Just the perfect day : long and beautiful ! Most of the day's hike remains in altitude and our route goes up and down the high ridge lines, offering a delight to our eyes at every moment. Once we've hiked over the ridge of Mont Arp Vieille (2963m), we hike down to Saint-Grat lake, nestled under the southern slopes of Ruitor peak. We finally reach Col du Mont (2639m), the border with France, where we will remain until the next day at lunchtime. As we enter the region of Haute-Tarantaise, above Sainte Foy, the trail drops down to the Archeboc hut, where our group gets a warm welcome from the hut keeper crew.

Elevation gain : 850m - Elevation drop : 1740m

Day 5 : Tachuy pass - Bella Comba - La Thuile

It is the longest day of the trek. We leave the hut early in the morning to start the first ascent towards Montseti pass (2518m). We follow the trail to the Ruitor alpine pastures, then continue along mountain lakes, welcomed by marmots, before we gain altitude again and reach Tachuy pass (2671m). We return to Italy, and follow Belle Combe valley down to the mountain resort of La Thuile. Again, mountain lakes, rhododendrons, ibexes and wild waterfalls are on the program for this beautiful hiking day that completes our tour around the Ruitor peak!

Elevation gain : 1150m - Elevation drop : 1560m

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

GROUP BOOKING

Group session associates several people who don't 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.

Date 2020 : from Monday August 10 to Friday August 14.

Price 2020 : 600€ per person based on minimum of 6 participants.

Included in the package:

- The organization and supervision of each tour by a state qualified trekking guide/s
- Half-board accommodation (diner + breakfast + night) in mountain hut (dormitory) and basic hotel (double room)
- Picnic lunches
- Minivan transfers during the trek

Not included:

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

FURTHER INFORMATION

Rendez-vous : meet at 8.00 am in front of the Compagnie des Guides de Chamonix on Day 1.

Ability level : 4/5 - *The Ruitor Tour Hut to Hut is a strenuous trek.* A minimum of 800m (2700ft) vertical gain and about 8 hours of hiking daily. Hiking on maintained trails with off trail hiking sections, in scree and bouldery areas. Mountain terrain can involve difficult and exposed trails, for sure-footed hikers. Good physical training and multiday hiking experience on mountain trails are required.

Guiding policy : by a state qualified trekking guide with a maximum of 10 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.

Important : no booking accepted in our scheduled groups for people under the age of 18 without a legal guardian.

Accommodation :

- During the trip : 3 nights in mountain hut (dormitory), 1 night in hotel (double room*) .

Each hiker carries all his personal belongings, and the picnic along the entire trek.

** 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 : we have some hotel partners in Chamonix with special prices for our customers. If you want to receive information just ask Anaïs.

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.

Organisation : 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 (several days and preferably hiking) 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 40 L (bigger is better than too small).
- Take out lunch should fit AFTER packing all your personal belongings.
- 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.

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'll be dry before you finish your first beer!)

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. Your back pack should not exceed 19 pounds (9kg).

DAILY NEEDS

- 1 long-sleeve shirt + 1 Tshirt (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 Goretex 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

You are a private group, you can ask for a customized trip.

ADVANTAGES :

- Exclusive guide

A more individualized relationship between your group and the professional.

- Choose your date of departure

You can choose your date of departure within the limit of the hut availabilities.

- Flexibility all along the trip

Depending on weather conditions, your level and your expectations, the guide can suggest you some different options of itinerary.

For any further information, please contact **Anais** :

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