



Compagnie des Guides de Chamonix

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HIKING - GRAN PARADISO NATIONAL PARK

Duration: 6

Level: ▲▲▲▲▲

Price from: 1 130 €

Classified as a royal hunting reserve in 1856, the Grand Paradis Massif became the first European national park in 1920. Untamed, the proposed circuit traverses stunning and contrasting landscapes: larch forests and alpine meadows in the foreground, with snow-capped peaks in the background. The diverse and abundant fauna and flora thrive here in complete serenity, offering unique encounters. Notably, the ibex (*Capra ibex*) was saved from extinction through protection, as it was on the verge of disappearing in the rest of the Alps due to intensive hunting. With joy, we will have the opportunity to observe the luminous corollas of the Lis du Paradis, logically chosen alongside the ibex as the symbol of the "Parco Nazionale del Gran Paradiso.

The inhabitants of Valle d'Aosta elegantly blend French with a hint of accent, adding an incomparable charm to this dedicated long-distance hiking route for savoring the Italian Dolce Vita. Relax at the enchanting pace of Italian life, enjoying moments of camaraderie and culinary delights. Simply carry your day essentials in your backpack for a mountainous experience in complete fulfillment. Luggage tracking and transfers are handled by taxis, and daily picnics are organized by the accommodations. You will spend the night in a hotel or refuge in a cozy room.

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

Pila - Col de Tza Setze - Cogne

We depart from Aosta and take the ski lift to reach an altitude of 6,561ft. After this gentil start, the ascent to the Tza Sete Pass (9,416ft) is a good way to get into the rhythm of the hike. From the pass the view is magnificent from all sides, The summits of the Grand Paradis, Mont Rose, Mont Blanc ...

We take a long gradual descent to the Val de Cogne and the Gimilan village (5,862ft). We take a short transfer to Cogne where we will spend the night.

Elevation gain: 3,000 feet - Elevation drop: 3,000 feet - Distance : 7 miles

Day 2

Lac le Loie - Vallon de Bardonney

We start today's hike in the village of Lillaz (5,305ft) in the Cogne valley where we hike up to the Lac de Loire (7,723ft). We take our time along this steep trail. Once at the lake, we cross along the riverbank to emerge above the vast Bardonney valley (7,322ft). A true postcard image ! We descend through the Larch trees into the valley. We take a 1-hour transfer to the small hamlet of Eaux Rousses (5,439ft) where we will spend the night in the Valsavarenche.

Elevation gain: 3000 feet - Elevation drop: 3000 feet - Distance : 7 miles

Day 3

Les Pravieux - Pont

After a short morning transfer to the locality of Pravieux (6,138ft) we start our hike along the trail to the Chabod Refuge (9,022ft) under the shade of the Larch trees. Just under the refuge, we cross over the Polis Glaciers under the majestic summit of the Grand Paradis. We then start our descent to the Pont village where we will spend the night.

Elevation gain: 4,000 feet - Elevation drop: 3,000 feet - Distance : 9 miles

Day 4

Pont - Refuge Savoia

We leave the village of Pont (6,430ft) for a quiete day with the Chamois. We steadily climb to the Gran Collet (9,291ft). After a short descent under the pass, we leave the trail and cross-mountain pastures and sheep covered rocks towards the Col du Nivolet and the Savoia Refuge (8,307ft). **No access to your luggage.**

Elevation gain: 3,000 feet - Elevation drop: 1,000 feet - Distance : 6 miles

Day 5

Refuge Savoia - Val de Rhêmes

We climb above the refuge and quickly reach grassy slopes and the lakes that reflect mirror like images of the surrounding peaks. We continue our ascent to the Col Rosset (9,917ft), where we discover another valley and new peaks including that of the Grande Traversières (11,469ft). We begin our descent into the Val di Rhêmes until Thumel (6,233ft) where we will spend the night in the hamlet of Bruil.

Elevation gain: 2,000 feet - Elevation drop: 4,000 feet - Distance : 9 miles

Day 6

Vallon de Sort

Leaving Bruil (5,652ft), we climb the beautiful wild valley of Sort until we reach the mountain pastures of the same name (8,031ft). After crossing the small pass (8,398ft), we descend through the Combe d'Entrelor. Here we find the Alta Via n°2 trail, which we have in part taken this week.

Elevation gain: 3,000 feet - Elevation drop: 3,000 feet - Distance : 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

Price 2024 : 1130€ per person - based on a minimum of 7 participants

This price includes :

- the organization and 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 4**

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your guide who will meet your specific needs. Undoubtedly, it is the ideal formula that guarantees you maximum comfort. Accommodation and itinerary can be tailored, and you are free to choose your departure date depending on accommodation availability.

Prices 2024 :

- 1 person : 6405€ per person
- 2 people : 3545€ par person
- 3 people : 2595€ par person
- 4 people : 2120€ par person

5 people : 1835€ par person
6 people : 1640€ par person
7 people : 1505€ par person
8 people : 1405€ par person
9 people : 1325€ par person
10 people : 1260€ par person
11 people : 1210€ par person
12 people : 1130€ par person

The price includes :

- the organization and 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 4**

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

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 hike is a strenuous trek. A minimum of 800m (2700ft) and a maximum of 900m (2952ft) vertical gain and about 6 to 8 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including out-of-trail sections. A great multiday hike for people with trekking experience. Good physical training and multiday hiking experience on mountain trails are required.

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.*

Accommodation :

- 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 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 Compagnie 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
- A hiking trouser
- A Gore-Tex waterproof trouser
- A short
- 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 [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)