

Gran Paradiso Traverse

Gran Paradiso Traverse

£1020 or 1225 Euros

Demanding

Italy - 8 days

The very name conjures up images of a paradise among the high meadows and snow covered peaks and that pretty much sums up this trip. We spend six days traversing the Gran Paradiso National Park following a route which takes us close to the glaciers, past the green waters of the high lakes, and through a countryside rich in flowers. The Park has also played a major role in protecting the wildlife in the area, and we are likely to see ibex, chamois and marmots. The walk is all the more enjoyable due to Italian hospitality, pasta and coffee!

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Day 1 Arrival in Chamonix Valley

On the evening before your trip we meet you at your hotel in the Chamonix Valley to brief you on the days ahead and answer any last minute questions.

Day 2 Chamonix to Valgrisenche

We have an easy start with a taxi ride through the Mont Blanc tunnel to Aosta, and then a scenic

drive up Valgrisenche passing ancient churches, and hamlets en route. At Useleres we begin our walk up the valley, passing cascading waterfalls, before catching our first sight of the snow covered peaks of the Grande Sassièrè, 3747m. After around two hours we arrive at our overnight accommodation at the rather fine Rifugio Bezzi famous for it's five course dinners! Ascent 500m.

Day 3 Rifugio Mario Bezzi to Rifugio Benevolo

This morning we head for the Col Bassac Dere at 3082m and gain our first views of the mountain after which the Park takes its name, the Gran Paradiso. As we gain height we creep every closer to the glacier di Glairettaz. Legend has it that Hannibal's elephants passed through this valley on their famous journey over the Alps. Eventually, we make our way over glacial moraine to the Col, if weather and time permits we will make an ascent of the Becca della Traversiere 3334m, a peak offering stunning views of the area. Afterwards we descend past the green waters of the Lago di Golettaz, keeping an eye out for the iconic Edelweiss, before reaching the rustic Rifugio Benevolo. Ascent 1050m including summit.

Day 4 Rifugio Benevolo to Rifugio Chivasso

Our day begins with a climb towards the glacier di Lavessey retaining the feeling of being in a high mountain environment without the need for technical mountain skills. Once more surrounded by snow covered peaks we cross the Col Basei and begin our descent down snow covered slopes towards the valley of Piani di Rosset, weaving our way through impressive cliffs, lakes and valleys. After crossing the flower meadows we come to tonight's accommodation at the Rifugio Chivasso overlooking the wonderful Nivolet lakes. Ascent 1080m.

Day 5 Rifugio Chivasso to Eaux Rouse

An easy morning stroll down the river valley passing through the Alpage where the cattle often graze is a great way to start the day. Eventually, we leave the track and start a gentle climb around the mountainside below the slopes of Monte Taou-blanc 3438m. We pass from one hanging valley into the next and so to the Lago di Djouan. Throughout this traverse we should be able to enjoy views of the snow clad slopes of the Gran Paradiso. The remainder of the path down to Eaux Rouse is part of a nature walk above the village. Tonight we plan to stay in the ***star Hostellerie du Paradis. Ascent 400m.

Day 6 Eaux Rousee to Rifugio Vittorio Sella

We head off up through the forests, and climb steadily to our high point for the day, Col Lauson at 3296m. Above us hang the glaciers below peaks such as the Grand Serra, 3552m, and the Herbetet, 3778m. Once we gain the Col we begin our descent to the Rifugio Vittorio Sella where we will spend the night. The Sella is a popular place for the Italians to spend lunch, which they do with great exuberance, but as the alpenglow descends on the peaks the day visitors will be making their way back down to the valley. It's a big day with an ascent of 1630m.

Day 7 Rigufio Vittorio Sella to Valnontey

Our final day of this wonderful east to west traverse of the Gran Paradiso National Park. We set off from the Rifugio Sella for our final descent which takes us past the old farm buildings at Gran Lauson, before heading down the gorge to the village of Valnontey. Here we will be met by a taxi for the journey back to Chamonix.

Day 8 Departure

Today is departure day.

Price

Included: half board accommodation in a 2* hotel, or similar, in the Chamonix Valley on the first and last nights of the trip. Half board accommodation in the mountain refuges, the guide's fees and expenses and trip organisation fee. It includes return transfers from Chamonix Valley to the start and finish of the walk which will pass through the Mont Blanc tunnel.

Not included: flights, insurance and transfers from Geneva (but we can advise on the best options), lunch and drinks.

Accommodation

Whilst in the valleys accommodation is based on two people sharing. A single room supplement maybe available on request. Other accommodation during the trip will be in high mountain refuges. It's normal in the Alps to share accommodation while in the mountains because the

refuges where we will be staying usually have dormitory style rooms. Many good friends have been made this way! The refuges themselves tend to be full of character and serve tasty local dishes. They are always situated in stunning locations and the chance to enjoy a beer or glass of wine while watching the sun go down can provide a really special mountain moment. For many of our guests the refuges literally provide a highpoint of the trip.

Insurance

Please note that you must have the appropriate insurance for your chosen activity. You must be covered for helicopter rescue, repatriation and medical costs. With regard to this please be sure you have read the [Insurance section in our Terms and Conditions](#)

Luggage

This trip involves carrying a few basic extra items of clothing and comforts for your overnight stays. Please do not be put off by the fact this trip does not include the daily transfer of luggage, as in reality it is simply a case of spare trousers, top, small wash kit, headtorch, sheet sleeping bag and clean socks and underwear! It is a very satisfying experience to complete a trip 'pure' like this, carrying everything you need.

Options

This trip could be adapted to include an ascent of the mountain from which the Park takes it's name. The Gran Paradiso is the only mountain whose summit reaches over 4,000 metres that is entirely within Italian territory. It is a relatively straight forward ascent, but does require crampons and the services of an IFMGA Mountain Guide. For many people it will be their first high alpine summit.

Further Information

Chamonix is easily reached from other European & Worldwide destinations by road, rail, coach or plane. For suggested travel links please refer to our Booking & Information pages for further details. Geneva is the closest international airport, only 1 hour 15 minutes away by road, making shared transfers, buses or trains easy to arrange. Please contact us if you need further advise on your specific travel requirements.

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No



Great
traversing
trails!