

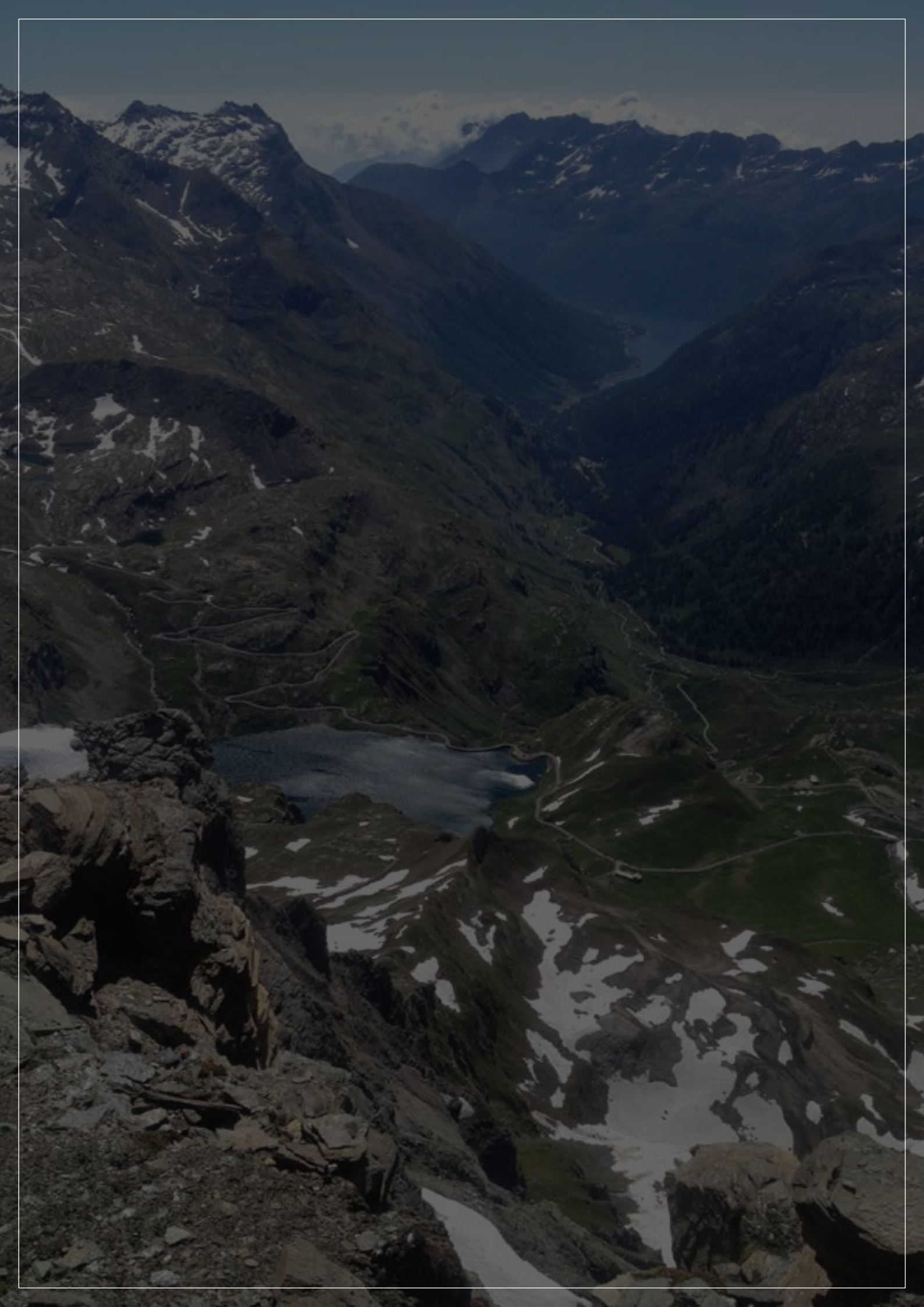


# TOUR DEL GRAN PARADISO

3,296M / 10,814FT

2023 TRIP NOTES









# TOUR DEL GRAN PARADISO NOTES

## 2023 TREK DETAILS

**Dates:** Available on demand from mid-June to mid-September

**Duration:** 6 days

**Departure:** ex Chamonix, France

**Price:** €2,650 each 1:2 guide to trekker ratio  
€1,890 each 1:4 guide to trekker ratio  
€1,590 each 1:6 guide to trekker ratio  
€1,500 each 1:8 guide to trekker ratio

▲ Alpenglöw on the North Face of Gran Paradiso. Photo: Paolo Pieroni

Explore the renowned wildlife habitat of Gran Paradiso National Park on the Tour del Gran Paradiso, a spectacular trekking circuit designed to highlight the best of the Italian Alps. Journey through larch and fir woodlands to the alpine meadows, rocky peaks and glaciers that showcase spectacular alpine scenery and mountain vistas. Photograph ibex, chamois, marmot and other fauna and flora in Italy's oldest national park, a truly outstanding trek for wildlife lovers and alpine trekkers alike.

## HISTORY

Gran Paradiso National Park was the first national park to be established in Italy, initially as a wildlife habitat to protect the alpine ibex. It includes a large area of high mountains, from the valley floor at 800m/2,600ft to the lofty heights of Gran Paradiso peak at 4,061m/13,323ft. Larch and fir woodlands, wide alpine grasslands, rocks and glaciers provide an ideal habitat for the rich and varied wildlife that live within the park.

## ITINERARY

Private departures are available on demand from mid-June to mid-September.

## DETAILED ITINERARY

### Day 0

#### *Arrive in Chamonix*

Arrive at your hotel in Chamonix, where your guide will meet you in the evening to go over the details of the trek and answer any questions you may have.

### Day 1

#### *Pont to Rifugio Città di Chivasso*

We travel through the Mont Blanc tunnel to the scenic Aosta Valley in northern Italy. A winding mountain road takes us through Valsavarenche to the small village of Pont (1,952m/6,404ft), the starting point of our trek. The trail climbs steadily to reach the Col du Grand Collet (2,832m/9,291ft) before climbing under the rocky spires of Cima dell'Arollay.



▲Trek past stunning alpine lakes. Photo: Alessandro Bosio

Eventually, we arrive at a large meadow and marshland which surround the Laghi del Nivolet, 'the Lakes of the Snow'. Passing alongside the lake, we make our way to the Rifugio Città di Chivasso (2,603m/8,540ft) for the night.

**Distance:** 11km/7 miles **Time:** 6hrs

## Day 2

### *Rifugio Città di Chivasso to Rifugio Benevol*

From the Rifugio Città di Chivasso, we head out across grassy meadows covered in alpine flowers and make our way to Lago Leita and Lago Rosset. Spectacular views surround us we climb towards Col Rosset (3,025m/9,925ft) or Col Basei (3,174m/10,413ft), depending on conditions at the time. A steep descent then sees us traverse across the side of the mountain to reach Rifugio Benevolo (2,287m/7,503ft) our accommodation for the night, where we can enjoy showers and a glass of wine!

**Distance:** 13km/8 miles **Time:** 6–7hrs

## Day 3

### *Col Bassac Dere to Rifugio Bezzi*

It is a steep climb to start the day, taking us up to Col Bassac Dere (3,085m/10,121ft). Edelweiss and other alpine flowers carpet the ground as we climb upwards and together with the surrounding mountains provide many photo opportunities en route. We trek past Lago Goletta and arrive at the col to views of Grande Sassiè in the distance and immense rocky outcrops around us. If conditions allow, we will climb the nearby ridge of Becca della Traversière (3,337m/10,948ft). Welcome hot showers and meals greet us once we descend to Rifugio Bezzi (2,279m/7,477ft) for the night.

**Distance:** 13km/8 miles **Time:** 7–8.5hrs

## Day 4

### *Colle Finestra de Torrent to Rhêmes-Notre-Dames*

A relatively easy start to the day as our trail traverses the mountainside, winding in and out of gullies and offering spectacular views of the length of the Valgrisenche, as we head for the Rifugio Chalet de l'Epée (2,370m/7,776ft) for lunch. It is then an easy climb over the Colle Finestra de Torrent at 2,875m/9,432ft, where we may see chamois and the Gran Paradiso icon, the ibex. A short but steep descent then takes us to our overnight destination, the tiny village of Rhêmes-Notre-Dames (1,723m/5,653ft) where we check into a local hotel.

**Distance:** 21km/13 miles **Time:** 8–9hrs

## Day 5

### *Colle di Entrelor to Eaux-Rousses*

The morning trail weaves through larches and fir woodlands before breaking into the higher alpine meadows at Plan de la Feya and climbing up a rocky trail to the high pass of Colle di Entrelor at 3,007m/8,517ft. Gaining the col brings us to a full circle and we once more look down into Valsavarenche where our journey began. From here, the majestic summit of Italy's highest peak, Gran Paradiso (4,061m/13,323ft), frames the horizon. We spend the afternoon descending and traversing the mountainside steadily via lakes and meadows to reach the village of Eaux-Rousses (1,660m/5,450ft) and our hotel for the night.

**Distance:** 15km/9 miles **Time:** 8–9 hrs





▲ Ibex and chamois roam throughout the park. Photo: Alessandro Bosio



▲ Outstanding opportunities to see wildlife. Photo: Alessandro Bosio



▲ Wide alpine pastures near Orville. Photo: Alessandro Bosio

## Day 6

### *Eaux Rousses to Pont and Chamonix*

Our final day sees us heading under the shadow of Gran Paradiso, initially trekking through larch woods to the Rifugio Federico Chabod (2,750m/9,022ft) for lunch. Herds of chamois and ibex can often be seen grazing in meadows above the hut.

We then spend the afternoon traversing and climbing across the mountainside towards Rifugio Vittorio Emanuele (2,735m/8,973ft), a rather space-age looking building. We then descend down through the forest back to our starting point at Pont, where we enjoy an Italian hot chocolate or a cold beer before returning to Chamonix.

**Distance:** 22km/14 miles **Time:** 7–9hrs

## Day 7

### *Depart from Chamonix*

It is the final day to enjoy breakfast and exchange photos with the team before departing for home.

## PREREQUISITE EXPERIENCE

The Tour del Gran Paradiso is suitable for trekkers with a reasonably high level of fitness. The trek requires participants to be able to walk between 7–9 hours per day, with daily ascents and descents of around 1,500m/4,900ft or more. It is imperative that you are able to carry a 10–15kg/22–33lb daypack each day, across variable trails in mountainous terrain.

## THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to expedition and ascent climbing and trekking. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers and trekkers the best possible chance of success.

Our trekking guides are International Mountain Leaders or qualified under the BMG/NZMGA and/or IFMGA/UIAGM. They are professional trekking guides and operate to the highest industry standards.



▲ Trek through pasture and woodlands to high alpine passes. Photo: Alessandro Bosio

Many of our trekkers and climbers come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make our trips, expeditions, courses and guided ascents safe and successful.

## TEAM SIZE

We cater for private groups with a maximum of 8 trekkers in each departure.

## TREKKING SEASON

We operate in the Alps mid-June to mid-September and other times as conditions allow. In June and early July, the high passes may still have snow on the ground and as temperatures warm up into the summer months from mid-July, we traditionally experience more settled weather and warmer temperatures. You are welcome to choose your own dates according to your preference.

## WEATHER

Europe has a continental climate which in general encourages more stable weather. However, the weather in the high mountains can be changeable and at times, very severe. June may still bring some cooler weather and even snow, whilst moving into July and August brings settled hot weather.

## COMMUNICATION & MESSAGES

Our guides are in cell phone communication with our operations base throughout the trip.

This assists us with schedule and weather forecast updates, accommodation coordination and safety backup. Your own mobile phone should work in the region, though you may wish to confirm with your own service provider first.

## EQUIPMENT LIST

Trekking in the European Alps requires high-quality clothing and equipment due to the extremes of weather conditions. Our focus is on having the essential clothing and equipment to keep you warm and comfortable during the trek.

You will be sent an equipment checklist on confirmation of your booking. Your guide will go through this with you at the beginning of your trip. You can rent technical equipment for the trek but you must provide your own clothing appropriate to trekking as per the equipment list.

## FITNESS & HEALTH

To make the most of your trekking experience we encourage you to work on your fitness prior to the trip. You will find that training on hills with a 10–15kg/22–33lb pack on is the best preparation for the mountains, with the aim of building your endurance. Your guide will be attuned to your fitness levels and will regulate the pace accordingly.

Our registration form requests that you advise us of any medical problems you may have and of any medications that you are taking. Any information you supply will be treated as confidential.





▲ The remote alpine rifugio Vittorio Emanuele. Photo: Paolo Pieroni

## FOOD

Adventure Consultants will provide breakfasts and picnic lunches for the duration of the trek and evening meals on the hut/refuge nights while the trip is running. Should the group decide to take a restaurant lunch that is not in the programme, this will be at your own expense. Evening meals on hotel nights are not included so that you have the option to explore many of the wonderful restaurants in the region. Any additional food, beverages or meals you purchase that are not mentioned in the inclusions will be at your own expense.

We provide nutritious lunches and a supply of snack food throughout the trip according to the programme. It is a good idea to bring a small selection of your favourite snack food and hydration drinks with you to ensure you are fuelled by your preferred brands. Actual amounts depend on your consumption but 2 per day in addition to the lunches that we provide would seem reasonable.

If you have any special dietary requirements, please advise us at the time of registration. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

## ACCOMMODATION

Accommodation is provided on a twin share B&B basis from the evening of the first night (Day 0) through to the morning of Day 7 after breakfast. Accommodation in the mountains is in alpine huts in shared bunk rooms or dormitory rooms. Blankets are provided and no sleeping bag will be required. There are no single supplements (or private rooms) available in the mountain huts, but we can arrange this for you at additional cost for the hotel nights during the trek. Please ask about costs at the time of enquiry.

## TRAVEL

We commence the Tour del Gran Paradiso from Chamonix in France. The closest international airport is at Geneva, just over the border in Switzerland. Regular shuttles operate between Geneva airport and Chamonix, with the trip taking about 1½ hours. Your shuttle driver will drop you directly at your accommodation. Transfer costs are at your own expense, but we can provide advice and assistance with your transfer arrangements.





▲ Start and finish in the alpine centre of Chamonix. Photo: Guy Cotter



▲ Looking towards Gran Paradiso. Photo: Andrew Peacock



▲ Views across Lago Nivolet towards Grivola. Photo: Alessandro Bosio

## INSURANCE

We strongly recommend that you take out Trip Cancellation Insurance and Travel Insurance, as well as Medical and Rescue Insurance to protect yourself in the event of injury or mishap prior to or during your trip.

While our focus is on safety and our track record supports this, the mountains do have hazards and there is the potential for mishap. Should you be injured whilst on the trip, there is a very efficient rescue service nearby.

## PRICE

The cost of the trek ex Chamonix is:

€2,650 per person at a 1:2 guide to trekker ratio  
 €1,890 per person at a 1:4 guide to trekker ratio  
 €1,590 per person at a 1:6 guide to trekker ratio  
 €1,500 per person at a 1:8 guide to trekker ratio

**NOTE:** All prices subject to change without notice.

This is an inclusive cost and covers the following:

- Guide
- Mountain huts for 3 nights (dormitory rooms on a half board basis, breakfast and dinner included)
- Hotels for 4 nights on a twin-share B&B basis
- Picnic lunches
- Transport as per schedule

The trek fee **does not** include the following:

- Any lift, hut, hotel or transport costs additional to the programme due to weather or logistics (any changes will be actioned only after you have been consulted by your guide)
- Personal clothing and equipment
- Evening meals on hotel nights in Chamonix, Rhêmes-Notre-Dame and Eaux Rousses
- Airport transfers to/from Chamonix (although we can arrange this for you)
- Any hotel single supplement costs
- Extra additional meals or snacks/drinks purchased from huts or hotels
- Travel insurance
- Gratuity





Clouds gather over the North Face of Gran Paradiso. Photo: Glen Hodges

## PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

For the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0002

**Account Type:** Euros

**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard or Amex) plus a 3% card charge.

## DEPOSIT

A deposit of €500 will secure a place on the trek.

## BALANCE

The balance of payment is payable 60 days prior to your trip start date.

## CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. A trek member may then cancel their participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
- For cancellations made within 60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations made within 30 days of the trip commencement date we reserve the right to retain 75% of the full fee.
- For cancellations within 15 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.





▲ Moon rising over Gran Paradiso. Photo: Paolo Pieroni

## HOW TO JOIN THIS TREK

If you would like to join this trek please feel free to book using our online booking form at <https://www.adventureconsultants.com/treks/european-alps-trekking/tour-del-gran-paradiso/book-now> and return your completed application to us with a deposit for the trip.

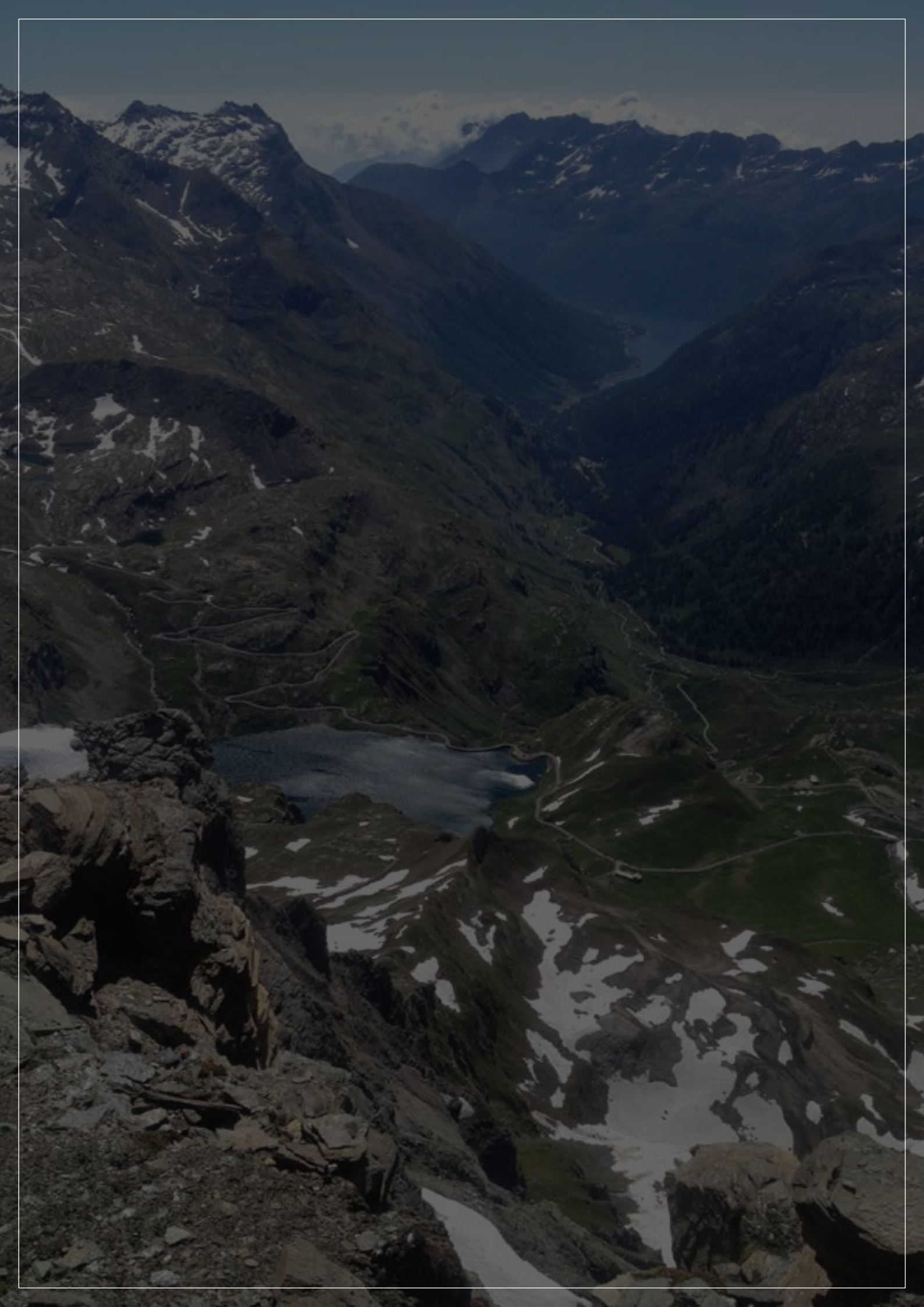
## CONTACT US

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▲ Peaks rise above the cloud, Gran Paradiso National Park. Photo: Paolo Pieroni



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.



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