










# GRAN PARADISO 4000M PEAK GOAL

*It's the only 4000 entirely in Italy : this famous Gran Paradiso is renowned to be a true paradise for skiers.*

Vast glaciers and gentle slopes make this emblematic summit the most easy of the highest skiable peaks. Certainly an ideal destination to cross the mythical 4000m, skis on foot. Our itinerary starts by joining the Victor Emmanuel refuge, one of the most warm and hearty mountain huts in the Italian Alps with always a friendly welcome.

The second day will lead us to the gran Paradiso peak by a succession of deep valleys leading us to a very large glacier that we will climb up until a high slope. A few easy climbing steps will allow us to join the summit from where the view of the Mont Blanc and the Valais are incredible.

The last day is dedicated to the Tresenta ascent, an exquisite summit and descent for three unforgettable days in altitude.

 Region	Italy
 Activity	Ski
	Ski-Touring
 Duration	3 days
 Group	4 to 4 people
 Code	SRGP
 Price	From €595
 Level	4/5
 Comfort	3/5
 Language(s)	English

## ITINERARY

### Day 1 Pont (Italy) - Victor Emmanuel Refuge(2730m)



We meet in Chamonix. Our guide will present the following days program and verify your backpacks and personal equipment. We drive in our own cars to the village of Pont in Italy in the Valsavarenche valley. We then climb up to the Victor Emmanuel refuge (2730m).

*Positive difference in altitude : around 800 | Altitude Max : 2730m | Accommodation : Victor Emmanuel refuge*

### Day 2 Gran Paradiso ascent (4061m)



We climb up a succession of deep valleys giving us access to a large glacier that we cross until the final slope. The last few meters are on a rocky ground, including a few climbing steps. We finally reach the top : a beautiful rocky platform with a statue of the Virgin Mary contemplating the breath taking view. It is one of the Alps' most gorgeous belvederes with a view on Monte Viso and Monte Rosa.

Astonishing descent to the Victor Emmanuel refuge.

*Positive difference in altitude : Around 1350m | Negative difference in altitude : Around 1350m | Altitude Max : 4061m | Accommodation : Victor Emmanuel refuge*

### Day 3 Tresenta ascent (3609 m)



today we ascent the pretty summit of Tresenta and then descend by the summer path through the woods, and then return to the village of Pont in the afternoon.

Return car transfer to Chamonix.

*Positive difference in altitude : Around 900m | Negative difference in altitude : Around 1650m | Altitude Max : 3609m*

Important: This program may be modified by the guide or tour organizer, according to mountain and weather conditions, required physical condition of participants and, above all, your safety. For safety reasons and to ensure the conduct of the announced program, we need to ensure that all participants have the required level of mental and physical conditions demanded by the program. We reserve the right to end your participation if your technical and/or physical form does not match the minimum required level. The interruption cannot result in a reimbursement or payment compensation.

## DATES & PRICES

### *International departures:*

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No departure for now

Trip code: SRGP

### *Included*

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- A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.
- The technical organization of the stay
- Mountaineering with high-mountain guides
- Collective equipment provided (ropes)
- Half-board accommodation in refuges, cottages and lodges
- Lunch picnics
- Safety equipment : avalanche transceiver (batteries non provided), probe, shovel
- Minibus transfers

### *Not included*

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- Individual equipment : harness, crampons, ice axe, helmet
- Ski-touring equipment : shoes, skis, skins, knives, poles
- Batteries for the avalanche transceiver (4 batteries LR03 AAA)
- Drinks and personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc...) at your own convenience
- Transfers to the meeting and dispersion points
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory

### *International flights*

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If you wish, we can take care of booking your international flights to the closest airport of your destination.

### *Terms and conditions*

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#### *Booking conditions*

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation policy*

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

The tour is supervised by a mountain guide who has been chosen for his field experience, his specific knowledge of one geographical area and the culture attached, as well as his passion for the region.

### Food

Meals

- Lunch picnics
- Diners : meals prepared by shelter keepers
- Take some race food according to your own tastes (cereals bars, chocolate bars, dry fruits,...).

Drinks

- Water is not for free in refuges (from 5 to 8 euros one bottle). We advise you to bring some water purification tablets (Aquatabs or Micropur) in order to drink tap water.
- Personal drinks are not included in the trip's price
- Bring cash for coffees, fruit juices, coke or beers during breaks... Shelters usually don't accept bank card payments and Euros.

### Accommodation

- Every refuges of this itinerary are comfortable and warm. Dormitories are equipped with blankets for the night (plan to bring your personal bed sheet for hygiene reasons).
- Slippers are at your disposal : no need to bring trainers.
- We advise you to bring protection against noise (ear plugs).
- A few electrical plugs are available in refuges, but plan to bring an external battery to charge your camera and switch off your phone during the day.

### Transportation

Mainly on foot. You will carry your personal items and picnics for lunch (10 kg bag maximum). Your guide will help you arrange your bag the first day. For a comfortable trip, it's important that your bag does not exceed 10- 12 kg with water and food for the day.

### Budget & exchange

Italy and France are in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in France or Italy.

Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates: <https://www.xe.com/>

### Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

### Supplied equipment

- The group equipment (ropes, carabineers) is provided
- Slippers and blankets are available at the lodges and refuges : plan to bring your own bed sheet
- Individual safety equipment (beacon, probe and shovel) : thank you for letting us know if you have your own

## Vital equipment

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### Skis

- 1 pair of ski touring skis, light and with adapted fixations as well as a break or safety strips, and sharpened
- 1 pair of ski touring shoes with VIBRAM soles
- 1 pair of adhesive seals skin adapted to your skis
- Knives adapted to fixations
- Poles with large disks

### Other

- Safety equipment : beacon, probe and shovel
- crampons with "Antibott" system
- Ice axe
- Harness and carabineers
- Survival blanket
- 1 headlamp with extra batteries and bulb
- Pocket knife
- Thermos

## Material

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### Upper body :

- Windstopper bonnet
- Hat or cap
- Neck scarf
- Sunscreen (high protection) for skin and lips
- Sunglasses for glacier category 4 + ski goggles
- 2 technical breathable long sleeve underwear type "Carline" (no cotton which dries too slowly)
- 1 technical and breathable shirt to put under your jumper
- 1 thick fleece jacket
- 1 fuzz jacket
- 1 wind stopper and waterproof jacket type Goretex
- 1 pair of wind stopper mittens (fleece or wool)
- 1 pair of undergloves

### Lower body :

- 1 technical and breathable pair of tights type "Carline"
- 1 pair of comfortable mountain trousers
- 1 pair of wind stopper and waterproof trousers type Goretex
- 2 pairs of socks : 1 thin and 1 thick

### Other :

- 1 bed sheet for refuges
- 1 small toiletry bag with 1 fast drying towel
- Cream for sunburns (Biafine)
- Biodegradable toilet paper
- 1 or 2 100L plastic bags and an overbag to protect your belongings and your bag
- 1 waterproof pouch in which you will put your identity paper, your phone, your money and your insurance/assistance contract with all of your emergency numbers

## Luggage

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You will carry all of your belongings in your 40/50L comfortable backpack, as well as your picnics and your technical equipment.

## Medicine

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Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

## Passport

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Please make sure your passport and travel documents are valid.

## Visa

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- Up to 90 days visit : citizens from most countries do not need a visa to visit France and Italy.
- Over 90 days visit : non-EU or non-EFTA citizens must have a visa to visit France and Italy over 90 days.

For further information, please check the following website : <https://france-visas.gouv.fr/>

## Mandatory vaccines

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There are no mandatory vaccines needed to travel to Italy.

## Health information & recommendations

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For this trip, you must be fit : you can train with other sports such as running, cycling, swimming or sportive walk. To have a reasonable chance of success, a high degree of fitness and stamina, some previous experience of altitude is highly recommended.

Training advices to check with your general practionner : six months before departure, try to do at least 1 to 2 endurance sport sessions a week (each one must last at least one hour) and do a 6 hours trekking during the week-end with an elevation of 400m/hour during three hours. Three months before departure, try 2 to 3 endurance sport sessions a week and increase your trekking time during the week end from 7 to 8 hours.

Please inform us of any health issues : allergy, diabetes, asthma, or old strokes...

## Weather

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The best time of year to climb Gran Paradiso is from June through September. However, the weather here is still decent enough for ascents in the late spring and early autumn as well. Indeed, during the summer months, the average temperatures on the mountain fluctuate between 8°C to 12°C, but once you reach the glacier and above, it gets much colder. Temperatures at the base of the mountain are generally around 20°C. Thus, we recommend to dress in layers.

While temperatures do not drop too much during the spring and autumn, it is definitely cooler and will require warmer clothing than the summer.

Late spring and early summer is when it precipitates the most in this area. While the weather is generally clear, squalls and afternoon thunderstorms are not uncommon.

July through October are generally drier than May and June.

## Electricity

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There will be electricity in most places you will stay. If you are scared to run low on battery, we advise to bring an external battery charger.

Power plugs in France have the particularity of being male and female at the same time : they have 2 prongs and a receptacle. If you need an adapter, please purchase it before departure. In France the power plugs and sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz.

For Italy there are three associated plug types : types C, F and L. Plug type C is the plug which has two round pins, plug type F is the plug which has two round pins with two earth clips on the side and plug type L is the plug type which has three round pins. Italy operates on a 230V supply voltage and 50Hz. Check that you can use your personal electrical appliances safely whilst abroad. If not, you will surely need the use of a travel adaptor.

## Local time

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France and Italy are in the Central European Time Zone. Central European Standard Time (CET) is 1 hour ahead of Greenwich Mean Time (GMT+1).

## Sustainable tourism

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We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the Alps by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.