

GRAN PARADISO GOAL

It's the only 4000m entirely in Italy : the famous Gran Paradiso, with wide glaciers and accessible slopes, is an emblematic summit but reachable.

Surely an ideal destination to cross the mythical 4000m mark for those who dream about peaks and altitude. From the Valsavarenche valley in Italy, we slowly start climbing to our first refuge, Chabod (2750m). It will then be the big ascent day of this National Park monarch, Gran Paradiso, at 4061m altitude. Beautiful glacial run with a rocky end to arrive at the statue of the Virgin Mary at the peak. We will be fulfilled whilst descending to the refuge Victor Emmanuel II. On our last day we return to the valley, in the village of Pont. Lovely descent amongst flowers and larches. We will contemplate the Gran Paradiso massif from a nice and easy summit, the Tresenta (3609m) before descending to the valley.

 Region	Italy
 Activity	Alpine summits Alpinism Discovering mountaineering
 Duration	3 days
 Group	4 to 4 people
 Code	AGP3
 Price	From €675
 Level	3/5
 Comfort	3/5
 Language(s)	English / French

ITINERARY

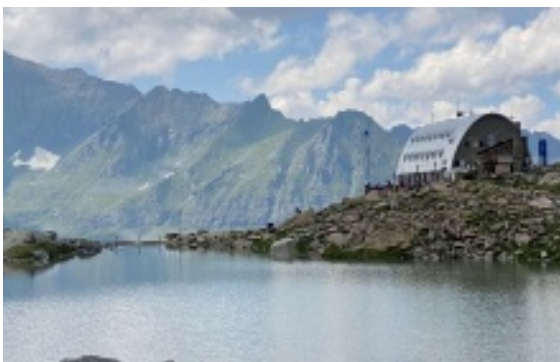
📍 Day 1 **Pravieux (1834m) in the Valsavarenche valley, Chabod refuge (2750m).**



We meet early in the morning in Chamonix. Your guide will welcome you, brief you on the following days program and verify your material (renting is possible), before leaving towards the Valsavarenche valley in Italy (70km). Arrival at the alpine pasture of Pravieux (1834m). Climb to the Chabod refuge (2750m) by a nice path.

Difference in altitude : 916m | Altitude Max : 2750m | Accommodation : Chabod Refuge

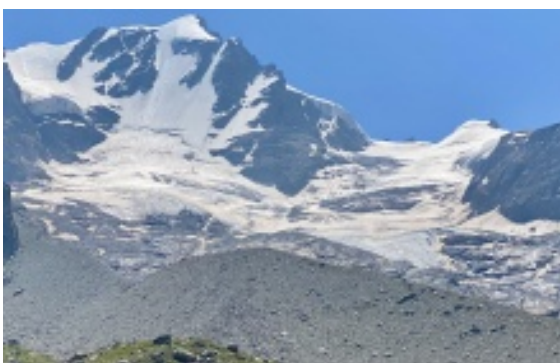
📍 Day 2 **Gran Paradiso Ascent (4061m), Victor Emmanuel II refuge**



Very early start for the Gran Paradiso ascent. It is one of the most beautiful belvedere in the Alps with views on the Monte Viso, the Monte Rosa, the Mont Blanc massif and many other summits ! Varied glacial slopes with a final rocky and aerial climb to reach the statue of the Virgin Mary at the peak. We'll breath in some of that fresh air and capture this magical moment ! We'll then slowly descend towards the Victor Emmanuel II refuge.

Positive difference in altitude : around 1350m | Negative difference in altitude : around 1350m | Max Altitude : 4061m | Accommodation : Victor Emmanuel II Refuge

📍 Day 3 **Tresenta Summit (3609m), Victor Emmanuel II refuge**



We start our day with the gentle slope of the Montcorvé glacier. Glacial ascent with an end in the highest screes of the Tresenta (3609m) : another marvelous belvedere of the Gran Paradiso massif. We'll then descend to the Victor Emmanuel II refuge and back down to the valley in the afternoon.

Positive difference in altitude : 877m | Negative difference in altitude : 1650m | Max Altitude : 3609m

ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

International departures:

No departure for now

Departures for French-speaking groups:

From	To	Price per person	Guaranteed	Booking
04/09/2026	06/09/2026	€675	No	

Trip code: AGP3

Included

- 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
- Half-board accommodation in refuges, cottages and lodges
- Lunch picnics
- Safety equipment : avalanche transceiver (batteries non provided), probe, shovel
- Mont Blanc tunnel passage (with a vehicle type classe 1)

Not included

- Individual equipment : harness, crampons, ice axe, helmet
- Ski-touring equipment : shoes, skis, skins, knives, poles
- Drinks and personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc...) at your own convenience
- Transfers back and forth between Chamonix and Valsavarenche
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory

International flights

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

Terms and conditions

Booking conditions

Booking one of our activities or trips implies acceptance of the terms and conditions. Each customer must complete a booking form. Bookings are only accepted upon payment of a deposit amounting to 35% of the total cost of the trip, subject to availability. If you register less than 35 days before departure, the full cost of the trip must be paid upon registration. You can make your payment by bank transfer (SWIFT/IBAN) or by credit card directly on the website. A confirmation of your registration will be sent to you by email as soon as possible.

For any registration made less than 6 months before the departure date, your registration will only be confirmed once availability has been confirmed with the mountain huts.

Invoice procedure

The balance must be paid at least 35 days before your arrival date. If the balance has not been received by this deadline, Montagne Expédition reserves the right to cancel the booking without compensation.

You will receive your invoice on the day of your departure.

Cancellation policy

Cancellation on your behalf:

If, for any reason whatsoever, you need to cancel your trip, the sums you have paid will be refunded subject to the following deductions:

You must notify us of your decision to cancel in writing, using a method that provides proof of receipt, and the date of receipt of this correspondence will determine the date of your cancellation.

If you cancel your trip, for any reason whatsoever, the sums you have paid will be refunded subject to the following deductions:

If your cancellation occurs:

- More than 31 days before departure: 30% of the total cost of the trip (excluding insurance).
- Between 30 and 21 days: 40% of the total cost of the trip (excluding insurance).
- Between 20 and 14 days before the departure date: 50% of the total cost of the booking (excluding insurance).
- Between 13 and 7 days before the departure date: 75% of the total cost of the booking (excluding insurance).
- Less than 7 days before the departure date: 100% of the total cost of the booking (excluding insurance).

Special cases, regardless of the date of cancellation or contract amendment: these charges are in addition to the scale above:

- Fixed land-based charges: charges incurred at an early stage for firm bookings will be invoiced to you in the event of cancellation (e.g. bookings for certain mountain huts)
- Insurance and registration fees: regardless of the insurance taken out, the insurance premium and registration fees are due and are non-refundable. If you have taken out comprehensive insurance, the amounts deducted will be reimbursed by the insurer in certain cases (notably illness, accident, death, etc.).

Comprehensive insurance comes into effect from the day you register and purchase your insurance.

Cancellation on our behalf:

Montagne Expédition may be required to cancel a trip at no cost to you:

- if the minimum number of participants required to guarantee the trip is not reached;
- due to exceptional and unavoidable circumstances relating to mountain conditions, and in particular for reasons relating to the safety of our clients;

In the latter case, Montagne Expédition will offer alternative arrangements. If no alternative solution is possible, Montagne Expédition will refund the customer for the services not provided, without the customer being entitled to any further compensation.

You will be informed of the cancellation as soon as possible and no later than:

- 30 days before the scheduled date for a self-guided or exclusive trip;
- 20 days before the departure date for trips requiring a minimum number of participants and lasting more than 6 days;
- 7 days before the start of the trip or holiday in the case of trips lasting between 2 and 6 days;
- 48 hours before the start of the trip or holiday in the case of trips lasting no more than 2 days.

In the event of total or partial cancellation of the holiday by Montagne Expédition due to circumstances jeopardising the safety of customers (such as adverse weather conditions in the mountains), Montagne Expédition will refund the customer for services not provided, without the customer being entitled to any further compensation.

For safety reasons and to ensure a consistent standard in line with that advertised, the management and organisers reserve the right to terminate your participation if your technical ability and/or physical fitness do not meet the required standards. Under no circumstances will such termination give rise to a refund or payment of compensation.

Changes to travel contract

Should the customer make any changes to a trip that result in costs for Montagne Expédition, these costs shall be borne by the customer. In all cases, any changes must be made in writing.

Montagne Expédition may amend elements of the travel contract if circumstances beyond our control arise (weather conditions or other factors) that could jeopardise the safety of participants, the accessibility of the activity areas, or are linked to an order from an administrative authority.

Where Montagne Expédition modifies the programme (meeting time, duration, location, ascent, etc.) of the trip for the reasons

cited above, customers are required to accept the proposed programme modification. Montagne Expédition will reimburse the customer for any services not provided, without the customer being entitled to claim any further compensation. Should the customer refuse the replacement services, such refusal may be treated as a cancellation initiated by the customer. It is noted that it will not always be possible to offer equivalent services given the specific nature and unique character of certain trips.

For example, on a trip including an attempt to climb Mont Blanc, if it is impossible to climb Mont Blanc for the reasons mentioned above, we will, where possible, offer you an alternative climb in the surrounding mountain ranges (Monte Rosa, Gran Paradiso, etc.), which you are obliged to accept.

Pricing

For group trips, the prices listed on the website have been calculated and are valid for the specified number of participants for each trip.

If the number of participants falls below the minimum required to guarantee the trip goes ahead, a small-group supplement may be offered to ensure the trip proceeds. You may decline this small-group supplement and cancel free of charge if necessary.

For all holidays or programmes, we state the price per person, valid from a certain number of participants, and we detail the services included and not included in this price.

Contract transfer

In accordance with Article R.211-7 of the Tourism Code, you may transfer your contract to a transferee who meets the same conditions as you for undertaking the trip, provided that the contract has not yet taken effect. You must inform Montagne Expédition of your decision by any means that provides proof of receipt, no later than seven days before the start of the trip. In the event of a contract transfer, the transferor and/or the transferee are required to pay in advance the costs incurred by the transfer, which will be communicated to you by your advisor. The transferor and the transferee are jointly and severally liable for payment of the balance of the price as well as any fees, charges or other additional costs that may be incurred by this transfer.

Insurance

We recommend that you take out insurance before your departure to cover the activities undertaken with Montagne Expédition. Details of the insurance options available can be found on this page: <https://montagne-expedition.com/fr/assurance>

If you do not take out one of our insurance policies, we ask that you kindly email us the details of your insurance policy (name of the company, policy name, policy number, telephone number) and carry this information with you during your stay.

Altaï France (licence no. IM013110005) has taken out professional liability insurance with HISCOX under policy number PROV857693, whose registered office is at Hiscox France, 49 Avenue de l'Opéra, 75002 Paris.

If Altaï France or one of its retailers becomes insolvent, the amounts paid will be refunded.

If Altaï France or one of its retailers becomes insolvent after the start of the package, or if the transport included in the package is affected, the repatriation of travellers is guaranteed.

Altaï France has taken out insolvency protection with: GROUPAMA ASSURANCE

PRACTICAL INFO

Staff

Your trip will be supervised by a high-mountain guide who will teach you technical elements needed for the good progress of your stay. He may need to modify the program in order to ensure safety regarding weather conditions and participants physical conditions.

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

Your guide will help you finalize your bag on the first day. It will be under 10 to 12kg including water and snacks for the day.

Rendez vous : Early morning in Chamonix.

Where to stay before and after your trip ?

Hôtel Les Campanules**

450 Route de Coupeau

74310 Les Houches

Tel : 04 50 54 40 71

Chalet du Club Alpin du Tour

Chemin du Rocher Nay

74400 ARGENTIERE - LE TOUR

Gardienne : Véronique Barbier

Tel : 04 50 54 04 16

Parkings during your trip :

Parking de Pravigieux in Italy (free) 85km away from Chamonix.

Access :

By train : Terminal of classic trains at the Saint-Gervais-les-Bains le Fayet train station, then change trains for the touristic train of Le Fayet-Martigny, stop at Chamonix "Aiguille du Midi".

Timetable and prices on www.voyages-sncf.com, or by phone at 3635.

By road : A40 "autoroute blanche", Cluses, Servoz, Les Houches, and Chamonix.

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

Vital equipment

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

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

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

Medicine

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

Please make sure your passport and travel documents are valid.

Visa

- 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

There are no mandatory vaccines needed to travel to Italy.

Health information & recommendations

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

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

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

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

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 France 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.