

SKI TOURING AT 4000M IN GRAN PARADISO

It is the only 4,000-meter peak entirely within Italy: the famous Gran Paradiso is known as a true paradise for ski tourers.

Vast glaciers and accessible slopes make this iconic summit the easiest of the great Alpine peaks to ski. It is undoubtedly an ideal destination for crossing the legendary 4,000-meter threshold on skis.

Our itinerary begins with a trip to the Victor Emmanuel refuge, one of the warmest in the Italian Alps with a consistently friendly welcome.

The second day takes us to the summit of Gran Paradiso via a series of wide valleys that lead to the very large glacier, which we climb up to a summit slope.

A few easy climbing steps across the ridge take us to the summit, where the view of Mont Blanc and the Valais is exceptional.

The last day is devoted to the ascent of Tresenta, a summit and descent of great beauty for three unforgettable days at altitude.

 Region	Italy
 Activity	Mountain huts experience Ski touring
 Duration	3 days
 Group	4 to 4 people
 Code	SRGP3
 Price	From €690
 Level	4/5
 Comfort	3/5
 Language(s)	French / English

ITINERARY

Day 1 Pont (Italy) - Victor Emmanuel Refuge (2,730 m)



Meet in Chamonix, presentation of the program and check of bags and personal equipment. Transfer by personal vehicles to the village of Pont in Italy in the Valsavarenche valley. Then climb to the Victor Emmanuel Refuge (2,730 m). After leaving your belongings at the refuge, you will do some mountain safety exercises and possibly a first descent to warm up your legs so that you are ready for the next day's climb.

Elevation gain: Approximately 800m | Maximum altitude: 2730m | Accommodation: Overnight stay at the Victor Emmanuel refuge.

Day 2 Ascent of Gran Paradiso (4,061 m).



The climb is via a series of valleys that lead to the large glacier, which we ascend until we reach a final slope. The last few meters are rocky, requiring a few steps of climbing where you need to be sure-footed, and then we reach the summit, a beautiful rocky platform where a statue of the Virgin Mary stands, contemplating the landscape. It is one of the most beautiful viewpoints in the Alps, with views of Mount Viso and Monte Rosa. A spectacular descent to the Victor Emmanuel refuge.

Elevation gain: Approximately 1350m | Elevation loss: Approximately 1350m | Maximum altitude: 4061m | Accommodation: Night at the Victor Emmanuel refuge.

Day 3 Ascent of Tresenta (3,609 m)



Ascent of the beautiful summit of Tresenta, then descent via the summer path through the woods along a trail, returning to Pont in the afternoon. Return transfer with personal vehicles to Chamonix.

Elevation gain: Approximately 900m | Elevation loss: Approximately 1650m | Maximum altitude: 3609m

Important :

This program may be modified at the guide's discretion if mountain conditions, weather, or the physical condition of participants require it. For safety reasons and to ensure a consistent level of difficulty as advertised, the guides and organizers reserve the right to terminate your participation if your technical level and/or physical fitness do not meet the requirements.

Under no circumstances will this interruption give rise to a refund or compensation.

DATES & PRICES

Departures for French-speaking groups:

No departure for now

International departures:

No departure for now

Trip code: SRGP3

Included

A 30% deposit is payable at the time of registration, with the balance due 30 days prior to departure.

- Technical organization of the trip
- Supervision by a high-mountain guide
- Provision of shared equipment
- Half-board accommodation in mountain huts
- Lunch picnics
- Safety equipment: avalanche transceiver (batteries not provided), shovel, and probe

Not included

- Personal equipment: harness, crampons, ice axe, helmet
- Ski touring equipment: boots, skis, skins, crampons, poles
- Batteries for avalanche transceiver (4 LR03 AAA batteries)
- Drinks and personal expenses
- Food for the trip (cereal bars, dried fruit, chocolate bars, etc.) as you see fit.
- Transport to the meeting point and from the dispersal point
- Insurance/assistance: mandatory search and rescue by helicopter, hospitalization, and repatriation costs

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

Our trip is supervised by a high-mountain guide who will provide you with the technical information you need to ensure your trip runs smoothly. The guide may modify the program to ensure safety depending on weather conditions in the mountains or the condition of participants.

Food

Meals:

Picnics for lunch.

Dinner in the refuges.

Remember to bring food according to your tastes before departure.

Drinks:

Personal drinks are not included in the trip.

Please note: bottles of water in refuges are expensive, costing €5 to €8 on average.

Bring water purification tablets such as Micropur if you do not want to buy bottled water (where possible).

It is customary in the mountains for clients to pay for the guides' drinks: the best solution is to set up a group fund at the start of the trip, based on each person's means.

Accommodation

All the shelters along the route are comfortable and welcoming. The dormitories sleep 8 to 10 people and are equipped with blankets or duvets for the night (bring a sleeping bag liner for hygiene reasons). Slippers or Crocs are available in the shelters, so there is no need to bring sneakers. Bring earplugs or similar to protect against noise. There are no showers as there is no running water in the refuges except for water from the glaciers. There are a few electrical outlets available in the refuges, but it is best to bring a spare battery for your camera and turn off your phone during the day.

Supplied equipment

- Shared equipment (ropes) is provided.
- Slippers are available at the refuge.
- Blankets and duvets are provided at the refuge: please bring a sleeping bag liner for hygiene reasons.
- Personal safety equipment (avalanche transceiver batteries not provided, shovel, probe): please notify the agency if you have your own.

Vital equipment

Skis

- 1 pair of lightweight touring skis with suitable bindings and brakes or safety straps, waxed.
- 1 pair of touring ski boots with VIBRAM soles.
- 1 pair of self-adhesive climbing skins suitable for the skis.
- Crampons suitable for the bindings.
- Poles with large baskets.

Other

- Safety equipment: avalanche transceiver, shovel, probe
- Crampons with "Antibott" system
- Ice axe
- Harness and screw-lock carabiners
- Survival blanket
- 1 headlamp with batteries and spare bulb
- Pocket knife
- Thermos and water bottle

Material

- Beanie
- Hat or cap
- Scarf and/or neck warmer
- Sunscreen (very high protection factor) and lip balm
- Ski goggles/glacier sunglasses category 4+
- 2 pairs of breathable long-sleeved technical underwear such as “Carline” (no cotton, which dries too slowly)
- 1 technical, breathable base layer
- 1 thick fleece jacket
- 1 down jacket or vest
- 1 windproof and waterproof jacket, such as Goretex
- 1 pair of mittens (fleece or wool)
- 1 pair of gloves (fleece or wool)
- 1 pair of undergloves
- 1 pair of breathable technical tights, such as Carline
- 1 pair of comfortable mountain pants
- 1 pair of windproof and waterproof pants, such as Goretex
- 2 pairs of socks: 1 thin and 1 thick

Other:

- 1 sleeping bag liner for shelters
- 1 small toiletries bag with 1 quick-dry towel
- Biafine
- Toilet paper + lighter
- 1 or 2 100L plastic bags and an oversack to protect your belongings and backpack
- 1 waterproof pouch in which to put your ID, phone, money, and insurance/assistance contract with all emergency phone numbers

Luggage

In the mountains, you will carry all your belongings, picnics, and equipment in a 40/50-liter mountaineering backpack.

Medicine

Your guide will have a first aid kit.

Discuss your personal first aid kit with your doctor:

- personal medication
- painkillers (preferably paracetamol)
- double-skin
- elastic bandages
- bandages
- local disinfectant
- anti-inflammatory medication
- antispasmodic medication
- anti-diarrhea medication
- anti-vomiting medication
- intestinal antiseptic
- eye drops
- mild sleeping pills
- earplugs

This list is not exhaustive.

Weather

Weather hazards are part of the charm of any mountaineering course or ski trip on Mont Blanc. In this massif, more than anywhere else in the Alps, conditions can change abruptly: winds can pick up instantly and heavy snow can fall even in mid-summer at mid-altitudes. We remain extremely vigilant in monitoring forecasts and, if necessary, we adapt our programs to ensure the best possible conditions for your adventure.

Electricity

Electricity will be available in most of the places where you will be staying. If you are concerned about your device's battery life, we recommend bringing a portable power bank.

French power outlets are unique as they feature two pins and a male earthing pin (Type E). If you require an adapter, please ensure you purchase one before your departure. In France, the standard voltage is **230V** and the frequency is **50Hz**.

Local time

Standard Time (CET: Central European Time): UTC +1

Daylight Saving Time (CEST: Central European Summer Time): UTC +2

Sustainable tourism

We strive to offer experiences that uphold the principles of sustainable and responsible tourism. Our goal is to help you discover the many facets of a country by taking you off the beaten path, connecting you with nature and its inhabitants, while ensuring your visit has no negative impact on the natural environment.

- **Local Impact:** Most of our accommodations are locally managed. This ensures that the majority of the revenue generated during your stay remains within the region and supports the local community.
- **Cuisine:** The art of cooking and the joy of sharing a meal are central to our daily lives. Each region has its own specialties, and we are sure you will delight in discovering them!
- **Water Conservation:** Water is a precious and scarce resource. Our team and fellow travelers are strongly encouraged to use it mindfully and avoid excessive consumption whenever possible.
- **Waste Management:** We kindly ask you to recycle your waste whenever possible, keeping in mind that recycling practices may vary across different parts of the world.
- **Respectful Hiking:** Please be mindful and respectful while trekking. Ensure you wear footwear appropriate for your activity and take care to leave no trace: avoid picking wildflowers, displacing rocks, or lighting fires.