

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:

From	To	Price per person	Guaranteed	Booking
03/04/2026	05/04/2026	€750	No	
10/04/2026	12/04/2026	€690	Yes	

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 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 Altaï 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

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

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.