



Compagnie des guides  
SAINT-GERVAIS  
LES CONTAMINES  
— Organisation —

43 RUE DU MONT-BLANC  
74170 SAINT-GERVAIS  
04 50 47 76 55

WWW.GUIDES-MONT-BLANC.COM  
CONTACT@GUIDES-MONT-BLANC.COM



## CROSSING OF GRAND PARADIS

### “Light bags” in 6 days – Italy

with bags handling for more comfort.

A wild route at the heart of Grand Paradis national park , the famous sanctuary of ibexes : the undisputed paradise of fauna, the alpine landscapes and the welcome worthy of the people of Vallée d'Aoste.



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That rambling hiking takes place on the other side of Mont Blanc, in front of the 4,061-meter summit of Grand Paradis in Italy.

The programme includes: view on large glacial landscapes, 3 passes of over 3,000 meters high, forests, high mountain pastures, strings of lakes, marmots, chamois who graze surrounding the refuges.

## OUTLINE

**The previous day** Appointment at 6.30 pm at the guides' office for the briefing.

- Day 1** Appointment in the morning in St Gervais. Transport to Valnontey (1,675 m) by taxi. Picnic and ascent to Vittorio Sella refuge (2,584 m), the front gateway of Grand Paradis. Duration : 3 hours excluding transport.
- Day 2** Ascent to Col du Lauson (3,296 m), the peak of that hiking, between ibexes, chamois and marmots, then long descent into Levionaz sublime small valley. Night spent in Valsavarenche lodge (1,666 m). Duration : 6 hours excluding transport.
- Day 3** Transport by bus to Pont hamlet (1,960 m), then easy ascent to Nivolet small valley, between streams and waterfalls. Night spent at Alexandro picturesque refuge in Chivasso (2,606 m) with view on Nivolet lakes and the famous Grivola. Duration : 3 hours excluding transport.
- Day 4** Crossing of Col Rosset (3,023 m) or Col Nivoletta (3,130 m). Sublime string of lakes. Night at Luca refuge in Benevolo (2,285 m) in front of the imposing Granta Parei. Duration : 5 hours excluding transport.
- Day 5** Change of atmosphere in Combe de la Golette and its glacial lake. Crossing of Col Bassac Déré (3,082 m) via amazing landscapes. Night at Bezzi comfortable refuge (2,240 m). Duration : 5 hours excluding transport.
- Day 6** Panoramic path made of wood and rock to Epée refuge (2,370 m), then descent to Valgrisenche (1,664 m) above Beauregard lake via a bucolic balcony path between larches and streams. Transport to St Gervais by taxi in the late afternoon. Duration : 6 hours excluding transport.

**The guides could be led to change the programme depending on the weather conditions, the mountains and the level of the participants.**

## 2019 DATES

Planned departures on July 7 and August 12.

Other dates possible on demand or if you are an already established group.

## GROUP AND GUIDANCE

Guidance is done by a qualified, local French hiking guide (State diploma)

Groups from 6 to 10 people

Already established a group? Contact us!



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## TECHNICAL AND PHYSICAL LEVEL

For people in good physical condition, practising regular endurance sports throughout the year, without any medical counter indication to hiking in the mountains with a 6 to 8kg backpack. Experience in other multiple day hiking trips is recommended. Rocky and maybe even snowy surfaces are to be expected. Between 3 and 6-and-a-half hours of walking on trails per day. Backpack with your luggage for the day and your picnic. Don't hesitate to contact us if you are not sure about the required physical capacities.

## 2019 RATES

### **Price of the group session**

795 € / person

### **Price of the private sessions (max. 12 people per hiking guide) :**

Contact us for more information.

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#### **The price includes**

- Guiding
- Half-board in the huts (dorm)
- picnicks
- Transfers to and from Italy (to Saint Gervais)
- Bus transfers
- luggage transport (except for day 1 and 3)

#### **The price doesn't include**

- Drinks, cereal bars and other personal expenses
- Your personal insurance
- Showers in the huts
- Your hiking equipment
- Everything that isn't mentioned in « the price includes »

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**Our assets:** Meeting with your guide and the group de day before departure. Picnick with local products. We prefer small groups (max. 10 people).

## REGISTRATION AND PAYMENT

Thanks to the registration form dated and signed and with the 30% deposit, plus the optional insurance coverage amounts. The balance will be paid 30 days before the departure date. Having repatriation help service coverage is compulsory to attend our trips. If you do not have one, we can offer you one.



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## APPOINTMENTS

The appointment takes place the day before the departure at 6.30 pm at the guides' office. You can book a hotel room on the spot through us.

### **In Saint-Gervais :**

The guides' office is in the tourist information centre of Saint Gervais in the centre of the village.

### **In Contamines :**

The guides' office is in the city centre, next to the tourist information centre, in ESF premises.

To get to Saint Gervais or to Contamines :



Motorway A 40, exit 21. From the exit 21 : 6 km to Saint-Gervais, 18 km to Contamines.



Saint-Gervais/ Le Fayet train station. 4 km from Saint-Gervais city centre, 13 km from Contamines city centre. Transports by taxi or bus are possible (to be booked upfront).



Airports of Geneva (1h), Annecy-Methey (1h), Lyon Saint-Exupéry (2h). Shuttles and cabs are possible from the airports (upfront booking compulsory for the shuttles).

## LIST OF THE EQUIPMENT

Pay attention to prepare 2 bags, one as your daypack and one for the luggage transportation.

### **1/ YOUR BACKPACK**

Your backpack shouldn't be heavier than 6 kgs. Keep in mind to leave some space for your daily pick nicks.

#### Clothing :

- Hiking boots (low hiking shoes are strongly discouraged since you'll be walking on fairly rough terrain and off track)
- Hiking socks
- 1 pair of hiking shorts or trousers (clever : a pair of modular trousers)
- 1 tee-shirt (recommended : avoid coton – choose synthetic material for its breathable qualities)
- A warm fleece and thin fleece pullover
- 1 hooded waterproof jacket (breathable, Gore-Tex or equivalent)
- Hat or cap for the sun / sunglasses (min. type 3) / sunscreen / lipscreen
- Beanie or headband
- Fleece gloves
- Waterproof pants

#### Accessories:

- A comfortable backpack with a hip band and a good back-supporting system (max. 30/35L)
- A 1.5L water bottle or camelbag (keep it as light as possible, but resistant)
- Knife and spoon
- A watertight container to transport your picknick (about 500ml)
- Snacks : dried fruits, cereal bars, ...



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- Small personal first-aid kit: blister bandages (like compeed) / other bandages / disinfecting cloths
- A big garbage bag to put around everything in your backpack (for waterproofing)
- 2 hiking poles (telescopic)
- A poncho (ideally with sleeves) and gaiters

### Various :

- Valid passport or national identity
- Money for drinks and extras
- A copy of your personal insurance covering hiking activities (name of the insurance company, polis number, procedure and emergency phone number) if you didn't opt for our insurance.

## **2/ YOUR LUGGAGE**

10 kgs maximum: if your bag is heavier than that you could be asked by the taxi to pay an additional fee. If you are travelling with a friend or your compagnon, please pack 2 different bags unless it's no heavier than 10kgs.

Choose a durable, soft bag, big suitcases cannot be taken by the taxis.

### Clothing et accessories

- Change of clothes (tee-shirts, socks, trousers, underwear...)
- Sleeping bag liner or ultralight sleeping bag (blankets available in the refuges)
- Toilet bag: soap, lightweight towel, toilet paper, tissues, wipes...
- Plastic bags for garbage or to protect your things
- Headlight (1 for 2 people) with a new battery
- Slippers or light sandals for the evenings (avoid sneakers)

### Medication and other

- Earbuds (ideally not the foam kind)
- Pain/fever medication / digestion problems / anti-inflammatory
- PERSONAL MEDICATIONS and ALLERGY LIST or CONTRAINDICATIONS