




# UNDER THE SUN OF AOSTA VALLEY self-guided

Between Mont-Blanc, Grand Paradis and Matterhorn



Located close to France and Switzerland, the Val d'Aosta shares with these countries languages and mountains while having its own culture. On the sunny slope dominated by Mont Fallère, small corners of paradise, all inhabited and exploited by a very present agriculture, offer traditional mountain and alpine landscapes. At the bottom of the valley, vineyards, Mediterranean vegetation, castles contrast with the immaculate white of the peaks.

Of a moderate level, this itinerant allows to enjoy the culture and gastronomy of Valdôtaine thanks to the inhabitants who welcome us in typical and warm accommodations. Just let yourself be transported to enjoy the panoramic landscapes facing the Mont-Blanc, the Matterhorn or the Grand Paradis.


 6 Days

 Self-guided / without guide

 With or without luggage transportation

 Accommodation : Refuge & hotel

 Level : \*\*

 From : 810€

## You will like

- Breathtaking panoramas of the high peaks of Aosta Valley
- A gentle route with moderate elevations to take the time and enjoy with the possibility of a half-day rest at the middle of the stay
- Ancestral paths, hamlets and typical accommodations
- Gastronomy and Aosta Valley culture

# The route

## Day 1

### Meeting at Aosta

#### **RU DE COLLET AND CERVIN**

Start gently in the shade of the forest. Crossing along Ru du Collet, irrigation canal for meadows and fields. Debrief by the guide in front of the Matterhorn. Night at Chaligne refuge.

2h30 walk / Elevation : +400 m

## Day 2

### **FALLERE MOUNTAIN PASTURES**

Hiking at altitude, far from the forest. After crossing the Metz pass, you enter another world, surrounded by mountain pastures. Under peaks of almost 3000 meters, beautiful traverse between mountain pastures, rocks and lakes. Night in the recent refuge of Mont Fallère which is hiding great artworks, at 2385m (without your luggage).

5h walk / Elevation gain: +750 m; -350 m

## Day 3

### **LAKES AND PANORAMAS**

In the morning, tour of the lakes to Dead Lake at 2634m, summit of the journey. Then traverse on a nice plateau with a 360° panorama on Mont Emilius and on Gran Paradiso. Descent into a beautiful larch forest and through the mountain pastures and Marnes ravines. Night in a friendly guesthouse in Vetan with good cuisine!

4 to 5 hours of walking / Elevation: +200 to 450 m; -850 to -1100 m depending on the group fitness

## Day 4

### **BETWEEN RUS AND HAMES**

Discovery of the "sun hamlets" of Saint-Nicolas and the "rus" on magnificent balcony trail to Vens. Afternoon rest on the terrace or loop hike by Lake Joux and the meadows above the village. Night in hotel.

2h30 to 4h30 walk / Elevation: +300 to 500 m; -250 to -450 m

## Day 5

### **COURT OF BARD - BALCONY OF MONT-BLANC**

Magnificent views of Mont-Blanc and the Aosta Valley peaks, beautiful mixed forests, forgotten ancestral paths, an enchanting route! Before arriving in the wild Combe of Planaval, a climax at the top of Court of Bard with its 360° panorama.

6h30 walk / Elevation: +850m; -800m or

5h30 walk / Elevation gain: +600m; -550m

## Day 6

### **PLANAVAL CIRQUE, THE LOST COMBE**

Last day in this valley at the end of the world. Climb to the bottom of the cirque to the Bonalex mountain pasture and cross to Rantin. Possibility to climb to Serena pass. Return to the hotel then to Aosta.

5h to 6h30 walk / Elevation: + and - 650 m to + or - 850 m depending on the fitness of the group

**End of the hike in the middle of the afternoon then transfer back to Aosta and collect your luggage.**



# The trip

## LEVEL \*\*

Elevation: from +500 to +575m and from -430 to -530m average per day, depending on the group.

Walking time: 4 to 5 hours average per day.

Itinerary: well marked paths, sometimes stony, no technical difficulty.

Snow and névés will be present on the paths until end of June at least. You may walk on long snowy sections that can make the tour a bit more challenging. High mountain boots, gaiters and walking poles are mandatory. Be prepared!

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running and cycling.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

## ROAD BOOK

Before departure, we give you a file containing:

- IGN maps with the route
- 1 road-book including all the information necessary for the hike
- 1 card holder
- The list of accommodation

## HIKING SIGNS

The route is signposted with yellow arrows and regular markings on the ground. The paths are numbered.

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with satellite connection.

## LUGGAGE TRANSPORT

**without luggage transport:** you carry your luggage.

**with baggage transport:** your baggage is daily transported to your accommodation by a vehicle.

## ACCOMMODATION

2 nights in dormitory, in refuge

3 nights in 2/4- person bedroom, in hotel

Accommodations are located in small rural mountain villages with a family and friendly spirit and mountain huts for total immersion. They respect the typical architecture of the place.

Dinners are an opportunity to taste the local specialties: "fondue à la Fontine", pasta, polente, charcuterie, grolle ... while maintaining varied, balanced and well-groomed menus.

## MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included and can be pre-ordered in each accommodation in the evening. Possibility to buy picnic supplies in small local shops.

Please inform us about your food allergies and special diets **at the time of booking**. We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

## MAPS



# Practical information

## ACCESS TO DEPARTURE POINT

**Meet Sunday at 1pm at the bus station in Aoste (in front of the train station).**

### BY TRAIN

Please consult [OUI SNCF](#).  
Then bus transfer to Aoste.

### BY CAR

A40 motorway to Chamonix, Mont Blanc Tunnel and way to Aosta.

**End of trek in the mid-afternoon and transfer to Aoste to pick up your luggage.**

## ACCOMODATION BEFORE AND AFTER

Chamonix - [Hôtel de l'Arve](#) : +33 (0)4 50 53 02 31  
or [Hôtel Vallée Blanche](#) : +33 (0)4 50 53 04 50

## CONTACT US

If you are late please contact the agency : **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

## DEPARTURES AND PRICES

Daily departure from June 22 to September 15, 2024

### **Without luggage transport (with transfers D1 and D6)**

810€ per person

### **With luggage transport (except D2) and return transfers by taxi**

2 or 3 people: 1155€ per person

4 or 5 people: 930€ per person

6 or 7 people: 880€ per person

## THE PRICE

### The price includes:

- Half board from dinner the first evening to breakfast of the last day ;
- A road book: description and IGN maps (1 road book per registration up to 4 people. A supplementary road book for groups of 5 or more. Extra road book supplement 10-25€) ;
- Accommodation in gites, refuges and small hotels ;
- Daily luggage transport between accommodations (except day 2) and bus transfers.

### The price does not include:

- Picnic lunches;
- Shower tokens if needed;
- Supervision by a mountain guide;
- Luggage transport to Mont Fallère;
- Personal expenses (drinks, etc.), touristic visits;
- Your return journey from home to the point of departure/end point;
- Cancellation insurance

**The price is all inclusive from departure to end point.**

# Equipment and luggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case !)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches (0.40L to 0.50L)
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily, except day 2, between accommodation by our logistics vehicle where access is not always easy.

**Baggage which is too heavy won't be accepted by the drivers, please think of their backs!**



## HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
  - Surname, First Name, Date of birth
  - Address
  - Email
  - Telephone
  - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
62 Passage du nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE