



Compagnie des Guides de Chamonix

190 place de l'église - 74400 Chamonix – France - Tél : + 33 (0)4 50 53 00 88

www.chamonix-guides.com - e-mail : info@chamonix-guides.com

1ST 4000 - GRAN PARADISO

Duration: 3

Level: ▲▲▲▲▲

Price from: 660 €

The Gran Paradiso is very well known probably because it is one of the most accessible of the 4000m Alpine peaks. The Madonna on the summit also bears witness to the prominent place the mountain occupies in the Italian psyche, as it is the only 4000m peak entirely in Italy. It is located in the heart of a national park created in 1922 and provides frequent encounters with a rich variety of wildlife, such as chamois and ibex. The Gran Paradiso is the ideal peak for a first experience of the high-mountain environment. Our three-day programme takes you on a superb loop from the Chabot hut to the Victor Emmanuel hut. This combination guarantees you a more evenly spread physical challenge and enables you to make the most of the ambiance of the glaciated terrain.

This trip is part of a series of programs that we have created for you to climb the 4000-meter peaks of the Alps. Enjoy a tailored progression to achieve the ascent of [your first 4000](#) or set out to climb the renowned [Grand Paradis](#). Take on multiple 4000-meter peaks in the [Monte Rosa Massif](#) and embark on an essential traverse to [Weissmies](#) in the Swiss Valais.

ITINERARY

Day 1

Ascent to the Chabod refuge

Transfer to the Valsavarenche from Chamonix via the Mont Blanc tunnel. Departure from the hamlet of Pragnieux (1,834m) near the village of Pont. The ascent begins with a superb mule track bordered by drystone walls in the heart of a larch forest, which eventually leads us to the Lavessey pasture (2194m). From there, the vegetation gradually disappears to give way to the alpine meadows in the heart of which is the Chabod hut (2,710 m). Night in the refuge.

Elevation gain: 876m

Day 2

Ascent of Gran Paradiso

The day begins early, using the light from our headlamps we ascend gently along the imposing northwest face of Gran Paradiso to the Laveciau Glacier. At 3600m, we reach the Glacier du Grand Paradis and continue on the classic route. The last 50 vertiginous rocky metres, lead us to the summit (4,065m) from where we enjoy an exceptional view of the Alps. Descent to the Victor Emmanuel refuge (2,732 m) by the classic route where lunch awaits us. Night at the refuge.

Vertical gain: 1355m - Vertical drop: 1353m

Modification of the program in the event of bad weather conditions : If the weather on Day 2 is not compatible with the ascent of the Gran Paradiso, the modified program consists of reaching the Victor Emmanuel refuge by the panoramic path and attempting the ascent on Day 3. In this case, return to Chamonix in the middle of the afternoon.

Day 3

Day 3 : Descent to Pragnieux

We make our way back by a magnificent panoramic path, which offers many viewpoints of the Valsavarenche peaks. It brings us back below the Chabod refuge, from where we finish the descent by the same path we took the day before. Return to Chamonix by mid-day.

Vertical drop: 898m

GROUP BOOKING

Group session associates several people who don't know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

Dates : See below for the group booking module

Price 2024 : 695€ per person based on minimum of 3 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in Chabod & Victor Emmanuel hut (dinner, breakfast and night)
- transfers as per programme

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

PRIVATE BOOKING

Private hiring is the historical relationship that binds a guide to his/her client. It allows you to be alone, or in a constituted group, with your guide that meets your specific needs. It is undoubtedly the ideal formula to realize your projects because it guarantees you a maximum of comfort. You are free to choose your departure date (depending on the availability of the huts) and the itinerary can be adjusted, according to your specific expectations.

Prices 2024 :

2 people : 1160€ per person

3 people : 825€ per person

4 people : 660€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in Chabod & Victor Emmanuel hut (dinner, breakfast and night)
- transfers as per programme

Not included in the package :

- personal drinks and other personal expenses (we recommend you bring Euros)
- take out lunches and daily snacks
- cost of getting to meeting point
- personal technical equipment including your mountaineering shoes

FURTHER INFORMATION

In this section, find all the information about this activity. To prepare your trip effectively, refer to the [guides' tips](#). They share their expertise and recommendations, ensuring you have a great experience.

Meeting and transport : Meet at 10.00am at the Chamonix Guides Company: 190 place de l'église

Physical level : For people who regularly exercise/take part in sports. Eight to ten hours of exercise per day

Technical level : Mountaineering experience is necessary.

A [mountaineering basics course](#) is sufficient.

Guiding policy : 3 to 4 people.

Accommodation : 2 nights in huts with dinner & breakfast

Documentation : Participants must have mountain sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance when you sign up. Participants must also take valid ID with them.

EQUIPMENT

We recommend you take particular care over your choice of equipment, as it plays a large role in the success of your trip. Weight is critical, and you must always evaluate the weight-to-comfort ratio to find the best compromise.

Equipment

- 35-litre backpack
- High-altitude mountaineering boots that are not too tight
- Gaiters, if needed for your trousers
- Telescopic trekking poles
- Crampons with anti-balling plates; helmet, harness and straight ice axe

Clothing

- Warm hat that can be worn under a helmet
- Sun hat or cap
- Neck protection such as a 'Buff'
- 'Micro-fibre' style long-sleeve base layer
- Fleece
- 'Gore Tex' style shell jacket with hood
- Down jacket
- Base layer leggings
- Durable summer mountaineering trousers (not ski trousers)
- 'Gore Tex' style over-trousers
- Warm specialist walking socks
- Lightweight specialist walking socks
- Ski gloves or good quality mitts
- Leather or fleece gloves
- Change of clothes at your discretion

Accessories

- Category 4 sunglasses
- Ski goggles
- Headtorch plus spare batteries
- Sheet sleeping bag
- Water bottle (minimum 1.5l) and thermos bottle
- Personalised first aid kit with a minimum of: sun cream, lip balm, cotton buds, blister kit, antisickness medication
- Watertight bag to contain your ID/passport and Euros

Our Rental Partners : You can rent your equipment with our rental shops partners and benefit from special price [Sanglard Sports](#), [Ravanel & Co](#) & [Concept Pro Shop](#)

Our Equipment Partners : [Millet](#), [Dynastar](#), [Julbo](#), [Grivel](#) & [Monnet](#)