



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

MOUNTAINEERING - GRAN PARADISO

Duration: 3

Fitness: ▲▲▲▲▲▲▲ Technique: ▲▲▲▲▲▲

Price from: 715 €

The ascent of the Gran Paradiso is particularly renowned as it offers a route rich in contrasts, set in a majestic alpine landscape. Starting from Valsavarenche in the Aosta Valley, the larch forests that cover the heights of the valley gradually give way to vast rocky and glacial expanses, leading to the foot of the summit. The last 50 meters, with a few exposed sections, add an extra technical challenge. At the summit, the silhouette of the Madonna symbolizes the special place the Gran Paradiso holds in the hearts of Italians, being the only 4,000-meter peak located entirely within Italy. The proposed itinerary, based on a three-day program, allows plenty of time for contemplation and optimally distributes the physical effort.

Year after year, the local glaciers have shrunk, leaving behind large areas of scree. Except at the very beginning of the season, the ascent of the Gran Paradiso is no longer the mostly snowy climb it once was. The route has gradually been altered by local guides and now traverses rocky terrain, requiring sure footing to reach the glacier. Late in the season, it may even be necessary to use a short via ferrata section.

ITINERARY

Day 1

Ascent to the Chabod refuge

Transfer to the Valsavarenche from Chamonix via the Mont Blanc tunnel. Departure from the hamlet of Pravieux (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 Lavassey 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 Pravieux

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 gain: 200m - Vertical drop: 1000m

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

For the dates in September, the Mont-Blanc tunnel being closed, we will go through the Grand St Bernard tunnel.

Price 2025 : 715€ per person based on minimum of 3 participants

Registration possible from age 18

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 2025 :

Registration possible from age 16

2 people : 1175€ per person

3 people : 840€ per person

4 people : 670€ 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 : Designed for individuals who regularly engage in endurance activities. The route involves effort lasting up to 8 hours per day

Technical Level : Suitable for occasional mountaineers. The route includes sections requiring prior experience with crampons. A [mountaineering basics training](#) is sufficient

Guiding policy : 3 to 4 people. *Registration possible from age 18*

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 [Millet](#) (excluding crampons, ice axes and helmet), [Sanglard Sports](#), [Ravel & Co](#) & [Concept Pro Shop](#)

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