



# Compagnie des Guides de Chamonix

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## SKI TOURING - VAL DI RHEMES

Duration: 3

Level: ▲▲▲▲▲

Price from: 515 €

Located in the Gran Paradiso national park, on the Italian side of the Haute Tarentaise region, the Val de Rhêmes is an ideal spot for multiple day trips. The relief made of large slopes and peaks between 3 000m and 3 500m is perfect for skiing. Moreover, as the slopes are mainly north facing, the snow remains powdery for longer. The refuge Benevolo is ideally located and stays true to the excellent reputation of accommodation in Val d'Aoste. It is the perfect basecamp to take advantage of this area over several days.

To discover the mountains of Valle d'Aosta, we have developed a series of ski tours and trips in the Italian Valley. These adventures allow you to enjoy the exceptional playground of this area while experiencing high-quality accommodations that live up to the region's reputation. Explore also [the Val Magia hut](#), a hidden gem just a few steps from Aosta. Enjoy a gentle introduction to ski touring in the [Val Ferret](#) facing the south side of the Mont Blanc massif. Finally, journey into [the Gran Paradiso national park](#) and go for the ascent of Gran Paradiso itself.

### ITINERARY

#### Day 1

Transfer from Chamonix to Val di Rhêmes via the Mont Blanc tunnel. We put on our skis at the exit from the village of Rhêmes Notre Dame (1750m). Next comes the climb up the valley to the Benevolo hut (2280m) where we stop to eat and lighten our packs. We finish off the day with the ascent of the Pointe Lavessey (2772m). Descent and first night in hut.

*Vertical ascent: 1000m / Vertical descent: 500m*

#### Day 2

Round-trip to the Pointe Calabre (3445m). Having bypassed the canyon of the Dora torrent, we ascend alongside the impressive east face of the Pointe Parei (3387m). The route now continues over the Soches glacier and a gentle slope to the summit. Lying on the border between Italy and France, the views here are superb: over the Gran Paradiso Massif on the Italian side, and the Vanoise Massif on the French side. Descent via the same route and second night in hut.

*Vertical ascent: 10650m / Vertical descent: 1065m*

#### Day 3

Destination Gran Vaudala (3272m). The views from the summit are splendid, particularly those of the Nivollet valley and the Gran Paradiso (4060m). We descend via the magnificent, untouched valley on the northern side of the Gran Vaudala. We ski to the village of Thumel, where we rejoin our route of ascent from the first day. All we need to do from here is enjoy the ski back to the car park. Transfer to Chamonix, which we reach by mid-afternoon.

*Vertical ascent: 995m / Vertical descent: 995m*

### 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** : 575€ per person based on minimum of 4 participants

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in mountain huts (dinner, breakfast and night)
- transfers as per programme
- rental of full safety kit (avalanche transceiver/DVA, shovel, probe)

Not included in the package :

- take out lunches and daily snacks
- personal drinks in huts and other personal expenses (we recommend you bring Euros)
- cost of getting to meeting point (Chamonix)
- personal technical equipment

## PRIVATE BOOKING

A private booking 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 : 1210€ per person
- 3 people : 865€ per person
- 4 people : 690€ per person
- 5 people : 585€ per person
- 6 people : 515€ per person

Included in the package :

- IFMGA English speaking mountain guiding service
- half-board in mountain huts (dinner, breakfast and night)
- transfers as per programme
- rental of full safety kit (avalanche transceiver/DVA, shovel, probe)

Not included in the package :

- take out lunches and daily snacks
- personal drinks in huts and other personal expenses (we recommend you bring Euros)
- cost of getting to meeting point (Chamonix)
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## 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 point :** Meet at 08:30 at the Compagnie des Guides office in Chamonix. Transfer by minibus to the departure point. Return to Chamonix by minibus.

**Fitness level :** For people who regularly exercise/take part in sports and who have a previous ski touring experience. Vertical ascent of up to 1300m per day. Seven to eight hours of exercise per day. You will carry your backpack including mountaineering equipment (crampons and ice axe) and skis. Altitudes under 4000m.

**Physical level :** For skiers with good experience in ski touring. Varied slopes, a few technical sections (slopes up to 35°). Strong technique in all snow conditions required. Ease with kick turns needed.

**Guiding policy :** 4 to 6 people.

**Accommodation :** During the trip: half-board in huts, showers.

Before & after the trip: We have some hotel partners in Chamonix with special prices for our customers.

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

## EQUIPMENT

We recommend you to pay particular attention to the choice of your equipment. It contributes greatly to the success of your stay. Weight is decisive: you always have to evaluate the ratio weight/comfort, to find the best compromise.

### Equipment

- Comfortable frameless rucksack of 35l on which you could fix your skis & ice-axe,
- Ski touring skis & shoes, *rentable*
- Adhesive climbing skins & ski knives adapted to your skis, *rentable*
- A pair of poles with large discs, *rentable*
- A pair of light crampons & an ice-axe, *rentable*
- A security pack including harness, DVA, shovel & probe - this pack will be lend by your guide.

### Clothing

- Waterproof and windproof, non-insulated parka with hood (Gore-tex or equivalent), *rentable*
- Waterproof and windproof, non-insulated pants, *rentable*
- Thick polar-pile fleece jacket or equivalent,
- A light down jacket,
- 1 long-sleeve shirt,
- Medium weight thermal underwear (top + bottoms, silk or polypro, double as pyjamas),
- Warm ski socks,
- Warm ski hat and light sun hat with brim,
- Warm ski gloves or mittens,
- A pair of thinner/finer gloves (in leather or fleece),
- Neck protection,
- Spare thermal underwear (for sleeping and change).

### Accessories

- High-altitude sunglasses (grade 4 is recommended),
- A pair of goggles,
- 1.5L water bottle,
- An isotherm bottle,
- A mini toilet bag including: sun block for face and lips, aspirin, elastoplast, 2nd skin kit, earplug, toilet paper,
- A headlamp with spare batteries,
- A cotton or silk sleeping sheet: compulsory in every hut. - Hut provide blankets, slippers or clogs
- A plastic bag containing your ID card & Euros for extras.

**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](#)