



Compagnie des Guides de Chamonix

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HIKING - THE WONDERS OF VALLE D'AOSTA

Duration: 6

Level: ▲▲▲▲▲

Price from: 1 400 €

Located in the northern part of Italy, bordering with France, the alpine Val d'Aosta is the smallest region of Italy yet it embraces the highest peaks of the Alps. It presents a marvellous natural environment, enlightened by the Matterhorn, Gran Paradiso and the king of them all, Mont Blanc. That is why it attracts visitors from all over the world year round.

Join us to live an incredible adventure, hiking through preserved wildlife parts in the Mont Avic and Rutor range. The region has much more to offer thanks to a strong local tradition that promotes culinary specialties, and warm hospitality.

Group transfers, luggage transportation and lunches are taken care of by the mountain leader team. Bring just the hiking necessary and fully enjoy the hike.

ITINERARY

Day 1 : Val d'Ayas

Early departure from Chamonix for a two-hour transfer to Val d'Ayas. Our hike begins above Brusson, a route with stunning views of the low Aosta Valley. After an hour of walking in the forest, we reach the Chamen valley and its eponymous lake. A final ascent takes us to a very picturesque pass beneath the Valnira peak. We go down to the Arp refuge and meet with our vehicle. A one-hour transfer takes us to Champ de Praz, where we spend the night at the Parc du Mont Avic hotel.

Elevation gain: 2,657 feet - Elevation drop: 2,657 feet - Distance : 7 miles

Day 2 : Mont Barbeston

Today's hike circles around Mont Avic Park. As we leave the hamlet, the trail starts climbing and enters the forest, while our presence is nicely welcomed by a delightful pine scent ! Once we've hiked passed the hamlet of Arp, the trail continues onto a shoulder, getting progressively narrow until it forms an easy ridge all the way to the summit of Mount Barbeston (8,143ft). The view rewards our efforts magnificently ! The descent leads to the "English alpine pastures", and then to the hamlet of La Veula, where we spend another night at our hotel.

Elevation gain: 4,134 feet - Elevation drop: 4,134 feet - Distance : 8 miles

Day 3 : Refuge Barbustel

With our rucksacks packed for 2 days, we leave the hotel and head out towards the Pessy pine forest, until we reach the creek, that springs out of the lake de Leser. The landscape becomes more alpine and we can soon see Barbustel hut (7,218ft), nestled between mountain lakes and surrounded by glacier-eroded labs, commonly called whales backs ! After we've dropped our packs off at the hut, we can hike a little more above the hut or go for a dip in the lake to enjoy this beautiful alpine environment. We spend the night at the hut. **No access to our luggage.**

Elevation gain: 3,281 feet - Elevation drop: 3,281 feet - Distance : 4 miles

Day 4 : La Pointe de Médzove

After a rewarding sleep at the hut, we chose to leave early so to enjoy a long day around mountain lakes. The terrain gets rockier as we approach the summit of Medzove peak (9,334ft), the highest point of our day. Mount Iverta (9,620ft) is not far ... We enjoy a wonderful view over the remote and preserved Clavalité valley. Then we start our descent and hike under Mont Avic, following the old minors trail until the valley bottom. A 1h30 ride with our minivan takes us to the village of La Salle in Val d'Aosta. We spend the night at the hotel.

Elevation gain: 2,674 feet - Elevation drop: 5,069 feet - Distance : 8 miles

Day 5 : Pointe de la Croix - Lac d'Arpy

We transfer to San Carlo mountain pass (6,463ft). We hike through the beautiful larch pine forest and easily reach Col de La Croix. A few minutes later we reach the old military barracks on the ridge leading to the summit of Tête de la Croix. From this

strategic military lookout point, the view over the sunny sides of the Mont-Blanc range is magic ! We can also see Col du Petit St Bernard, a historical passageway between the Italian Aosta valley and the Savoyan region of Tarentaise. On the way back we will enjoy a nice foot dip in the superb Arpy Lake. It takes only 10 min to transfer to the village of La Thuile, where we stay for the night.

Elevation gain: 1,640 feet - Elevation drop: 1,640 feet - Distance : 7 miles

Day 6 : Les Eaux du Rutor

Our hiking day starts from the hamlet of La Joux. Along the creek, the trail follows a series of spectacular waterfalls. We continue on with a final uphill section. The imposing Rutor Glacier and Peak appear just in front of us ! On the way back down, we make a halt at the Deffeyes hut, then we follow down the trail to an alpine lake and later the switch backs all the way back to La Joux. We transfer back to Chamonix where we arrive one hour later.

Elevation gain: 3,281 feet - Elevation drop : 3,281 feet - Distance : 9 miles

The guide may have to adapt the route to weather conditions and/or to group physical and/or technical ability.

GROUP BOOKING

The collective formula associates several people who do not necessarily 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 : 1400€ per person - based on a minimum of 4 participants

This price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in either hotel or refuge
- picnic lunches
- lift passes
- transfers throughout the hike
- luggage transportation throughout the trek (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase).

WARNING : Bags weighing more than 15KG cannot be transported under the terms of the legislation applicable to the transport code.

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory). Cancellation Insurance highly recommended

PRIVATE BOOKING

A private booking is the historical relationship that binds a mountain leader to their clients. It allows you to be alone or in your own group with your mountain leader who will meet your specific needs. It is undoubtedly the ideal formula to realise your projects because it guarantees you a maximum amount of comfort. You are free to choose your departure date (subject to the availability in the accommodation). Depending on the weather conditions, the proposed route can be adjusted according to your level and expectations, the professional can suggest alternatives to the itinerary.

Prices 2024 :

1 person : 4615€ par personne | 5 people : 1675€ par personne
2 people : 2775€ par personne | 6 people : 1550€ par personne
3 people : 2165€ par personne | 7 people : 1465€ par personne
4 people : 1860€ par personne | 8 people : 1400€ par personne

The price includes :

- the organization and supervision by a state qualified trekking guide
- half-board accommodation in hotel or refuge
- picnic lunches
- transfers throughout the hike
- luggage transportation throughout the trek (1 piece of luggage per person, Maximum 15KG per bag - No hard-shell suitcase)

WARNING : Bags weighing more than 15KG cannot be transported under the terms of the legislation applicable to the transport code.

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory)

FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

Meeting point : At 7.00 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix Mont-Blanc.

Ability level : 3/5 - Mountains & Promises in Val d'Aosta hiking trip is a moderate trek. A minimum of 700m (2350ft) vertical gain and about 5 to 7 hours of hiking daily. Hiking on generally well-maintained mountain trails, sometimes including easy out-of-trail sections. For active people who don't mind training to prepare for the hike. A great multiday hike for people with trekking experience.

Guiding policy : by a state qualified trekking guide with a maximum of 8 people in the group. The Compagnie des Guides de Chamonix's guiding policy is one of the strictest in the mountain guiding business. It guarantees the most balanced groups as possible as well as high-quality personalised advice.

Accommodation :

- 1 night in a hut (small dorm), and 4 nights in a hotel (twin and double room).
- Before & after the trip : benefit from preferential prices from our partner hotels in Chamonix. If you wish to receive information just ask the Randonnée department.

Documentation :

- Participants must have an insurance with repatriation cover. Cancellation insurance is highly recommended. You can take out insurance offering both of these types of cover when you sign up.
- Participants must also take valid ID with them.

Preparing for the trip : There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

EQUIPMENT

We recommend that you take special care in choosing your equipment because it contributes greatly to the success of your trip. As alpine conditions can be highly variable with sudden changes, it can get very cold in altitude, it is preferable to have numerous layers rather than one thick piece of clothing. It is not uncommon to have snow in the middle of summer, do not skimp on warm clothes even if the weather seems favourable. Contrarily, the sun can be scorching hot. Without weighing too much, you should always have sufficient equipment in your backpack to deal with the capricious and severe weather.

Equipment

- A backpack with a capacity of at least 30 litres (better too big than too small). Make sure you have enough space for the picnic. A small tip in case it rains : even if you have a backpack cover, always protect your belongings in a plastic bag (a big rubbish bag) inside your backpack.
- A compact and solid travel bag, maximum 15kg.
- A pair of top-quality hiking boots with Vibram soles. For new shoes, we strongly suggest that you wear them beforehand to mold them to the shape of your foot. If you are prone to blisters : talcum powder applied to dry feet and in your shoes before you start your days hiking.

Clothing

For added comfort regarding underwear, (t-shirts, boxers, socks), avoid cotton which is heavy, cold and dries very slowly. Opt for synthetic technical fabrics or wool, which is making a comeback. They are warmer and dry quickly.

For the day :

- 1 short-sleeved t-shirt
- 1 long-sleeved t-shirt (technical fabric)
- 1 polar fleece
- 1 light down jacket (or a second fleece)
- 1 pair of shorts
- 1 pair of hiking trousers
- 1 pair of hiking socks (technical fabric)
- 1 Goretex jacket (waterproof windbreaker)
- 1 poncho (large rain cover that fits over your pack) or 1 pack cover

- 1 pair of waterproof trousers (although light Gore-tex trousers are expensive, other types of light waterproof trousers will do)
- Sun hat or baseball cap
- 1 warm hat
- 1 pair of gloves

For the entire trip :

- At least 2 changes of clothes - t-shirt, underwear & socks (technical fabric)
- 1 pair of long underwear (technical fabric)
- 1 pair of ultra-light shoes (i.e. flip flops, slippers)
- optional : short gators (start of the season)

Accessories

For the day :

- Sunglasses
- Sun cream and lip salve
- 1 water bottle (minimum 1 litre but 1.5 litres is better)
- 1 knife
- 1 fork (type "spork")
- 1 pair of telescopic poles

For the entire trip :

- 1 sleeping bag liner
- Flashlight or headlight
- Personal pharmacy : elastoplast, (stretchable strapping tape), band-aids "second skin" kit, compresses, medicines for common ailments : diarrhea, constipation, sore throat, headaches, pain relief, allergies and any prescribed medication. The mountain leader always carries a first aid kit with them. Remember that packing light is essential.
- Toiletries, hand towel, earplugs
- Identification (passport or ID card)
- Money for your personal expenses
- A bit of soap for laundry

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](#)