



TOUR OF GRAN PARADISO

An incredible full immersion of 5 days around Gran Paradiso reaching the summit (the only 4000 m Italian summit). Starting from Cogne, arrival in Cogne, one of the best tour in the Alps!

Program:

Day 1

- Meeting in Valnontey at the parking of rifugio Sella
- Presentation and equipment check
- Walking to rifugio Sella (900 m uphill)
- Lunch
- Afternoon technical lesson about changeovers and avalanche safety
- Dinner and sleep overnight

900 m of cumulative elevation gain

Day 2

- Climbing the glacier of Grand Sertz to reach rifugio Chabod by a second pass
- Lunch in the hut

1.600 m of cumulative elevation gain

Day 3

- Climbing to the top of Gran Paradiso (4061 mt)
- Descent to rifugio Vittorio Emanuele

1.350 m of cumulative elevation gain

Duration:

5 or 6 days

Number of participants:

Maximum 4

Meeting point:

To be set with the Guide

Skills required:

It's required to have a good training and a curriculum with some high mountains climbed in the past and some long hikes in the short term past. Good skiers on 35 degree steep on every kind of snow. Extremely good physical shape required.

Day 4

- Traverse through Gran Paradiso pass to Pontese hut
900 m of cumulative elevation gain

Day 5

- Through Teleccio pass to Lillaz (Cogne valley)
1.100 m of cumulative elevation gain

Equipment:

- Avalanche kit (artva, shovel, probe)
- Ski mountaineering equipment (one more ski skin, rampant)
- Crampons, harness
- Headlight
- 40 liter backpack
- Windstopper winter pants
- Drycover pants
- Tights
- Two undershirts
- Polartec jacket
- Padded jacket
- Gore tex jacket
- Two pairs of gloves (one gore tex)
- Two pairs of socks
- Mountain hat and buff headwear
- Sunglasses
- Sun cream

Fee:

To be set with the Guide

Included:

- Mountain Guide fee

Not included:

- Transfer to the meeting point
- Transfer from Valsavarenche back to Cogne (if necessary)
- Transfer from Lillaz to Valnontey
- Equipment rental
- Full board at the rifugio even for the mountain guide
- Everything not written in included Anything not mentioned in the section "Included"

Insurance

It's possible and advisable to subscribe the rescue service insurance policy for mountain guides clients
<https://larcasrl.it/page.asp?ID=45>