



Duration of the tour: 6 days

Category: hike / **haute route** / via ferrata / alpine course

Difficulty level: easy / moderate / difficult / **very difficult** / expert

Mont Blanc

'Mont Blanc' with 'La Tresenta' and 'Grand Paradiso'

In the 'Grand Paradiso' national park we climb the 'La Tresenta' peak (3.609 m) and the Mount 'Grand Paradiso' (4.046 m). This will help us to acclimatise and to get ready for the 'Monarch' of the Alps, the 'Mont Blanc' (4.807 m)!

Region:

'Grand Paradiso' national park, 'French Alps' (Italy, France)

Day 1, Sunday

Meeting point is at 2:00 p.m. at 'Pont' (1.945 m), 'Albergo Grand Paradiso' hotel, Telephone (Italy) 00 39 - 01 65 - 95 454 (they only speak Italian and French). From here we hike to the 'Vittorio-Emanuelle' hut (2.775 m).

Hiking time approx. 3 hours, ascent 850 m.

Day 2, Monday

We ascend the '**La Tresenta** peak (3.609 m) via the north-west ridge. This first climb is ideal to get used to the higher elevations. The hiking pace will be a steady one, along the way we will find time for instruction and we will get used to our equipment. Once again we stay at the 'Vittorio-Emanuelle' hut.

Hiking time approx. 5 hours, ascent 850 m, descent 850 m.

Day 3, Tuesday

We start at dawn in order to climb mount '**Grand Paradiso**' (4.046 m), which we ascend via the 'Laveciau' glacier. The last few meters to the summit are on an exposed rock ridge, though the climbing is easy. We retrace our up-track more or less. After a short lunch break at the 'Vittorio-Emanuelle' hut we descend to Pont and travel through the Mont Blanc tunnel to 'Chamonix' the same afternoon.

Hiking time approx. 8 hours, ascent 1.300 m, descent 2.100 m.

Day 4, Wednesday

In the morning is time enough to buy remaining equipment for the Mont Blanc, if necessary. In the afternoon we take the gondola to the 'Aiguille du Midi' station. From there we continue to the 'Refuge de Cosmique' (hut) (3.613 m), our today's destination.

Hiking time approx. 1 hour, ascent 200 m.

Day 5, Thursday

Already at 2:00 a.m. we have to wake up, well before sunrise, in order to get to the 'Mont Blanc du Tacul' and the 'Mont Maudit' to the summit of '**Mont Blanc**' (4.807 m), where we can enjoy a wonderful sunrise. We retrace our steps back down for the most part and arrive back in 'Chamonix' late afternoon. Tonight we stay in an hotel.

Hiking time approx. 10 hours, ascent 1.200 m, descent 1.350 m.

The choice of the route depends on the conditions, the weather and the physical endurance of the participants and can be changed accordingly, for example via the 'Refuge de Goûter' or the 'Refuge de Tête Rousse' (hut).

Day 6, Friday

Spare day. After breakfast we can visit one of the local rock climbing areas. From there you can either commence your homeward journey or you are welcome to stay a little longer in 'Chamonix'.

Required:

High altitude touring experience and confident crampon-technique, good health, excellent physical condition, no fear of heights, a sure foot and enough physical endurance for day trips with up to 9 hours hiking time. Climbing passages in the II. Degree (UIAGM Scale).

Equipment:

Rigged hiking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective wear against wind and rain (pants and anorak, eventual Gore-Tex), underwear with climate function, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Gloves, gaiters, cap (against sun and cold), sunglasses, sunscreen, lip salve, a thermos bottle, snacks (power bar, nuts, etc.), sleeping bag liner, wash bag, small towel, first aid, head lamp, identity card, collapsible poles if required.

Special equipment (climbing harness, loops, carabines, crampons, ice-axe and helmet) if at hand please bring these along. This equipment can also be provided to you (free of charge).

Accommodation:

Hotels (shared accommodation), mountain huts (dormitory)

Services:

Mountain guide, equipment

Additional costs:

We recommend € 80,- per day for gondolas, 5x half pension, drinks, extra provisions, etc.

Participants:

2 people per mountain guide

Travel to Pont:

By car via Switzerland and the 'Großen St. Bernhard' pass to the 'Aosta' valley (Italy). From the village of 'Villeneuve' (17 km west of 'Aosta') in the Aosta valley on the national road 26

in southerly direction to the 'Savaranche' valley and further on to 'Pont'. Free long-term parking at the 'Albergo Grand Paradiso'.

Extension of stay:

We advise you to contact the tourist information centre in Chamonix if you need accommodation before or after the tour. Telephone (France) 00 33 – 4 50 – 53 00 24, www.chamonix.com

OASE AlpinCenter:

The OASE AlpinCenter is adjacent to the train station in Oberstdorf, opposite platform 1.

Information and booking:

For further details please contact us directly from:

June – September:	Monday – Friday 9 – 12 hours and 14 – 18 hours
October – Mai:	Monday – Friday 9 – 12 hours

If the office is unattended please leave a message, we call you back .

Tel.: 0049 - 83 22 - 8000 980	Online: www.oase-alpin.com
Fax: 0049 - 83 22 - 8000 98-19	E-Mail: bergschule@oase-alpin.de

You will find dates and prices on our website.



Personal notes:

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