

ADVENTURE  
BASE

# SKI GRAN PARADISO ITINERARY

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Ski the Gran Paradiso (4061m), the highest peak entirely in Italy, and tick off your first 4000m ski descent. That's right, there's a whole load of downhill for all that uphill effort!

Please note this is a suggested itinerary only. While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. You must be capable of sticking to the required group pace in order to complete the tour. If ability or fitness is hindering the trip, you may be asked to drop out of some of the longer days.

## DAY ONE:

### ARRIVAL DAY

Arrive in Chamonix and settle in to the accommodation. We meet in the evening to discuss the plans for the week with your guide and fellow skiers. Followed by a welcome dinner.

## DAY TWO:

### SKI TOUR LES AIGUILLES ROUGES

Warm up day ski tour in Chamonix's Aiguilles Rouges mountains. Dust off the cobwebs and enjoy some stunning ski touring terrain opposite the Mont Blanc massif. Overnight in Chamonix.

9.5km / 535m up / 1700m down / 3-4 hours

## DAY THREE:

### HEAD TO ITALY AND APPROACH BENEVOLO HUT

Early start and drive to Rhemes-Notre-Dame in Italy (75mins). Ascend Punta Pallato or similar nearby peak (3050m) and descend to Benevolo hut.

22.2km / 1703m up / 1149m down / 6-8 hrs

## DAY FOUR:

### SKI TOURING IN THE GRAN PARADISO NATIONAL PARK

Ascend the Gran Vaudale (3400m) or similar peak like Punta Calabre and ski to Rhemes-Notre-Dame – a great descent! Short drive and overnight in a in the cosy Gran Paradiso hotel.

15km / 1300m up / 1900m down / 7-8hrs

## **DAY FIVE:**

### **APPROACH THE GRAN PARADISO HUT**

A well earned easy day with a beautiful ascent to our base for the Gran Paradiso. Drive to Pont and ascend to the Rifugio Chabod hut. Overnight in the hut.

4km / 895m up / 13m down / 3hrs

## **DAY SIX:**

### **SUMMIT AND SKI GRAN PARADISO (4061M)**

Ascend the Gran Paradiso (4061m), the highest mountain completely in Italy and a classic ski mountaineering peak. Ski back down to the Vittoria Emmanuel hut for some well earned beers and a lovely 3 course dinner.

9km / 1300m up / 1300m down / 6-7 hours

## **DAY SEVEN:**

### **LAST SKI TOUR AND RETURN TO CHAMONIX**

Ascend la Trensenta (3600m) or a similar nearby peak and finish the day with a long ski back down to Pont. Return to Chamonix.

14km / 1200m up / 2200m down / 6-7 hours

## **DAY EIGHT:**

### **DEPARTURE**

Depart.