

ADVENTURE
BASE



GRAN PARADISO ITINERARY

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Climb Gran Paradiso (4061m), the highest peak entirely in Italy, and tick off your first 4000m mountain.

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 this trip. If ability or fitness is hindering the trip, you may be asked to drop out on the trip.

DAY ONE:

DEPART CHAMONIX FOR GRAN PARADISO NATIONAL PARK

Having already arrived in Chamonix either the night before or early this morning, you meet your guide at 9AM for a briefing and kit check before setting off from Chamonix to the Gran Paradiso National Park. You will then ascend together to the Rifugio Chabod. You set off on the trek up to the mountain hut mid-morning and will arrive at Rifugio Chabod at 2750m altitude around lunchtime. Once at the mountain hut, you will can tuck into a tasty Italian lunch and, if time and weather permits, have an outdoor session covering basic introduction to your equipment. Overnight in the refuge after a delicious 3 course evening meal.

7km / 900m up / 0m down / 3 hours

DAY TWO:

SUMMIT DAY

Today you wake up early, perhaps as early as 3-4AM. It is a big day involving a 1,300m altitude ascent of Gran Paradiso, the highest peak entirely in Italy (4061m). The ascent is mostly on snow except the moraine after the mountain hut, and the final rocky section of scrambling to the summit (5-7 hours). After the summit you will return to the Rifugio Chabod, where you can order a hearty lunch to refuel after all that effort, and then make your way down to the valley in the afternoon and drive back to Chamonix to end the trip.

17km / 1300m up / 2200m down / 10-12 hours