

France's first National Park, created in 1963, the Vanoise extends over an immense protected area: fauna, flora and the mineral world. Between the Maurienne and Tarentaise regions, it also borders the Gran Paradiso Park in neighbouring Italy. Together, they make up the largest protected area in Europe! We'll be touring the famous Dômes de la Vanoise, a series of glaciers stretching for around twenty kilometres in the centre of the Park, following a south-north axis. In addition to these glaciers, we also pass at the foot of the renowned Grande Casse, the highest peak in Savoie at 3,855 m. It was in 1860 that a wealthy Englishman, with the help of a brave woodcutter who carved more than 800 steps in the ice, reached its summit for the first time. The Vanoise is also remarkable for the richness of its flora and fauna. A trek to discover a wild and unspoilt environment.

PROGRAMME

Day 1: Refuge du Plan du Lac - Les Aiguilles de Lanserlia

Depart Termignon and transfer by bus to the Plan du Lac refuge.

Hike to Lac de Lanserlia, a short route that will plunge you into the most secret atmosphere of the Vanoise. You can extend your hike to the superb wild plateau of Le Turc, then descend through the Rocheure valley. Overnight in a refuge.

HIKING TIME : 3h30 (6h00 via the Turc plateau)

ASCENT : + 600 m (960 m via the Turc plateau)

DESCENT : - 600 m (960 m via the Turc plateau)

ACCOMMODATION: in a refuge

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

Day 2: Col de la Vanoise - Pralognan la Vanoise

Cross the Leisse valley and climb to the Col de la Vanoise at the foot of the Grande Casse and the Vanoise glaciers. Descent to the village of Pralognan La Vanoise via Lac Long and the famous ford at Lac des Vaches.

HIKING TIME : 5h30

ASCENT : + 500 m

DESCENT : - 1450 m

ACCOMMODATION: hotel

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

Day 3 : Petit Mont Blanc - Les Prioux

Ascent to the Petit Mont Blanc, the perfect viewpoint over the Pralognan valley, the Grande Casse Massif and the whole of the Dômes de la Vanoise.

HIKING TIME : 5h

ASCENT : + 1200 m

DESCENT : - 900 m

ACCOMMODATION: in a refuge

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

Day 4: Col de Chavière - Refuge de l'Orgère

Gentle ascent to the Péclet Polset refuge, then the "lunar" Col de Chavière at 2896 m. Descend to the Lac de la Partie and the Combe de Povaret to reach the Refuge de l'Orgère.

HIKING TIME: 6h00

ASCENT : + 1100 m

DESCENT : - 900 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

Day 5: The Barbier discovery trail - Refuge de Plan Sec or la Dent Parrachée

An easy traverse along the Vanoise Park nature trail to the Col du Barbier, then the Aussois valley and its two large lakes. A short diversions is possible to the Col de la Masse at 2923 m.

HIKING TIME: 5h00

ASCENT : + 900 m

DESCENT : - 500 m

ACCOMMODATION : in a refuge

LUGGAGE ASSISTANCE: no luggage transport

Day 6: The Balcon du Genepy trail - Termignon

A long balcony crossing overlooking the Maurienne valley and the Arc torrent. The trail then runs beneath the foothills of the Dent Parrachée and the L'Arpont glacier. Descent to Termignon and end of the hike.

HIKING TIME: 5h00

ASCENT : + 500 m

DESCENT : - 1500 m

LUGGAGE ASSISTANCE: with luggage transport (if you have chosen this option)

FICHE PRATIQUE

ACCUEIL

Start of the hike in Termignon.

How to get there :

By train :

- Outward journey: Departure from Paris to Modane. Then bus from Modane to Termignon.

- Return journey: Bus from Termignon to Modane. Train from Modane to Paris

Bus Modane - Termignon : Altibus

All train timetables must be checked with the SNCF.

By car :

Motorway to Modane then follow signs for Termignon.

Ample free parking in Termignon at the foot of the pistes.

Accommodation before and after your stay

OT Termignon: +33 (0)4 79 20 51 67

<http://termignon.haute-maurienne-vanoise.com/>

Hôtel** La Turra: +33 (0)4 79 20 51 36

<http://www.hotellaturra.com/>

DISPERSION

End of the walk in Termignon.

NIVEAU

LEVEL ***

Average height gain: +/- 250 to 1350 m

Average duration of stages: between 5 and 6 hours per day.

Type of walk: mountain itinerary with no particular technical difficulties.

Physical requirements

You should be able to walk 20 km (on the plains) in no more than 4 hours.

If this is not the case, within three weeks of departure, at a rate of 2 or 3 times a week, we advise you to undertake a good workout: 4 to 5 km jogging or 3 to 4 hours hiking or cycling.

Your physical preparation will make your stay easier and help you enjoy it all the more.

Marking the route

The route is signposted with yellow arrows and regular markings on the ground.

The paths are numbered.

It is preferable to be able to read a 1:25,000 scale IGN map.

HEBERGEMENT

1 night in a comfortable hotel in a 2-person room

4 nights in a refuge, in dormitories for 4 to 10 people.

Hot showers in all accommodation.

The meals served in the accommodation are balanced and varied. The food is hearty, adapted to the needs of hikers and often made from local produce. Special diets must be specified when booking so that we can inform the accommodation.

Picnics can be booked by La Vie Sauvage with the accommodation if you take the option, otherwise you will find the shops you need in the villages. You can also book them with the accommodation providers on arrival for the following day.

TRANSFERTS INTERNES

PORTAGE DES BAGAGES

Depending on the option chosen :

Without luggage transport: You carry all your personal belongings for the duration of your stay.

With luggage transport: You carry only your belongings for the day (small rucksack). The rest of your luggage is transported between the accommodation. If luggage transport is not possible in an accommodation (particularly for night 5), you will take your personal belongings with you for the night as well. You will be reunited with your luggage the following day.

GROUPE

ENCADREMENT

No guide on this trip.

Before your departure, we will provide you with a road book specially designed for this tour, containing precise instructions that will allow you to explore and hike in complete freedom. To fully enjoy and appreciate your hiking trip, you must be able to ensure your autonomy in the field with the documents provided.

MATERIEL FOURNI

EQUIPEMENT INDIVIDUEL A PREVOIR

Clothing :

- Hiking trousers
- Shorts (1 swimming costume just in case)
- Breathable T-shirts
- Fleece or jumper
- Windbreaker or Gore-tex jacket
- Rain cape + gaiters or trousers and Gore-tex jacket + bag cape
- A pair of gloves and a light hat
- Hat or cap
- Hiking socks (double layer, with buckles....)
- 1 change of clothes for the evening
- Already broken-in hiking boots (high-top with notched soles)
- Spare shoes for the evening

Miscellaneous equipment :

- Toiletry bag
- Towel
- Sunglasses and sun cream
- Water bottle or thermos flask (1.5 litre minimum)

- Knife and cutlery
- Tupperware-type plastic box for your picnics
- Coffee cup
- Snacks: dried fruit, chocolate, cereal bars
- Small personal first-aid kit (vitamin C, aspirin, plasters, etc.).
- Headlamp or torch
- Sleeping bag sheet and/or light duvet
- Two telescopic poles (at your convenience)

BACKPACK for the day:

If you choose the luggage-carrying option, pack a comfortable 30-40 litre rucksack for your day's belongings (warm clothing, rain cape, water bottle, box and cutlery for the picnic, sun protection and identity papers) and a little room to carry a picnic and snacks.

LE PRIX COMPREND

- Travel documents,
- Half-board accommodation,
- Luggage transport between accommodation options,
- Organisation and registration fees,
- Tourist taxes.

LE PRIX NE COMPREND PAS

- Insurance,
- Return transport to the starting point,
- Picnic lunches,
- Any shower tokens, drinks, visits, etc,
- Bus transfer D1 (6 euros) or taxi in low season (June and Sept.).