



Alps Gran Paradiso National Park Hiking

Awe-inspiring Landscapes of Italy's Valle d'Aosta & the Graian Alps

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been leading Alps adventures for over 50 years and this is an exclusive trek on the trail less traveled.

REASON 2

In 8 days, we'll get you to the heart of the Valle d'Aosta and Graian Alps, where you'll get to know the people as well as the place.

REASON 3

We work with professional local guides, who are truly the best in the Alps. Many of our Alps-loving guests return to hike with them year after year!

At A Glance

ACTIVITIES

Hike up to 7 hours on stunning mountain trails and enjoy nights in remote mountain towns and villages.



LODGING

Stay in simple and traditional hotels and inns, and enjoy warm alpine hospitality.



CLIMATE

The weather in the Gran Paradiso is variable and unpredictable. Days can start out warm and sunny, and suddenly be interrupted by rain - then full sun again! At any time during the summer season, trails can be dry, or dusted with snow.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



Alps Gran Paradiso National Park Hiking

Awe-inspiring Landscapes of Italy's Valle d'Aosta & the Graian Alps

Nestled between Italy's Valle d'Aosta and Piemonte regions, Gran Paradiso National Park is a hidden treasure of the Graian Alps. Established in the 19th century to protect ibex, this haven for hikers and trekkers is home to Italy's only peak above 13,000 feet. With high alpine meadows, larch forests, babbling brooks and mighty waterfalls, Gran Paradiso is a true gem and a stunning crossroads between Italy and France. Enjoy challenging full days of scenic hiking with long descents that lead back to cozy hotels in traditional alpine villages.

8 Days

Start: Geneva, Switzerland

End: Geneva, Switzerland

Departing: July, September

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 6-16 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

“

“Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see.”

- Bob J.

The Itinerary

DAY 01

Arrive in Geneva, Switzerland

Welcome to Geneva, Switzerland! Meet your driver at the airport at 2:00 pm for your private transfer to the mountain village of Courmayeur (4,000') in Italy's Valle d'Aosta region. After checking in to your charming mountain hotel, you will have time to rest or explore the village before the evening's welcome dinner and orientation with your MT Sobek guide.

MEALS: Dinner

TRANSPORTATION: 2-hour private van transfer

DAY 02

Follow Trails to Arpy Lake

After a hearty breakfast, transfer to San Carlo Pass (6,440') overlooking the charming spa village of Pre-St-Didier. From the trailhead, ascend through a stunning larch forest to Croix Pass (7,860'), then follow ancient 17th-century fortifications up to the day's high point, Croix Peak. The views are simply spectacular here, spanning the southern face of the Mont Blanc massif and the towering Grandes Jorasses. Below, you'll spot the La Thuile ski resort and the Petit Saint Bernard pass leading into France. After a scenic lunch, hike down to turquoise Arpy Lake, set in a landscape shaped by ancient glaciers. Return to the San Carlo Pass for a transfer to the quaint hamlet of Eaux Rousses, your cozy home for the next three nights.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 40-minute private van transfer

ACTIVITY: 4 hours/7.3 miles hiking with 1,850' elevation gain and loss

DAY 03

Hike to Rifugio Chabod

Enjoy a quick transfer to the start of today's hike, which follows a trail blazed by mountaineers who summited Gran Paradiso (13,323'). The trail begins gently on switchbacks through a conifer forest, eventually rising up above the trees into open meadows of colorful wildflowers and sweeping views of the surrounding peaks. After lunch at the Rifugio Chabod (9,022'), traverse along a high path that meanders over rocky terrain and alpine grassland, and beneath the moraines of the Gran Paradiso Glacier. Along the way, keep an eye out for whistling marmots, chamois, and golden eagles. Descend to the valley floor, and return to your hotel in Eaux Rousses.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6.5 hours/8 miles hiking with 2,900' elevation gain and 3,100' elevation loss



DAY 04

Hike to Lake Djouan

This morning's trailhead is just behind the hotel, leading you uphill into a shady forest along age-old terraces. Once above tree line, you'll reach the ancient royal hunting lodge of Orvielle (7,103'). Continue on towards Lake Djouan (8,254'), where you'll soak in spectacular views of the entire Gran Paradiso Range. From the Col del Mento (9,169'), continue down into Valle delle Meyes. On your descent, the terrain begins rocky and rough, but you'll soon reach grassy slopes and flats. After passing by the old farms of Meyes, the trail lazily winds down under larches to the village of Eaux Rouse (5,465') where you began your hike.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 8 hours/11.5 miles hiking with 3,615' elevation gain and loss

DAY 05

Hike to Fallere Alpine Meadows

Today, take in the stunning views of the Grand Paradis massif from the southern side of the Aosta Valley. Start with a transfer to the enchanting hamlet of Vetan (5,800') and hike through picturesque Italian alpine pastures (8,150') beneath Mont Fallère. As you approach the rifugio and the surrounding lakes, you'll pass through an open-air museum, with unique wooden sculptures lining the trail. Pause to enjoy the breathtaking panoramic views over the Aosta Valley and majestic Rutor Glacier. Complete the loop back to Vetan and transfer to scenic town of Cogne, where you'll settle in for your final three nights.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 45-minute private van transfer

ACTIVITY: 5 hours/8.6 miles hiking with 2,530' elevation gain and loss



Hike to Vittorio Sella Hut

Begin the day with a short transfer to the trailhead in the idyllic hamlet of Valnontey (5,465'). Follow a well-maintained path that first zigzags through the forest, then opens up to sweeping alpine meadows, home to playful chamois and marmots. Arriving in the dramatic Lauson Valley (8,515') and the Vittorio Sella Rifugio is an unforgettable moment. In this paradise you are likely to encounter ibex, and have the chance to see the majestic bearded vulture, a rare, protected bird being reintroduced to the park. Enjoy a refreshing lunch at the rifugio, then return to the hotel for a relaxing spa experience.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5.5 hours/7.5 miles hiking with 2,675 ' elevation gain and loss



Hike to Lac de Loie

After breakfast, transfer to the trailhead at Lillaz and begin your walk through a larch forest to the Bardonne Valley. This idyllic meadow could be a scene out of a fairytale with its grazing cows, mountain stream and snowcapped peaks. A short climb leads you to a postcard-perfect panorama. Continue on to Lac de Loie (7,720'), from where you can admire Mont Blanc towering high in the distance. On the way back down to the village, pass the spectacular Lillaz waterfall. Return to your comfortable hotel with time to get ready before your farewell dinner.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6 hours/8.8 miles hiking with 2,840' elevation gain and loss



Transfer from Cogne & Depart from Geneva

After breakfast, transfer from Cogne to Geneva airport and bid farewell.

MEALS: Breakfast

TRANSPORTATION: 3-hour private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel Berthod

Built in 1882 by Jean Laurent Berthod, more than a century later the hotel remains family owned and operated. There is a familial atmosphere here, with cozy, personalized rooms and service designed to make guests feel right at home. Indoor spa facilities await hikers eager to relax after a vigorous day of activity.

iH Hotels Courmayeur Mont Blanc

Walk under wooden eaves and stone archways into this chalet-style hotel nestled into the stunning Aosta Valley at the foot of iconic Mont Blanc. Modern rooms are inspired by local architecture with wooden accents, plush bedding and everything you need for a restorative night. Indulge yourself with some time at the spa's heated baths, sauna, or Turkish bath and breathe in the fresh mountain air at the outdoor bar.

Hostellerie du Paradis

Discover a genuine alpine experience at the Hostellerie du Paradis, a charming, family-run lodge that exudes rustic charm! Adorned with personal souvenirs and pieces from the owner's family collections, you will feel right at home. Each room has modern amenities, including a flat-screen TV, a desk, and room service. Savor dishes ranging from mountain fontina to regional corn polenta at their on-site restaurant. Or take a refreshing dip in their indoor pool. This is a comfortable stay!



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Madonnina del Gran Paradiso

This family-run hotel sits right at the foot of the Gran Paradiso mountain, offering a serene wellness retreat for travelers just steps away from the enchanting village of Cogne! Its alpine facade blends gracefully with cozy décor, creating an oasis of peace and calm. The hotel boasts a restaurant with spectacular Val D'Aosta cuisine, a wine bar, a pool, a hot tub, and a spa.

Hotel Rendez-Vous

A warm family-run hotel awaits you in the beautiful valley of Cogne gateway to the Gran Paradiso National Park. Settle into a cozy wood-paneled room with alpine furniture—many with balconies. Encircled by verdant slopes and vineyards, enjoy views of four magnificent castles from this choice location. Savor hearty regional flavors on a menu designed by the owner, an award-winning chef. The small private spa is available by reservation.

Departure Dates

This trip is available to run in: July, September

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

July 20-27, 2025

August 31-September 7, 2025

July 5-12, 2026

July 19-26, 2026

September 13-20, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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