



# Italy & Switzerland Heart of Gran Paradiso Hiking

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

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary 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](mailto:info@mtsobek.com)  
or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## **Unrivaled 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 Tour Company in 2022 by USA Today's 10 Best 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.



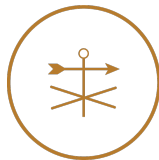
### LODGING

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.*





# Italy & Switzerland Heart of Gran Paradiso Hiking

## Awe-inspiring Landscapes of 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](https://www.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! Your MT Sobek guide will meet you at the airport at 2pm and transfer you 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.

**MEALS:** Dinner

**TRANSPORTATION:** 2-hour private van transfer

---

## DAY 02

### Follow Trails in the Valsavarenche

After breakfast, transfer to Pont, Valsavarenche (6,560') in the heart of Gran Paradiso Natural Park. From the trailhead, climb to the Croix de L'Arolley, above a pretty waterfall. From the Plan Borgnoz at 8,753 feet, your highest point, enjoy views of Becca di Montandayne, Piccolo Paradiso, and Gran Paradiso, Tresenta and Ciarforon, and beyond. After a picnic lunch, hike down to the wide Nivolet Plateau, thickly covered with flowers, to reach Pont, from which you'll transfer to the hamlet of Eaux Rouse, your home for the next three nights.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 40-minute private van transfer

**ACTIVITY:** 5 hours/6.80 miles hiking with 2,200' 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 Rouses.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6.5 hours/8 miles hiking with 3,700' elevation gain and 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:** 7 hours/13 miles hiking with 3,704' elevation gain and loss

## DAY 05

### Hike from Aosta to Cogne

Rise today for a journey to Aosta, where you'll take the gondola from Pila and then the Chamole chairlift up to 7,546 feet. From there, start hiking to the Col de Tza Seche (9,251') with views of the east face of Gran Paradiso's summit (13,323') and the deep Valnontey at its feet. To the west, the Mont Blanc range encloses the Aosta Valley while to the north, the Monte Rosa range follows Italy's border with Switzerland. Hike down to Cogne (5,030') and its valley. This charming little town is the biggest resort you'll encounter during your journey across the Gran Paradiso. Your centrally located hotel features a luxurious spa and terrace with sweeping views of the Gran Paradiso range.



**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 45-minute private van transfer

**ACTIVITY:** 5 hours/ 8.60 miles hiking with 2,360' elevation gain and 3,830' loss

---



### Hike to Chalets du Money

Today you'll begin with a short transfer to the trailhead in the hamlet of Valnontey (5,465'). Follow a path that leads you through the wooded Valnontey Valles and eventually to rocky terrain, before crossing several streams flowing down from the glacier. Start up a steep zig-zag path for about 2,000 feet before your traverse to the Chalets du Money. From here, the whole of the Gran Paradiso is on display. Your hike continues with sweeping views of Gran Paradiso before you, as you eventually descend into the valley again, returning through larch forests to the van, which brings you back to Cogne.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6 hours/13 miles hiking with 2,460' 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 the farewell dinner.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5 hours/6.20 miles hiking with 2,445' 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.

## **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!

## **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.





# Where You'll Stay

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

## **Bouton d'Or**

A family-run mountain B & B, Bouton d'Or is in the heart of Gran Paradiso National Park, facing a meadow punctuated by wildflowers in spring. The property features traditional architecture, fitting seamlessly into its mountain surroundings. Welcoming rooms are decorated with warm wooden paneling and furniture, each with its own balcony and modern amenities. The sunny patio offers another location to soak in the scenery.

# Departure Dates

**Book early for a greater choice of available dates.**

Once you book, your price is GUARANTEED!

July 7-14, 2024

September 1-8, 2024

July 6-13, 2025

July 20-27, 2025

August 31-September 7, 2025

September 14-21, 2025



# 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 portorage

## 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



**MT SOBEK™**

The Adventure Company | Est. 1969

# YOUR ADVENTURE AWAITS.

**70 Countries | 150+ Destinations | Infinite Possibilities**

Call **800.974.0300** or visit **mtsobek.com**  
**AND BOOK TODAY!**

