

# SNOWSHOES : THE AOSTA VALLEY SECRETS

*Calm and peace, facing the hugeness of the Mont Blanc's Italian side*

The Aosta Valley has great snowing conditions and is the perfect location for snowshoeing. Once there is snow in the Aosta valley, everything becomes quiet and heavenly. Far from the noise of ski lifts, grooming machines and crowd waiting in lines lies a perfect snowy environment for snowshoeing, giving us the chance to come across the mystery of a vulnerable and abundant wildlife.

This 6-day trip will allow you to discover from below the most incredible giants of the Alps: Mont Blanc, the Matterhorn and the Gran Paradiso whilst walking in snowshoes on snow covered territories and in complete safety. This is an opportunity not to miss!

We will walk through larch forests and large pastures, discovering the incredible fauna life that remains: chamois, wolf footprints and majestic vulture flights will make you feel in complete immersion with nature. After climbing up through snow shrouded terrain, we'll emerge on the high sunny slopes with incredible views of the neighboring peaks. Our guide will take us to typical and unknown places of the mountain, allowing us to enjoy Valdotaine host and cuisine.

 Region	Italian alps
 Activity	Snowshoeing Winter
 Duration	6 days
 Group	5 to 8 people
 Code	RRVA
 Price	From €890
 Level	3/5
 Comfort	3/5
 Language(s)	English / French

## ITINERARY

### Day 1 Transfer to the Aosta valley



We meet with our guide at the Chamonix train station. After a warm welcome, we leave on a short transfer towards the Mont Blanc tunnel to move on the Italian side and join the Verdun castle, a medieval house which became host house of the Saint-Oyen village for 9 centuries. That's where we will be nested for two days.

Ascent : 100m / Descent : 100m / Walk : 2hours / Accomodation : hostel, meal included (diner)

### Day 2 The snowy valleys



We leave the castle wearing our snowshoes from Saint-Oyen to discover our first Valdotaine snowy valley and explore the diversity of mountain nature. First walk in deep snow surrounded by winter beauty. Behind us rises a wall of mountains. We then come back to the Verdun castle to have some rest before our big day tomorrow.

Ascent : 900m / Descent : 900m / Walk : 5hours 30min / Accomodation : hostel, meal included (breakfast, lunch, diner)

### Day 3 Matterhorn view



Have a generous breakfast before we leave with our snowshoes on. We get started on a beautiful hike and through the great crossing under the point of Chaligne until Arpuilles. During our walk, we'll have a breath-taking view of the Cervin (Matterhorn) and the Mont Rose. We'll have to make a short stop to immortalize this magical moment! Don't linger too long though, the views just get better and better. We will finally reach our comfortable cottage in Vétan.

Ascent : 700 to 800m / Descent : 750 to 900m / Walk : 5hours 30min / Accomodation : hostel, meal included (breakfast, lunch, diner) /  
Transfer : 30min

### Day 4 Fairy tale



We leave this morning to cross the Aosta valley south balcony, paced by the wonderful fairy chimneys. Then, we will take the Letanaz-Desot way to walk through the Leysser pasture, rewarded with a breathtaking view of the Gran Paradiso and the Ruitor ahead. We will end the day in the charming hamlet of Vens where we will enjoy a good night sleep.

*Ascent : 600m / Descent : 750m / Walk : 5hours / Accomodation : hostel, meal included (breakfast, lunch, diner)*

#### 📍 Day 5 **The Italian Mont-Blanc**



Timing is key, hence our caffeine fueled early start. We leave our nest to discover the Vertosan valley walking by the Joux lake, before heading up to the Court de Bardpeak (2261m) where we can admire a beautiful panorama of the Italian side of the Mont Blanc and the Gran Paradiso. After that, we will go down again in the Challancin to join Planaval where we will spend the night.

*Ascent : 750m / Descent : 750m / Walk : 6hours / Accomodation : hostel, meal included (breakfast, lunch, diner)*

#### 📍 Day 6 **Last steps in the immaculate pastures**



For our last day, we will go up to the pasture chalet of Tramail des Ors, surrounded by white slopes and winter landscapes, before going back down to Planaval. After returning to the valley, don't forget to head into a café to sample the amazing Italian hot chocolate. It's the best reward after a great day out snowshoeing. We then get back to Chamonix and say goodbye.

*Ascent : 750m / Descent : 750m / Walk : 5hours / Meal : breakfast and lunch / Transfer : 1 hour*

## DATES & PRICES

### International departures:

*No departure for now*

### Departures for French-speaking groups:

*No departure for now*

**Trip code: RRVA**

### Included

A deposit of 30% of the trip's price will be needed for the booking, the whole price must be paid at least 30 days before departure.

- Technical organisation of the stay
- Half-board accommodation
- Breakfasts
- Picnics
- Transfers as described in the program
- Graduate medium mountain guide
- Collective equipment needed for the trip
- Avalanche transceiver rental + shovel, probe

### Not included

- Individual technical equipment (shoes, snowshoes, sticks)
- Drinks and personal expenses
- Snacks
- Transfer in the valley with your personal vehicles
- Insurance/ Assistance : cancellation, search and help fees by helicopter, hospitalisation, repatriation
- Booking fees (18€ per person)

### International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

### Terms and conditions

#### Booking conditions

By booking one of our travels, the customer bindingly accepts the general terms and conditions of sale. Each customer must fill a registration form. The booking is definitively registered when the customer has settled the payment of a deposit of 35 % of the total trip's price (subject to availability at the time of registration). In case of short term booking – within 35 days before the travel departure, the full trip's price is due immediately. Payments can be settled via bank transfer (SWIFT code/IBAN number) or online, directly from our website (available soon). You will receive an email with a booking confirmation as quickly as possible.

#### Invoice procedure

Once your booking registered, we send you an email with the invoice. Full payment is required at least 35 days before your arrival. If the customer does not settle the payment of the travel's price within the period agreed upon, Altaï Alpes gets the right to cancel the booking without additional charges.

#### Cancellation policy

##### Cancellation by You

If, for any reason, you need to cancel your trip, the amounts you have paid will be refunded, subject to the following deductions: You must notify us of your decision to cancel in writing, using any method that provides acknowledgment of receipt. The cancellation date will be determined based on the date we receive your written notice.

In case of cancellation, for any reason, the following cancellation fees will apply:

- **More than 31 days before departure:** 30% of the total trip cost (excluding insurance)

- **30 to 21 days before departure:** 40% of the total trip cost (excluding insurance)
- **20 to 14 days before departure:** 50% of the total trip cost (excluding insurance)
- **13 to 7 days before departure:** 75% of the total trip cost (excluding insurance)
- **Less than 7 days before departure:** 100% of the total trip cost (excluding insurance)
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### Special Cases

Regardless of the cancellation or contract modification date, the following fees are added to the above scale:

- **Non-refundable fixed ground fees:** Any firm bookings made early (such as certain mountain huts) will be charged in case of cancellation.
- **Insurance and registration fees:** Whatever the insurance policy chosen, the cost of insurance and registration fees are non-refundable.

If you have taken out multi-risk insurance, the cancellation fees may be reimbursed by the insurance in specific cases (e.g., illness, accident, death, etc.).

The insurance becomes effective from the day of subscription and payment.

### Cancellation by Us

Altai France may cancel a trip free of charge in the following cases:

- If the minimum number of participants required to run the trip is not met.
- In case of **exceptional and unavoidable circumstances**, especially related to mountain conditions and customer safety.

In such cases, Altai France will propose alternative solutions. If no suitable alternative is available, any unused services will be refunded. No additional compensation can be claimed.

You will be informed of any cancellation as soon as possible, and no later than:

- **30 days** before departure for self-guided or exclusive trips
- **20 days** before departure for trips longer than 6 days requiring a minimum number of participants
- **7 days** before departure for trips lasting 2 to 6 days
- **48 hours** before departure for trips shorter than 2 days

If Altai France is forced to cancel all or part of the trip due to circumstances that compromise customer safety (e.g., poor mountain weather), the unused services will be refunded. No additional compensation will be provided.

For safety reasons and to ensure a consistent group level as described, the guide and organizers reserve the right to terminate your participation if your technical level or physical condition does not meet the requirements. In such a case, no refund or compensation will be provided.

### Changes to travel contract

If any change is made in the travel's contract at the customer's request, any fee that might arise from this change shall be paid by the customer. In any cases, every request for changes shall be notified in writing. In case of external events that could not be foreseen, Altai Alpes might change some aspects of the travel contract. We will endeavour to inform you of any change as quickly as possible.

### Pricing

All travel prices for groups on our website have been calculated for the indicated number of participants. The price list is confirmed after the booking. If the number of participants is lower than expected, an additional payment charge might be applied. For each travel and program, we mention the price per person – valid for the minimum number of participants – and we provide you with detailed explanations about the services included or not. Any change, of the currency exchange rates or on the price of travel's services in particular regarding the cost of the fuel, might entail price revision.

### Contract transfer

In case of transfer of the contract by the customer to an assignee, modification and cancellation conditions will be applied.

### Insurance

We recommend you to get your own insurance before your departure to cover the activities undertaken by Altai Alpes. Please email us your insurance contract information (insurance company's name, contract number, phone number) and bring this information with you during your trip.

## PRACTICAL INFO

### Staff

This trip will be supervised by a mountain guide who will bring you the technical elements needed for the good progress of the trip. He may modify the program in order to ensure safety regarding weather conditions or participants physical conditions.

### Food

#### Meals

- Lunch : home made picnics
- Diners in refuges
- Bring some snacks that you like for quick bites during the day (cereal bars, chocolate, dried fruits...)

#### Drinks

- Personal drinks are not included in the trip's price : water, tea, coffee, beer, coke...
- Water is not free in the refuges, and it is quite expensive (around 5 to 8 euros for one bottle) so think about bringing water-purification tablets (Micropur-type) in case you don't want to buy water there. Warning! Water is frozen sometimes during winter so you may have no choice but to buy some bottles.

### Accommodation

- In refuges or hostels, people will sleep in 8 to 10 persons dormitories and will be given some blankets (please bring your own sleeping bag). You can use the refuges' slippers if you want to, no need to bring shoes for refuges.
- Bring some earplugs to avoid being bothered by noises.
- No shower possible except in Champex valley for the classic Chamonix-Zermatt : no tap water in the refuges, only water dripping from the glaciers.
- Some electrical plugs are available in the refuges, but plan to bring a battery replacement for cameras and turn your phone off during the day.

### Transportation

During the day, you will be carrying all your belongings : please do your best not to carry too much weight (in a 40L bag). Your guide will check your belongings before departure. Keep some space for water and picnic.

### Budget & exchange

Italy is in the Eurozone. Therefore, the unit of the currency is the Euro.

Credit cards and debit cards are very useful for cash advances (but don't forget to bring your PIN number!).

ATMs are available in most of the towns you will cross during your stay, but there are no guarantees that your credit card will actually work in Italy. Also, refuges often don't have EPT (Electronic Payment Terminal): it is best to bring cash.

Be aware of the fees usually applied when purchasing products or services on a credit card.

Always take more rather than less, as you don't want to spend your trip constantly feeling short on funds.

As currency exchange rates can often fluctuate, we recommend to check the following website for daily exchange rates:

<https://www.xe.com/>

### Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

### Supplied equipment

Safety material : avalanche transceiver, shovel, probe : please inform us if you already have your own equipment.

## Material

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### Technical equipment

- Snowshoes
- Sticks
- Trekking shoes suitable to snowshoes
- Life blanket
- Clasp knife
- Thermos or bottle

### Personal equipment

#### Head

- Windproof bonnet
- Hat or cap
- Scarf
- Solar cream (high protection), face and lips
- Glacier sunglasses

#### Upper body

- Technic breathable underclothing (Carline-type, no cotton, it takes too long to dry)
- Thick polar coat
- Windproof and waterproof coat (Goretex)
- One pair of windproof under gloves (polar or wool)
- 1 pair of under gloves

#### Lower body

- 1 pair of comfortable mountain pants
- 1 windproof and waterproof pair of pants (Goretex type)
- Socks
- Gaiters

#### Other

- Biafine (sunburn cream)
- Toilet paper (preferably biodegradable)
- One plastic bag (100L) and one upper bag to protect your belongings and your backpack
- 1 waterproof sleeve where you will put your ID, phone, money, insurance / assistance contract, and all your emergency numbers

## Luggage

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- You will be carrying all your belongings and your equipments in a 35/40L mountain backpack during the day.
- Your personal belongings will stay in the lodge and will be moved by a carrier.

## Medicine

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Your guide will be carrying a first-aid kit. However, plan to bring your own medicine :

- Personal medicine
- Anti-pain medications (paracetamol)
- Double-skin



- Elastic adhesive tapes
- Bandages
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal pills
- Eyewash
- Light tranquilizers and sleeping pills (if needed)
- Earplugs

Non exhaustive list.

## Passport

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Please make sure your passport and travel documents are valid.

## Visa

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- Up to 90 days visit in Italy : citizens from most countries do not need a visa to visit Italy.
- Over 90 days visit in Italy : non-EU citizens must have a visa to visit Italy over 90 days.

For further information, please check the following website : <http://vistoperitalia.esteri.it/>

## Identity card

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For EU citizens, you can use your identity card to travel to Italy.

## Mandatory vaccines

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No required vaccination.

## Health information & recommendations

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It is important to consult your doctor for medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements.

Please keep in mind that we are often in remote areas, away from medical facilities. Please carefully read the brochure and itinerary when selecting your trip, to make sure our style of travel suits you.

Please note you will travel to high altitude. Most people can travel to 2 500m with minimal effects. However, everyone reacts differently to altitude and altitude sickness can occur.

For details on how to best prepare your trip please consult your physician.

## Weather

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The Alpine Chain, which stretches from west to east separating Italy from central Europe, has a mountain climate, cold and snowy in winter and mild in summer, when thunderstorms frequently break out.

## Electricity

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Electricity in Italy conforms to the European standard of 220V to 230V, with a frequency of 50Hz.

Wall outlets typically accommodate plugs with two or three round pins (the latter grounded, the former not).

## Local time

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Italy is in the Central European Time Zone (CET). Central European Standard Time is 1 hour ahead of Greenwich Mean Time (GMT+1).

## Sustainable tourism

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We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of Italy by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.



- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.