



The Gran Paradiso, rising in the heart of the National Park, is the highest mountain completely inside the Italian boundary. Is a very popular mountain and thanks to the facility of the climbing for many people is the baptism of the high altitude.

Program:

- 1st day: Meeting with the guide at the parking place for Rif. Chabod, few kilometers before Pont Valsavaranche, in the location Pravieux. After the check of the equipment you start the nice walk along the “royal trail” to the Chabod hut, where we overnight
↑ 3:00 hours - 900m
- 2nd day: Departure around 5:00 depending on the period of the year. At the beginning an easy trail gives access to the moraines and the Lavacieu glacier. We put crampons and the rope and we start to walk along that glacier up to the saddle where we joint the route coming up from V. Emanuele hut. After the last easy section on the glacier we reach the beginning of the last ridge. Few more minutes of scrambling between boulders and we are on top. The descent is along the same itinerary.
↑ 4:30 hours 1300m ↓ 5-6 hours 2200m

You have to know:

- Accommodation: R. Chabod hut CAI (2750m) with half board service
- Meeting point: At 13:30p.m. at parking place Loc. Pravieux. Or upon different agreement with the guide
- Requirements: This tour has not technical difficulties, except for the last part on the ridge where some moves of easy climbing are required to reach the real top. This tour is suitable to all hikers in a good shape.
- Equipment: See the equipment list below.
- Weather: In the high mountains, even in summer, there could be extreme weather conditions. Three/four days before the tour/trip, we will check the weather forecast in the area, and we will inform you about it!

GRAN PARADISO 4061m – REGULAR ROUTE

Leading Guide: Mountain Guide of Guidemonterosa. Shortly before the tour, you will get the phone number of the guide. For all other questions please contact our office.

Services and prices:

Services included: Mountain Guide IFMGA for two days

Additional costs: Overnight stay in the hut in HB also for the mountain guide, drinks, lunch, travel expenses, if necessary equipment.

Prices: 1 participant: Euro 600,00
Every additional person +40,00€
Maximum 4

Helpful for preparation:

Apparel / Clothing: We recommend functional clothing / layering principle so you can react to the different temperatures.

Boots: Waterproof mountaineering/trekking boots suitable for crampons.

Lunch: Snacks and drinks you can buy in the hut. Please take some snacks and drinks with you.

Back pack: Do not put too many things! You will be amazed how few things you need. Functional clothing for the day and a change shirt for the hut is usually enough. At the end you have to carry your back pack. We recommend a back pack with 30-40L.

Maps: Valle dell'Orco e Gran Paradiso – L'Escursionista | ESC14 | 1:25000

For any further questions...

We are happy to help you for any further questions. Please contact our office.
The equipment list is attached bellow.

Equipment list

All you need for this event is marked as

Apparel / Clothing

- | | |
|--|---|
| <input checked="" type="checkbox"/> Mountain jacket Gore-Tex | <input checked="" type="checkbox"/> Gloves |
| <input checked="" type="checkbox"/> Poss. light mountain pant Gore-Tex | <input checked="" type="checkbox"/> Warm, breathable clothing |
| <input checked="" type="checkbox"/> Robust and elastic mountain pants for example Soft Shell pants | <input checked="" type="checkbox"/> Trekking / Mountaineering socks |
| <input checked="" type="checkbox"/> Spare underwear | <input checked="" type="checkbox"/> Beanie / headband |

Additional material

- | | |
|--|--|
| <input checked="" type="checkbox"/> Sunglasses with high protection | <input checked="" type="checkbox"/> Headlamp with spare batteries |
| <input checked="" type="checkbox"/> Sun-tanning crème / lip balm - lip care | <input checked="" type="checkbox"/> Water bottle |
| <input checked="" type="checkbox"/> Light toiletry not too much | <input checked="" type="checkbox"/> Pocket knife |
| <input checked="" type="checkbox"/> Event. silk sleeping bag | <input checked="" type="checkbox"/> Alpine club identification CAI/DAV/SAC |
| <input checked="" type="checkbox"/> Poss. photo equipment | <input checked="" type="checkbox"/> ID / Passport |
| <input type="checkbox"/> Poss. first aid kit to coordinate with mountain guide | <input checked="" type="checkbox"/> Poss. Oropax |
| | <input checked="" type="checkbox"/> Poss. map |

Boots / Gaiter

- | | |
|---|--|
| <input checked="" type="checkbox"/> Mountaineering/Trekking boots | <input type="checkbox"/> Climbing boots |
| <input type="checkbox"/> Mountaineering boots for crampons | <input checked="" type="checkbox"/> Gaiter |
| <input type="checkbox"/> Approaching boots | |

Technical mountaineering material

- Harness
- 1 x HMS screwgate carabiner
- 2 x HMS screwgate carabiner
- Quickdraw
- Belay/Rappel Device with screwgate carabiner
- 1 x runners/tubular sling 120cm
- 1 x runners/tubular sling 60 cm
- 1,2m Cord 6mm
- 2,4m Cord 6mm

- Via ferrata set
- Helmet
- Chalk bag
- 1 x Ice screw
- Crampons with anti-balling/anti-snow
- Ice axe
- Ice climbing axe
- Trekking pole
- Backpack 30/40L